



Collective Soul Space

September Schedule

Fall into Bliss with our September Anniversary Special!

Wednesday, September 29

Buy a 10-class punch pass and receive 2 extra classes!

Join us at the Studio from 11:30 - 1:00 to purchase in person or send an EMT to cssnwt@gmail.com before midnight!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>7:00 – 7:45 AM Gentle Morning Flow Heather Chang</p>	<p>7:00 – 7:45 AM Pilates Anne-Marie Guedon</p>	<p>7:00 – 7:45 AM Gentle Morning Flow Heather Chang</p>			
<p>12:10 – 12:50 PM Yin Yoga Anne-Marie Guedon <i>No class Sept 6 or 27</i></p>	<p>12:10 – 12:50 PM Pilates Anne-Marie Guedon</p>	<p>12:10 – 12:50 PM Rolling Massage Therapy Anne-Marie Guedon <i>No class Sept 1</i></p>	<p>12:10 – 12:50 PM Ayurvedic Rebalancing Yoga Christa Domchek <i>No class Sept 2 and 9</i></p>	<p>12:10 – 12:50 PM Nia Johanna Tiemessen</p>	<p>10:00 – 11:00 AM Yoga en français Anne-Marie Guedon <i>25 sept UNIQUEMENT Offert gratuitement par le Réseau TNO Santé</i></p>	<p>1:30 – 3:30 PM Taiko After Intro Nancy Mullick <i>Sept 26 - Oct 14*</i></p>
<p>5:30 – 6:45 PM Nia Johanna Tiemessen <i>No class Sept 6</i></p>	<p>5:30 – 6:45 PM Dancing for Birth® Johanna Tiemessen <i>Sept 28 - Nov 2*</i></p>	<p>5:30 – 6:30 PM Heartfelt Hatha Heather Chang</p>	<p>5:30 – 6:30 PM Collective Soul Sampler Series Various Teachers <i>Sept 23 - Nov 4*</i></p> <p>7:30 – 8:15 PM Intro to Taiko Drumming Nancy Mullick <i>Sept 23 - Nov 11*</i></p>	<p>7:00 – 9:00 PM Taiko-Baka Night <i>Sept 24 ONLY This drop-in class is only for drummers who have previously taken the Intro to Taiko Drumming series.</i></p>		<p>7:00 – 9:00 PM Restorative Yoga Bliss Christine Lewandowski- Shannon <i>Sept 26 ONLY*</i></p>

Studio address: 5102-50th Ave, Lower Level, Scotia Centre | For full class details, please visit www.collectivesoulspace.ca | * Session is pre-registered. Email us at cssnwt@gmail.com