

Explore with an open heart

DECEMBER 2022



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

				1 Innovative Flow 10:00-11:00am with Meaghan Scott Candle Light Restorative & Gong 7:15-8:30pm with Ashley Michelle	2 Yin/Yang Fusion 9:30-10:30am with Ashley Michelle	3 Power Flow Yoga 10:00-11:00 with Ashley Michelle
4 Compassionate Heart Practice (Gentle Yoga) with Ashley Michelle 10:00-11:00am	5 Hatha Yoga & Meditation 6:00-7:00pm Candle Light Slow Flow Vinyasa 7:30-8:30pm with Ashley Michelle	6 Soul Flow Vinyasa 6:00-7:00pm with Shauna P. & Gentle Yoga & Nidra 7:30-8:30pm with Ashley Michelle	7 Special Event Full Moon Sonic Sound Immersion with Ashley Michelle & BlueRaven 7:00-9:00pm ★	8 Innovative Flow 10:00-11:00am with Meaghan Scott Candle Light Restorative & Gong 7:15-8:30pm with Ashley Michelle	9 Yin/Yang Fusion 9:30-10:30am with Ashley Michelle	10 Power Flow Yoga 10:00-11:00 with Ashley Michelle
11 Compassionate Heart Practice (Gentle Yoga) with Ashley Michelle 10:00-11:00am	12	13	14	15	16 Yin/Yang Fusion 9:30-10:30am with Ashley Michelle	17 Power Flow Yoga 10:00-11:00 with Ashley Michelle
Christmas Vacation						
18 Compassionate Heart Practice (Gentle Yoga) with Ashley Michelle 10:00-11:00am	19 Hatha Yoga & Meditation 6:00-7:00pm Candle Light Slow Flow Vinyasa 7:30-8:30pm with Ashley Michelle	20 Soul Flow Vinyasa 6:00-7:00pm with Shauna P. & Gentle Yoga & Nidra 7:30-8:30pm with Ashley Michelle	21 Special Event Winter Solstice Yoga Nidra 7:00-8:00pm with Ashley Michelle ★	22 Innovative Flow 10:00-11:00am with Meaghan Scott Candle Light Restorative & Gong 7:15-8:30pm with Ashley Michelle	23 Yin/Yang Fusion 9:30-10:30am with Ashley Michelle	24 Closed
25 Merry Christmas	26 Hatha Yoga & Meditation 6:00-7:00pm Candle Light Slow Flow Vinyasa 7:30-8:30pm with Ashley Michelle	27 Soul Flow Vinyasa 6:00-7:00pm with Shauna P. & Gentle Yoga & Nidra 7:30-8:30pm with Ashley Michelle	28	29 Innovative Flow 10:00-11:00am with Meaghan Scott Candle Light Restorative & Gong 7:15-8:30pm with Ashley Michelle	30 Yin/Yang Fusion 9:30-10:30am with Ashley Michelle	31 Power Flow Yoga 10:00-11:00 with Ashley Michelle

Special Event
Winter Solstice
Fundraiser for Grey's Haven
Farm Sanctuary
1:00pm
with BlueRaven & Special
Guests ★



Special Events

www.theyogadome.ca

*all classes subject to change

★ Special Event ★
New Years Day

Rest, Release & Restore
Restorative & Sound Bath
1:00-3:00pm