

AUTUMN SCHEDULE Starts Sept 9!

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
9am (60 mins) Satsang Meditation <i>Michael Fenton</i>	9:30am (60 mins) Rise + Shine <i>Megs Bennett</i>	9:30am (60 mins) Calm + Centre <i>Heather Fenton</i>	9:30am (60 mins) Fresh Flow <i>Arlene Dezenosky</i>	9:30am (60 mins) Divine Align <i>Megs Bennett</i>	9:30am (60 mins) Calm + Centre <i>Heather Fenton</i>	9am (75 mins) Fresh Flow <i>Arlene Dezenosky</i> Starts Sept 21
11am (75 mins) Soul Flow <i>Caroline Sorel</i>	11am (60 mins) Gentle Yoga <i>Megs Bennett</i>			11am (60 mins) Gentle Yoga <i>Megs Bennett</i>		
	6pm (60 mins) Unwind + Align <i>Shardai Albano</i>	6pm (60 mins) Awaken Your Warrior <i>Caroline Sorel</i>	6pm (50 mins) Unwind + Align <i>Heather Fenton</i>	6pm (60 mins) Vinyasa Flow <i>Caroline Sorel</i>		
	7:30pm (75 mins) Beginning Yoga (Sep 16 - Nov 4) <i>Heather Fenton</i>	7:30pm (75 mins) Deep Chill <i>Arlene Dezenosky</i>	7pm (90 mins) Insight Meditation + 100 Days of Care <i>Heather Fenton</i>	7:30pm (75 mins) Insight Yoga + 100 Days of Care <i>Heather Fenton</i>	7:30pm (75 mins) Deep Chill <i>Arlene Dezenosky</i>	

- Weekly Class*** (drop-in, class pass or membership)
- Weekly Class*** (FREE, by donation)
- Pre-registered Course****

PRE-BOOK AT: gentlydownthestream.ca

QUESTIONS? EMAIL: hello@gentlydownthestream.org
 CALL/TEXT: 905.401.YOGA (9642)

OUR PROGRAMS ARE OFFERED IN PERSON Port Colborne, Ontario, Canada or ONLINE via Zoom

* Please pre-book so that we can notify you in case of weather- or sickness-related class cancellations.

** Interested in one a pre-registered course, but missed the start of a session? Ask us about joining mid-series at a pro-rated amount.