

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
9:30am (75 mins) Calm + Centre <i>Heather Fenton</i>	9:30am (60 mins) Rise + Shine <i>Megs Bennett</i>	9:30am (60 mins) Awaken Alignment <i>Arlene Dezenosky</i>	9:30am (60 mins) Feel + 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>	9:30am (75 mins) Embodied Flow <i>Arlene Dezenosky</i>
11am (60 mins) Self-Inquiry Meditation <i>Michael Fenton</i>	11am (60 mins) Gentle Yoga <i>Megs Bennett</i>	NEW CLASS! Starts Feb 4	NEW SERIES! Starts Jan 29 11am (75 mins) Beginning Yoga (Jan 29 - Mar 5) <i>Arlene Dezenosky</i>	11am (60 mins) Gentle Yoga <i>Megs Bennett</i>		
				12:15pm (20 mins) Cold Stream (Cedar Bay Beach) <i>Megs + Heather</i>		
	6pm (60 mins) Unwind + Align <i>Shardai Albano</i>	6pm (75 mins) Embodied Flow <i>Arlene Dezenosky</i>	6pm (45 mins) Balance + Breathe <i>Heather Fenton</i>	6pm (60 mins) Unwind + Align <i>Shardai Albano</i>		
	7:30pm (75 mins) Beginning Yoga (Jan 6 - Feb 10) <i>Heather Fenton</i>		7pm (75 mins) Insight Meditation "The Art of Living" <i>Heather Fenton</i>	POP-UP! Restorative Yoga <i>Shardai Albano</i> Jan 23 @ 7:30pm (75 mins)		

- 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 \(9642\)](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.