



Collective Soul Space

January Schedule

Warm up to Winter with our January Punch Pass Special
ONE DAY ONLY - Tuesday, January 10

Stop by the Studio from 5:00 - 6:00 PM to talk to our teachers about their classes.

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! Be sure to send us your name and email too please!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>12:10 – 12:50 PM Mindful Movement Christine Lewandowski-Shannon <i>Jan 9 and 16</i></p> <p>12:10 – 12:50 PM Yoga Nidra Christa Domchek <i>Jan 23 and 30</i></p> <p>5:30 – 6:45 PM Nia Johanna Tiemessen <i>No class Jan 2</i></p>	<p>12:10 – 12:50 PM Pilates Anne-Marie Guedon <i>No class Jan 3</i></p> <p>5:30 – 6:45 PM Dancing for Birth Johanna Tiemessen <i>Jan 17 - Mar 7*</i></p>	<p>12:10 – 12:50 PM Barre Lindsey Oosenbrug-Trinh <i>No class Jan 4</i></p> <p>5:30 – 6:45 PM Kundalini Yoga Shane Mitchell</p> <p>7:15 – 8:45 PM Contact Improv 8-Week Workshop Fia Grogono and Xiaoyi Yan <i>Jan 4 - Feb 22</i> <i>Drop in for \$20 or 2 punches on your CSS pass. Pre-register for the whole series and save!</i></p>	<p>12:10 – 12:50 PM Ayurvedic Rebalancing Yoga Christa Domchek <i>No class Jan 5 or 12</i></p> <p>5:30 – 6:30 PM HIIT Anne-Marie Guedon <i>No class Jan 5</i></p> <p>7:30 – 9:30 PM Taiko After Intro Nancy Mullick <i>Jan 5 - Feb 23*</i></p>	<p>12:10 – 12:50 PM Nia Johanna Tiemessen</p> <p>7:00 – 9:00 PM Taiko-Baka Nancy Mullick <i>Jan 13 ONLY*</i> <i>Open to those who have taken Intro to Taiko (pre-reg required)</i></p> <p>7:00 – 9:00 PM Intention Setting Workshop Session II Christine Lewandowski-Shannon <i>Jan 20 ONLY*</i> <i>Session I will be held Friday Jan 13 online. Pre-registration is for both sessions together.</i></p>	<p>10:00 – 11:00 AM Crystal Reiki Guided Meditation & Sound Bath Laurence Marie Bilodeau <i>Jan 21 ONLY*</i></p> <p>10:30 – 11:30 AM Mobilité et flexibilité Anne-Marie Guedon 28 jan UNIQUEMENT <i>Offert gratuitement par le Réseau TNO Santé</i></p>	<p>1:00 – 3:00 PM Taiko After Intro Nancy Mullick <i>Jan 8 - Feb 28*</i></p> <p>7:00 – 8:00 PM Reiki Guided Meditation and Sound Bath Laurence Marie Bilodeau <i>Jan 8 ONLY*</i></p> <p>7:00 – 8:30 PM Rolling Massage Workshop Michaelis Harrison <i>Jan 15 ONLY*</i></p> <p>7:00 – 9:00 PM Restorative Yoga Bliss Christine Lewandowski-Shannon <i>Jan 22 ONLY*</i></p>