



SMALL INTIMATE GROUP CLASSES!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:25 YOGA FLOW						
				7:45-8:40 TOTAL BARRE/ ZEN•GA		
9:00-9:55 TOTAL BARRE/ ZEN•GA	9:30-10:25 TOTAL BARRE/ ZEN•GA	9:00-9:55 TOTAL BARRE/ ZEN•GA	9:30-10:25 TOTAL BARRE/ ZEN•GA	9:00-9:55 TOTAL BARRE/ ZEN•GA	9:00-9:55 TOTAL BARRE/ ZEN•GA	9:00-9:55 TOTAL BARRE/ ZEN•GA
10:15-11:10 TOTAL BARRE/ ZEN•GA	10:45-11:40 TOTAL BARRE/ ZEN•GA	10:15-11:10 TOTAL BARRE/ ZEN•GA	10:45-11:40 TOTAL BARRE/ ZEN•GA		10:15-11:10 TOTAL BARRE/ ZEN•GA	10:15-11:10 TOTAL BARRE/ ZEN•GA
11:30-12:25 TOTAL BARRE/ ZEN•GA	12:00-12:55 TOTAL BARRE/ ZEN•GA	11:30-12:25 TOTAL BARRE/ ZEN•GA	12:00-12:55 MYSTIC MOTION & SOUND HEALING	11:30-12:25 YOGA NIDRA	11:30-12:25 TOTAL BARRE/ ZEN•GA	11:30-12:25 TOTAL BARRE/ ZEN•GA
12:45-13:40 TOTAL BARRE/ ZEN•GA		12:45-13:40 TOTAL BARRE/ ZEN•GA			13:00-13:55 YOGA NIDRA	13:00-13:55 YOGA NIDRA
					14:15-15:10 LIGHT LANGUAGE CODES DNA REPAIR	14:15-15:10 LIGHT LANGUAGE CODES DNA REPAIR
		15:50-16:45 MYSTIC MOTION & SOUND HEALING				
16:00-16:55 TOTAL BARRE/ ZEN•GA	16:00-16:55 YOGA NIDRA		16:00-16:55 TOTAL BARRE/ ZEN•GA			
17:15-18:10 TOTAL BARRE/ ZEN•GA	17:15-18:10 YOGA NIDRA		17:15-18:10 TOTAL BARRE/ ZEN•GA	17:00-17:55 TOTAL BARRE/ ZEN•GA		
18:30-19:25 TOTAL BARRE/ ZEN•GA	18:30-19:25 YOGA FLOW	18:30-19:25 TAIWAN TAI CHI & FUNDAMENTALS	18:30-19:25 TOTAL BARRE/ ZEN•GA	17:15-18:10 YOGA NIDRA		
			19:30 MYSTIC MOTION & SOUND HEALING			

84 Donegani, Pointe-Claire, H9R 2V4 - Rear Southeast Entrance

<p>Total Barre/Zen-ga A dynamic, functional workout that blends Barre Foundational Principles and Zenga mindfulness with various breath patterns for strength, mobility and stability through fascial stimulation and exploring biotensegrity.</p>
<p>Light Language Codes DNA Repair A channeled transmission given to be received for the heart's understanding through each individual's perception filter based on the memory of personal experiences. Translations are offered by the channeller only when it is in addition for the collective of the group. This releases cellular trauma and opens the capacity limitless growth and healing.</p>
<p>Mystic Motion & Sound Healing Balance your chakras through the ancient dance and wisdom of the magdalene energies, using the assistance of vibrational medicine such as toning, singing bowls and tuning forks with pyramid sound meditation for expanding your higher self and human evolutionary consciousness to ground creation.</p>
<p>Yoga Nidra Theta (pre-sleep brain wave) state healing consciousness for rebalancing your mental, emotional, physical, spiritual bodies through guided meditation.</p>
<p>Yoga Flow Centering by the flow of breath (pranayama) in the beginning of the class, warming up with some dynamic stretches, entering asana flows to move the joints and slow down by soft stretches. Ending with a meditation and final relaxation. Suitable for all levels.</p>
<p>Taiwan Tai Chi Fundamentals A beautiful tool to strengthen our stability in the lower body and improving our mobility in the upper body. Slow movement in warm up, breathing 8 forms and concluded by dynamic stretches. This is the core for all levels of Tai Chi lineages.</p>

Please call 514-671-9834 to reserve your spot