



Collective Soul Space

November Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>10:45 – 11:45 AM Infant Yoga Christine Lewandowski-Shannon <i>Pre-registered 6-week series Nov 14 - Dec 19*</i></p>					<p>10:30 – 11:30 AM Pilates en français Anne-Marie Guedon 19 nov UNIQUEMENT <i>Offert gratuitement par le Réseau TNO Santé</i></p>	
<p>12:10 – 12:50 PM Yin Yoga (bilingue) Anne-Marie Guedon</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 Nov 3</i></p>	<p>12:10 – 12:50 PM Nia Johanna Tiemessen No class Nov 11</p>		<p>1:00 – 3:00 PM Taiko After Intro Nancy Mullick Sept 18 - Dec 18*</p>
<p>5:30 – 6:45 PM Nia Johanna Tiemessen</p>	<p>5:30 – 6:45 PM Collective Soul Space Sampler Series Various Teachers Nov 1 - Dec 13</p>	<p>5:30 – 6:45 PM Kundalini Yoga Shane Mitchell</p>	<p>5:30 – 6:30 PM HIIT Anne-Marie Guedon</p>			<p>7:00 – 8:00 PM Reiki Guided Meditation and Sound Bath Laurence Marie Bilodeau Nov 6 ONLY*</p>
<p>7:15 – 8:45 PM Adaptive Yoga Christa Domchek <i>Pre-registered 10-week series* starts Oct 3</i></p>			<p>7:30 – 9:30 PM Intro to Taiko Drumming Nancy Mullick Sept 22 - Nov 17*</p>	<p>7:00 – 9:00 PM Taiko-Baka Nancy Mullick Nov 25 ONLY* <i>Open to those who have taken Intro to Taiko (pre-reg required)</i></p>		<p>7:00 – 8:30 PM Rolling Massage Workshop Michaelis Harrison Nov 20 ONLY*</p>
						<p>7:00 – 9:00 PM Restorative Yoga Bliss Christine Lewandowski-Shannon Nov 27 ONLY*</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