

Explore with an open heart

FEBRUARY 2023



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1 Intro To Yoga: a beginner's journey 6-7pm & StarGaze Yin Yoga 7:30-8:45pm with Ashley Michelle	2 Innovative Flow 10:00-11:00am with Meaghan Scott Candle Light Restorative & Gong 7:15-8:30pm with Ashley Michelle	3 Yin/Yang Fusion 9:30-10:30am with Ashley Michelle	4
5	6	7	8	9	10	11
Costa Rica Yoga & Adventure Retreat 2023						
12	13 Hatha Yoga & Meditation 6:00-7:00pm Candle Light Slow Flow Vinyasa 7:30-8:30pm with Ashley Michelle	14 Soul Flow Vinyasa 6:00-7:00pm with Shauna P. & VALENTINES SELF LOVE 7:30-8:45pm with Ashley Michelle	15 Intro To Yoga: a beginner's journey 6-7pm & StarGaze Yin Yoga 7:30-8:45pm with Ashley Michelle	16 Innovative Flow 10:00-11:00am with Meaghan Scott Inner Goddess Paint Night 6:30-8:30pm with Tami Dee of The Calm Zone	17 Yin/Yang Fusion 9:30-10:30am with Ashley Michelle	18 Power Flow Yoga 10:00-11:00 with Ashley Michelle
19 Compassionate Heart Practice (Gentle Yoga) with Ashley Michelle 10:00-11:00am	20 Hatha Yoga & Meditation 6:00-7:00pm Candle Light Slow Flow Vinyasa 7:30-8:30pm with Ashley Michelle	21 Soul Flow Vinyasa 6:00-7:00pm with Shauna P. & Gentle Yoga & Nidra 7:30-8:30pm with Ashley Michelle	22 Intro To Yoga: a beginner's journey 6-7pm & StarGaze Yin Yoga 7:30-8:45pm with Ashley Michelle	23 Innovative Flow 10:00-11:00am with Meaghan Scott Candle Light Restorative & Gong 7:15-8:30pm with Ashley Michelle	24 Yin/Yang Fusion 9:30-10:30am with Ashley Michelle StarGaze Ocean Waves Yoga Nidra 7:00-8:30pm with Ashley Michelle	25 Wisdom of The Winged Ones 7:00-9:30pm with Tracy Kennedy
26 Compassionate Heart Practice (Gentle Yoga) with Ashley Michelle 10:00-11:00am	27 Hatha Yoga & Meditation 6:00-7:00pm Candle Light Slow Flow Vinyasa 7:30-8:30pm with Ashley Michelle	28 Soul Flow Vinyasa 6:00-7:00pm with Shauna P. & Gentle Yoga & Nidra 7:30-8:30pm with Ashley Michelle				

★
New Moon Micro
Retreat
1:00-3:00pm
with
BlueRaven & AM
★
Intuitive Dance
1:00-2:30pm
with
BlueRaven
★

★ Special Events

www.theyogadome.ca
*all classes subject to change

