



Collective Soul Space

January Schedule

Warm up to Winter with our January Punch Pass Special
ONE DAY ONLY - Thursday, January 13

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

Just send an EMT before midnight to cssnwt@gmail.com.
 Be sure to send us your name and email too please!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|--|--|
| <p>12:10 – 12:50 PM Yin Yoga (bilingue) Anne-Marie Guedon <i>No class Jan 3</i></p> <p>5:30 – 6:45 PM Nia Johanna Tiemessen <i>POV required</i></p> | <p>12:10 – 12:50 PM Pilates Anne-Marie Guedon <i>POV required</i></p> <p>5:30 - 6:30 PM Dancing for Birth Johanna Tiemessen <i>Jan 18 - Feb 22*</i></p> | <p>12:10 – 12:50 PM Rolling Massage Michaelis Harrison</p> <p>5:30 – 6:30 PM Collective Soul Sampler Series Various Teachers <i>Jan 19 - Mar 2*</i> <i>POV is required for some of these classes</i></p> <p>7:15 – 8:45 PM Barre Lindsey Oosenbrug- Trinh <i>POV required</i></p> | <p>12:10 – 12:50 PM Ayurvedic Rebalancing Yoga Christa Domchek <i>No class Jan 6</i></p> <p>5:30 – 6:30 PM Yoga Tune-Up® Anne-Marie Guedon <i>Jan 6 and 20</i></p> <p>5:30 – 6:30 PM Heartfelt Hatha Heather Chang <i>Jan 13 and 27</i></p> <p>7:30 – 9:30 PM Intro to Taiko Nancy Mullick <i>Jan 13 - Mar 3*</i> <i>POV required</i></p> | <p>12:10 – 12:50 PM Nia Johanna Tiemessen</p> | <p>10:00 – 11:15 AM Barre and Stretch Lindsey Oosenbrug-Trinh <i>Jan 8 - March 5*</i> <i>POV required</i></p> | <p>11:00 AM – 12:00 PM Yoga Tune-Up® (en français) Anne-Marie Guedon <i>30 jan UNIQUEMENT Offert gratuitement par le Réseau TNO Santé*</i></p> <p>1:00 – 3:00 PM Taiko After Intro Nancy Mullick <i>Pre-registered series Jan 16 - Mar 6*</i> <i>POV required</i></p> <p>7:00 – 8:30 PM Rolling Massage Workshop Michaelis Harrison <i>Jan 23 ONLY*</i></p> <p>7:00 – 9:00 PM Restorative Yoga Bliss Christine Lewandowski- Shannon <i>Jan 30 ONLY*</i></p> |

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