

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
9:30am (75 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>Self-Inquiry 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>		
	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>Balance + Breathe</b> <i>Heather Fenton</i>	6pm (60 mins) <b>Unwind + Align</b> <i>Shardai Albano</i>		
	7:30pm (75 mins) <b>Beginning Yoga</b> (Jan 6 - Feb 10) <i>Heather Fenton</i>		7pm (75 mins) <b>Insight Meditation</b> <b>"The Art of Living"</b> <i>Heather Fenton</i>	<b>POP-UP!</b> <b>Restorative Yoga</b> <i>Shardai Albano</i> <b>Jan 23 @ 7:30pm</b> (75 mins)		

- 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.