



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*Register Soon! For Friday Feb. 3/18 Special Workshop \$45 Members \$55 Non-Members +HST Film**YOGA*Meditation Lunch* Speakers* Pre-Registration Required- Thanks!</p>	<p><i>Heartsong...because Life is an Act of Love</i></p> <p>YOGA your Life OM Shanti ***</p> <p>Pilates your Posture! Energize! Realize Breathe Believe Receive FIND YOUR CALM</p>	<p>Elizabeth Away from Feb. 26 until end of March – slightly Reduced Schedule of Classes during this time</p> <hr/> <p>NEW CLASS Wednesdays 6:30 pm Work-Out/Work-In YOGA Vinyasa-YIN-Combo</p>	<p>FEBRUARY 1</p> <p>*NEW TIME 5:30-6:45 pm YOGA for MEN With Scott</p> <p>7-8:15 pm: YOGA L 1-2 With Elizabeth</p>	<p>Feb. 2 9:30-10:45 am: <i>'EmpoweringVinyasa'</i> Power YOGA L 2 With Elizabeth</p> 	<p>Feb. 3 “Engage your Mind, Ignite your Heart” A Journey into Mindfulness 9 am – 2:30 pm FILM at O'Brien Theatre YOGA & Meditation Lunch Provided Guest Speakers -Pre-Register Please</p>
<p>MONDAY Feb. 5 9-10:15 am: Gentle YOGA L1-Annie 4:30-5:45 pm: Pilates L 1-2 6-7:15 pm: YOGA L 1-2 With Elizabeth 7:30-8:30 pm: #4 Prenatal YOGA-Ashley</p>	<p>6 4:45-6 pm: YOGA L 1-2 With Elizabeth 6:15-7:15 pm: Pilates -YOGA-Fusion With Elizabeth 7:30-9 pm: #4 Crochet with Emily</p>	<p>Feb.7 9-10:15 am: YOGA L 1-2 Elizabeth 4:45-6 pm: Pilates L 2 -Elizabeth 6:30-7:45 pm: Work-Out/Work-In YOGA Vinyasa-YIN-Combo L 1-2 With Lillian</p>	<p>8 *NEW TIME 5:30-6:45 pm YOGA for MEN With Scott</p> <p>7-8:15 pm: YOGA L 1-2 With Judith</p>	<p>9 9:30-10:45am: <i>'EmpoweringVinyasa'</i> Power YOGA L 2 With Elizabeth</p>	<p>10 9-10:15 am: YOGA L 1-2 With Elizabeth</p> <p>YOGA Teacher Training RTY200 Feb. 10-11/18</p>
<p>12 9-10:15 am: Gentle YOGA L1-Annie 4:30-5:45 pm: Pilates L 1-2-Elizabeth 6-7:15 pm: YOGA L 1-2 With Elizabeth 7:30-8:30 pm: #5 Prenatal YOGA-Ashley</p>	<p>13 Happy Valentine's Day! 4:45-6 pm: 'Partner YOGA' L 1-2 With Elizabeth 6:15-7:15 pm: Pilates-YOGA-Fusion With Lillian 7:30-9 pm: #5 Crochet with Emily</p>	<p>14 9-10:15 am: Valentine's YOGA L 1-2 with Annie 4:45-6 pm: Pilates BALL L 2-Eliz. 6:30-7:45 pm: Work-Out/Work-In YOGA Vinyasa-YIN-Combo L 1-2 With Lillian</p>	<p>15 *NEW TIME 5:30-6:45 pm: YOGA for MEN With Scott</p> <p>7-8:15 pm: YOGA L 1-2 With Elizabeth</p>	<p>16 9:30-10:45am: <i>'EmpoweringVinyasa'</i> Power YOGA L 2 With Judith</p>	<p>17 9-10:15 am: YOGA L 1-2 With Elizabeth ***</p> <p>Teacher Training RYT500 Restorative YOGA I</p>
<p>19 Happy 'FAMILY Day'! 10-11:15 am: 'Gentle' Family YOGA With Annie ***Members bring family member as a guest for free today! 7:30-8:30 pm: Last Class This Session #6 Prenatal YOGA-Ashley</p>	<p>20 4:45-6 pm: YOGA L 1-2 With Elizabeth 6:15-7:15 pm: Pilates -YOGA-Fusion With Elizabeth 7:30-9 pm: #6 Crochet with Emily</p>	<p>21 9-10:15 am: YOGA L 1-2 With Annie</p> <p>4:45-6 pm: Pilates L 2 -Elizabeth 6:30-7:45 pm: Work-Out/Work-In YOGA Vinyasa-YIN-Combo L 1-2 With Lillian</p>	<p>22 *NEW TIME 5:30-6:45 pm: YOGA for MEN With Scott</p> <p>7-8:15 pm: YOGA L 1-2 With Judith</p>	<p>23 9:30-10:45am: <i>'EmpoweringVinyasa'</i> Power YOGA L 2 With Elizabeth</p>	<p>24 9-10:15 am: YOGA L 1-2 With Elizabeth</p>  <p>OM Shanti</p>
<p>26 9-10:15 am: Gentle YOGA L 1-Annie</p> <p>4:30-5:45 pm: Pilates L 1-2-Lillian 6-7:15 pm: YOGA L 1-2 With Stephanie</p>	<p>27 4:45-6 pm: YOGA L 1-2 With Judith 6:15-7:15 pm: Pilates -YOGA-Fusion With Lillian</p>	<p>28 9-10:15 am: YOGA L 1-2 with Annie 4:45-6 pm: Pilates L 2 With Lillian 6:30-7:45 pm: Work-Out/Work-In YOGA Vinyasa-YIN-Combo L 1-2 With Lillian</p>	<p>MARCH 1 *NEW TIME 5:30-6:45 pm: YOGA for MEN With Scott</p> <p>7-8:15 pm: YOGA L 1-2 With Stephanie</p>	<p>MARCH 2 9:30-10:45am: <i>'EmpoweringVinyasa'</i> Power YOGA L 2 With Judith</p>	<p>MARCH 3 9-10:15 am: YOGA L 1-2 With Stephanie</p> <p>“March into Springtime at Heartsong WORLD Boutique!”</p>

**Heartsong YOGA Studio “An Oasis of Energy, a Sanctuary of Calm” www.Heartsongyogapilates.ca 613-433-7346
Pilates * YOGA * Well-Being * * * Class Schedule for February 2018 * Drop-In Visits Welcome! Join Anytime!**