



Collective Soul Space

September Schedule

Fall into Bliss with our September Anniversary Special and Open House

Thursday, September 22

Stop by the Studio from 5:00 - 6:00 PM to talk to our teachers about their classes and check out our two anniversary promotions:

Enter to win a 10-class punch pass

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

**Also available by email - send an EMT to cssnwt@gmail.com before midnight to purchase yours!*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>12:10 – 12:50 PM Yin Yoga (bilingue) Anne-Marie Guedon <i>No class Sept 5</i></p>	<p>12:10 – 12:50 PM Pilates Anne-Marie Guedon</p>	<p>12:10 – 12:50 PM Barre Lindsey Oosenbrug-Trinh</p>	<p>12:10 – 12:50 PM Ayurvedic Rebalancing Yoga Christa Domchek <i>No class Sept 1</i></p>	<p>12:10 – 12:50 PM Nia Johanna Tiemessen</p>		<p>1:00 – 3:00 PM Taiko After Intro Nancy Mullick <i>Sept 18 - Nov 6*</i></p>
		<p>1:15 – 2:00 PM Postnatal Movement Anne-Marie Guedon <i>4-week session</i> <i>Sept 14 - Oct 5</i></p>				
<p>5:30 – 6:45 PM Nia Johanna Tiemessen <i>No class Sept 5</i></p>	<p>5:30 – 6:45 PM Dancing for Birth® Johanna Tiemessen <i>Sept 13 - Oct 25*</i></p>	<p>5:30 – 6:30 PM Kundalini Yoga Shane Mitchell <i>Starts Sept 14</i> <i>No class Sept 28</i></p>	<p>5:30 – 6:30 PM HIIT Anne-Marie Guedon <i>No class Sept 1</i></p>			<p>7:00 – 8:30 PM Rolling Massage Workshop Michaelis Harrison <i>Sept 18 ONLY*</i></p>
		<p>7:15 – 8:45 PM Northern Spirit Square Dancing Larry White (coordinator) <i>Starts Sept 21</i> <i>Email to sign up!</i> <i>NorthernSpiritYK@gmail.com</i></p>	<p>7:30 – 9:30 PM Intro to Taiko Drumming Nancy Mullick <i>Sept 22 - Nov 10*</i></p>			<p>7:00 – 9:00 PM Restorative Yoga Bliss Christine Lewandowski-Shannon <i>Sept 25 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