

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
9:30am (60 mins) <b>Calm + Centre</b> <i>Heather Fenton</i>	9:30am (60 mins) <b>Rise + Shine</b> <i>Megs Bennett</i>		9:30am (60 mins) <b>Fresh Flow</b> <i>Arlene Dezenosky</i>	9:30am (60 mins) <b>Divine Align</b> <i>Megs Bennett</i>	9:30am (60 mins) <b>Calm + Centre</b> <i>Heather Fenton</i>	9:30am (75 mins) <b>Vinyasa Flow</b> <i>Arlene Dezenosky</i>
11am (60 mins) <b>Satsang Meditation</b> <i>Michael Fenton</i>	11am (60 mins) <b>Gentle Yoga</b> <i>Megs Bennett</i>			11am (60 mins) <b>Gentle Yoga</b> <i>Megs Bennett</i>		
				12:15pm (20 mins) <b>Cold Stream</b> (Cedar Bay Beach) <i>Megs + Heather</i>	<b>NEW TIME!</b>	
	6pm (60 mins) <b>Unwind + Align</b> <i>Shardai Albano</i>	6pm (75 mins) <b>Vinyasa Flow</b> <i>Arlene Dezenosky</i>	6pm (45 mins) <b>Unwind + Align</b> <i>Heather Fenton</i>		6pm (75 mins) <b>Deep Chill</b> <i>Arlene Dezenosky</i>	
	7:30pm (75 mins) <b>Beginning Yoga</b> (Nov 4 - Dec 9) <i>Heather Fenton</i>		7pm (90 mins) <b>Insight Meditation + 100 Days of Care</b> <i>Heather Fenton</i>	7:30pm (75 mins) <b>Insight Yoga + 100 Days of Care</b> <i>Heather Fenton</i>		

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

PRE-BOOK AT: [gentlydownthestream.ca](https://gentlydownthestream.ca)

QUESTIONS? EMAIL: [hello@gentlydownthestream.org](mailto:hello@gentlydownthestream.org)

CALL/TEXT: [905.401.YOGA \(9642\)](tel:905.401.YOGA)

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.