



Collective Soul Space

November Schedule

Please note: Nia, Pilates and Taiko Drumming require proof of vaccination (POV) against COVID-19.

At this time, our other classes do not require this proof of vaccination, but this might change in the future.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00 – 7:45 AM Gentle Morning Flow Heather Chang		7:00 – 7:45 AM Gentle Morning Flow Heather Chang No class Nov 11		10:00 – 11:00 AM introduction au Pilates Anne-Marie Guedon 20 nov UNIQUEMENT Offert gratuitement par le Réseau TNO Santé*	
12:10 – 12:50 PM Yin yoga (bilingue) Anne-Marie Guedon No class Nov 15	12:10 – 12:50 PM Pilates Anne-Marie Guedon	12:10 – 12:50 PM Rolling Massage Michaelis Harrison	12:10 – 12:50 PM Ayurvedic Rebalancing Yoga Christa Domchek No class Nov 11	12:10 – 12:50 PM Nia Johanna Tiemessen		1:00 – 3:00 PM Taiko After Intro Nancy Mullick Pre-registered series Oct 31 to Dec 19*
5:30 – 6:45 PM Nia Johanna Tiemessen	5:30 - 6:30 PM Initiation à la respiration Lynn Taylor 9 nov UNIQUEMENT Offert gratuitement par le Réseau TNO Santé*	5:30 – 6:30 PM Pilates Anne-Marie Guedon	5:30 – 6:30 PM Collective Soul Sampler Series Various Teachers Pre-registered 7-week series* No class Nov 11			7:00 – 8:30 PM Rolling Massage Workshop Michaelis Harrison Nov 14 ONLY*
7:15 – 8:45 PM Adapted Yoga Christa Domchek Pre-registered 10-week series*			7:30 – 9:30 PM Taiko After Intro Nancy Mullick Pre-registered series Oct 28 to Dec 16*			7:00 – 9:00 PM Restorative Yoga Bliss Christine Lewandowski-Shannon Nov 28 ONLY*