


"SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Happy Healthy New Year!</p> <p>Welcome to Heartsong!</p>	<p>January 8 9-10:15 am: Gentle YOGA With Annie</p> <p><i>This is your YEAR to take care of YOU!</i></p> <p>4:30-5:45 pm: Pilates L 1-2 6-7:15 pm: YOGA L 1-2 With Elizabeth</p>	<p>January 9</p> <p>4:45-6 pm: YOGA L 1-2 With Elizabeth 6:15-7:15 pm: Pilates-YOGA-Fusion With Elizabeth</p> <p>Pilates your Posture, Strengthen your CORE!</p>	<p>January 10 9-10:15 am: YOGA L 1-2 With Elizabeth</p> <p>4:45 - 6 pm: Pilates L 2 With Elizabeth 6:30-7:45 pm: Gentle Restorative Yin YOGA L 1 With Lillian</p> <p>Come on in & YIN!</p>	<p>January 11</p> <p>5-6:15 pm: Gentle YOGA for MEN L1 With Scott</p> <p>7-8:15 pm: YOGA L 1-2 With Elizabeth</p>	<p>January 12</p> <p>9:30-10:45 am: "Empowering Vinyasa" YOGA L 2 With Elizabeth</p>	<p>January 13 9-10:15 am: YOGA L 1-2 With Elizabeth</p> <p>YOGA Teacher Training RYT500 Jan 13-14/17</p>
<p>14 Feb. 3: SPECIAL WORKSHOP "Engage your Mind Ignite your Heart -a Journey into Mindfulness" 9 am - 2:30 pm FILM Guest Speakers YOGA & Meditation Please Pre-Register Members \$45 Non-Members \$55 Plus HST</p>	<p>15</p> <p>9-10:15 am: Gentle YOGA With Annie</p> <p>4:30-5:45 pm: Pilates L 1-2 6-7:15 pm: YOGA L 1-2 With Stephanie 7:30-8:30 pm: Pre-Natal YOGA With Ashley</p>	<p>16</p> <p>4:45-6 pm: YOGA L 1-2 With Elizabeth 6:15-7:15 pm: Pilates-YOGA-Fusion With Elizabeth</p> <p>7:30-9 pm: Crochet Creations With Emily 6 Week Session \$70 plus HST Pre-Registration Required</p>	<p>17</p> <p>9 - 10:15 am: YOGA L 1-2 With Annie</p> <p>4:45 - 6 pm: Pilates BALL L 2 With Elizabeth 6:30-7:45 pm: Gentle Restorative Yin YOGA L 1 With Lillian Come on in & YIN!</p>	<p>18</p> <p>5-6:15 pm: YOGA for MEN With Scott</p> <p>7-8:15 pm: YOGA L 1-2 With Judith</p>	<p>19</p> <p>9:30-10:45 am: "Empowering Vinyasa" YOGA L 2 With Elizabeth</p> <p>YOGA Be Strong YOGA Be Calm YOGA...Heartsong</p>	<p>20</p> <p>9-10:15 am: YOGA L 1-2 With Elizabeth *** Teacher Training Jan. 20-21 Restorative YOGA Part 1</p>
<p>21 Special Evening: Fri. Jan. 26/18 Sacred Circle Dances With Tracey \$20 plus HST Please Pre-Register at Heartsong</p>	<p>22</p> <p>9-10:15 am: Gentle YOGA With Elizabeth</p> <p>4:30-5:45 pm: Pilates L 1-2 With Elizabeth 6-7:15 pm: YOGA L 1-2 With Stephanie 7:30-8:30 pm: Pre-Natal YOGA With Ashley</p>	<p>23</p> <p>4:45-6 pm: YOGA L 1-2 With Elizabeth 6:15-7:15 pm: Pilates-YOGA-Fusion With Elizabeth</p> <p>7:30-9 pm: Crochet Creations With Emily</p>	<p>24</p> <p>9 - 10:15 am: YOGA L 1-2 With Elizabeth</p> <p>4:45 - 6 pm: Pilates L2 With Lillian 6:30-7:45 pm: Gentle Restorative Yin YOGA L 1 With Lillian Come on in & YIN!</p>	<p>25</p> <p>5-6:15 pm: YOGA for MEN With Scott</p> <p>7-8:15 pm: YOGA L 1-2 With Elizabeth</p>	<p>26</p> <p>9:30-10:45 am: "Empowering Vinyasa" YOGA ' L 2 With Judith</p> <p>SPECIAL: Sacred Circle Dances 7-9 pm With Tracey \$20 plus HST Pre-Registration Required</p>	<p>27</p> <p>9-10:15 am: YOGA L 1-2 With Stephanie</p> <p>Breathe PEACE into your Life...</p>
<p>28</p>  <p>Sit Quietly OM Shanti *Meditate*</p>	<p>29</p> <p>9-10:15 am: Gentle YOGA With Annie 4:30-5:45 pm: Pilates L 1-2 With Elizabeth 6-7:15 pm: YOGA L 1-2 With Elizabeth 7:30-8:30 pm: Pre-Natal YOGA With Ashley</p>	<p>30</p> <p>4:45-6 pm: YOGA L 1-2 With Elizabeth 6:15-7:15 pm: Pilates-YOGA-Fusion With Elizabeth 7:30-9 pm: Crochet Creations With Emily</p>	<p>31</p> <p>9 - 10:15 am: YOGA L 1-2 With Annie</p> <p>4:45 - 6 pm: Pilates BALL L 2 With Elizabeth 6:30-7:45 pm: Gentle Restorative Yin YOGA L 1 With Lillian</p>	<p>Feb. 1</p> <p>5-6:15 pm: YOGA for MEN With Scott</p> <p>7-8:15 pm: YOGA L 1-2 With Lillian</p>	<p>Feb. 2</p> <p>9:30-10:45 am: "Empowering Vinyasa" YOGA L 2 With Elizabeth</p>	<p>Feb. 3 SPECIAL WORKSHOP "Engage your Mind Ignite your Heart -a Journey into Mindfulness" 9 am - 3 pm FILM Speakers YOGA & Meditation *Includes Lunch Please Pre-Register</p>