

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPTEMBER						
1	2	3	4	5	6	7
STUDIO CLOSED SEPT 1 - 6						9am-4pm 'Living Mindfully' Meditation Day Retreat
8	9	10 9:30-10:45am Hatha 11am-Noon Chair 7-8:15pm Hatha	11 7-8:30pm Meditation	12 9:30-10:45am Hatha 11am-Noon Chair 7-8:15pm Hatha	13	14 FULL MOON ○ 9:30-10:45am Hatha
15	16	17 9:30-10:45am Hatha 11am-Noon Chair 7-8:15pm Hatha	18 7-8:30pm Meditation	19 9:30-10:45am Hatha 11am-Noon Chair 7-8:15pm Hatha	20	21 INT'L PEACE DAY 9:30-10:45am Hatha 1-4pm Peace Pole Painting Workshop 7-8:15pm Peace Day Meditation (at HH Knoll Park)
22	23	24 9:30-10:45am Hatha 11am-Noon Chair 5:30-6:30pm Prenatal* 7-8:15pm Hatha	25 7-8:30pm Meditation	26 9:30-10:45am Hatha 11am-Noon Chair 7-8:15pm Hatha	27 7-8:30 Yoga Nidra	28 NEW MOON ● 9:30-10:45am Hatha
OCTOBER						
29 9am-4pm Disconnect to Reconnect Yoga Retreat	30	1 9:30-10:45am Hatha 11am-Noon Chair 5:30-6:30pm Prenatal* 7-8:15pm Hatha	2 7-8:30pm Meditation	3	4	5
'Living from the Heart': A Weekend Meditation Retreat OCT 3-6 at Jericho House, Port Colborne						
6	7	8 9:30-10:45am Hatha 11am-Noon Chair 5:30-6:30pm Prenatal* 7-8:15pm Hatha	9 7-8:30pm Meditation	10 9:30-10:45am Hatha 11am-Noon Chair 7-8:15pm Hatha	11 7-9pm Mantra, Meditation + Kirtan	12 9:30-10:45am Hatha
FULL MOON ○ 13	14 Thanksgiving Monday	15 9:30-10:45am Hatha 11am-Noon Chair 5:30-6:30pm Prenatal* 7-8:15pm Hatha	16 7-8:30pm Meditation	17 9:30-10:45am Hatha 11am-Noon Chair 7-8:15pm Hatha	18	19 9:30-10:45am Hatha 11:30am-2pm Somatics Workshop
20	21	22 9:30-10:45am Hatha 11am-Noon Chair 5:30-6:30pm Prenatal* 7-8:15pm Hatha	23 7-8:30pm Meditation	24 9:30-10:45am Hatha 11am-Noon Chair 7-8:15pm Hatha	25 7-8:30 Yoga Nidra	26 9:30-10:45am Hatha
					NOVEMBER	
NEW MOON ● 27	28	29 9:30-10:45am Hatha 11am-Noon Chair 5:30-6:30pm Prenatal* 7-8:15pm Hatha	30 7-8:30pm Meditation	31 9:30-10:45am Hatha 11am-Noon Chair 7-8:15pm Hatha	1	2 9:30-10:45am Hatha

*Prenatal Yoga is offered as a pre-registered series of classes (\$95/series), and will run with a minimum of 6 enrolled — please contact us for details and to register.

Items in bold are speciality classes, workshops or retreats not drop-in classes. Full details for special events: gentlydownthestream.org/workshops-retreats

Please note: Just like all phenomena, class dates + times are subject to impermanence. ;) Please call/text, check social media or visit gentlydownthestream.org.