

Explore with an open heart

OCTOBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Compassionate Heart Practice with Ashley Michelle 10:00-11:00am	3 Hatha Yoga & Meditation 6:00-7:00pm Candle Light Slow Flow Vinyasa 7:30-8:30pm with Ashley Michelle	4 Soul Flow Vinyasa 6:00-7:00pm with Shauna P. Gentle Yoga & Nidra 7:30-8:30pm with Ashley Michelle	5 Beginners Mind 6:00-7:00pm StarGaze Yin 7:30-8:45pm with Ashley Michelle	6 Innovative Flow 10:00-11:00am with Meaghan Scott Candle Light Restorative & Gong 7:15-8:30pm with Ashley Michelle	7 Yin/Yang Fusion 9:30-10:30am with Ashley Michelle Kundalini Yoga Meditation & Mystic Music 6:00-7:30pm with Diane Manjeet	8 Full Moon Mini Retreat with Ashley Michelle 6:00-9:00pm 
9 Compassionate Heart Practice with Ashley Michelle 10:00-11:00am	10 Happy Thanksgiving CLOSED	11 Soul Flow Vinyasa 6:00-7:00pm with Shauna P. Gentle Yoga & Nidra 7:30-8:30pm with Ashley Michelle	12 Beginners Mind 6:00-7:00pm StarGaze Yin 7:30-8:45pm with Ashley Michelle	13 Innovative Flow 10:00-11:00am with Meaghan Scott Candle Light Restorative & Gong 7:15-8:30pm with Ashley Michelle	14 Yin/Yang Fusion 9:30-10:30am with Ashley Michelle Kundalini Yoga Meditation & Mystic Music 6:00-7:30pm with Diane Manjeet	15 AUTUMN ALIGNMENT: A FULL DAY CHAKRA ALIGNMENT RETREAT WITH SCHERRI DICKSON & ASHLEY MICHELLE 10:00-4:00PM 
16 Compassionate Heart Practice with Ashley Michelle 10:00-11:00am	17 Hatha Yoga & Meditation 6:00-7:00pm Candle Light Slow Flow Vinyasa 7:30-8:30pm with Ashley Michelle	18 Soul Flow Vinyasa 6:00-7:00pm with Shauna P. Gentle Yoga & Nidra 7:30-8:30pm with Ashley Michelle	19 Beginners Mind 6:00-7:00pm StarGaze Yin 7:30-8:45pm with Ashley Michelle	20 Innovative Flow 10:00-11:00am with Meaghan Scott Candle Light Restorative & Gong 7:15-8:30pm with Ashley Michelle	21 Yin/Yang Fusion 9:30-10:30am with Ashley Michelle Kundalini Yoga Meditation & Mystic Music 6:00-7:30pm with Diane Manjeet	22 Find Your Strength Yoga 10:00-11:00 with Ashley Michelle AMP UP YOUR CREATIVITY WITH NATYBE 2:00-4:00PM 
23 Compassionate Heart Practice with Ashley Michelle 10:00-11:00am 	24 Hatha Yoga & Meditation 6:00-7:00pm Candle Light Slow Flow Vinyasa 7:30-8:30pm with Ashley Michelle	25 Soul Flow Vinyasa 6:00-7:00pm with Shauna P. Gentle Yoga & Nidra 7:30-8:30pm with Ashley Michelle	26 Beginners Mind 6:00-7:00pm StarGaze Yin 7:30-8:45pm with Ashley Michelle	27 Innovative Flow 10:00-11:00am with Meaghan Scott Candle Light Restorative & Gong 7:15-8:30pm with Ashley Michelle	28 Yin/Yang Fusion 9:30-10:30am with Ashley Michelle Kundalini Yoga Meditation & Mystic Music 6:00-7:30pm with Diane Manjeet	29 A SHAMANIC EVENING WITH THE ANCESTORS 7:00-9:00pm with Dr. Tracy Kennedy & Rev. Vanessa Hurst 
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Compassionate Heart Practice with Ashley Michelle 10:00-11:00am

Find Your Strength Yoga 10:00-11:00 with Ashley Michelle

Find Your Strength Yoga 10:00-11:00 with Ashley Michelle



Special Events

www.theyogadome.ca

*all classes subject to change