



WEEK-AT-A-GLANCE | SPRING 2025

Always check our booking software for real-time updates on class availability and cancellations!

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
8am (60 mins) Soulful Sunday Flow <i>Nicki Lumsden</i>						
	9:30am (60 mins) Rise + Shine <i>Megs Bennett</i>		9:30am (60 mins) Feel + Flow <i>Arlene Dezenosky</i>	9:30am (60 mins) Divine Align <i>Megs Bennett</i>	9:30am (75 mins) Yoga for Life (Mar 28 - Apr 25) <i>Heather Fenton</i>	9:30am (75 mins) Embodied Flow <i>Arlene Dezenosky</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 (75 mins) Yoga for Recovery (Mar 25 - Apr 29) <i>Arlene Dezenosky</i>	6pm (45 mins) Balance + Breathe <i>Heather Fenton</i>			
	7:30pm (75 mins) Beginning Yoga (Apr 7 - May 12) <i>Heather Fenton</i>		7pm (75 mins) Insight Meditation "The Art of Living" <i>Heather Fenton</i>	8pm (60 mins) Sustaining the 100 Days Journey (Online Only) <i>Heather Fenton</i>		

- Weekly Class (Membership or Class Pass)
- Weekly Class (FREE, by Donation)
- 6-Week Series* (Series Pass, Membership or Class Pass)

Please pre-book at gentlydownthestream.ca
 Email us at hello@gentlydownthestream.org
 Call or text us at 905.401.YOGA (9642)

819 Weaver Road, Port Colborne, Ontario L3K 5V3 and ONLINE through Zoom (Eastern Time)

**NEW! Series will run with a minimum of six Series Pass registrations. Once underway, Memberships and Class Passes may be used to book and attend classes in the series if space allows.*