

September Workshops

2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	August 31	1	2	3	4	5
	2-4pm Connect Coffee Club		1-3pm Connect Coffee Club		10-11:30 am Chair Yoga & Zumba	
					1:30-3 pm The Nature of Things outdoors	
6	7 LABOR DAY STAT	8	9	10	11	12
			10-11 am Exercise Class		10-11am Yoga Shorties	
			1:30-2:30pm Winnipeg Rocks painting		1:30-2:30 Drumming	
13	14	15	16	17	18	19
	10-11am Chair Yoga & Zumba		10-11am Exercise Class		10-11am Exercise Class	
	1:30-2:30 pm Winnipeg Rocks painting		1-3 pm Interview skills and adapting during Covid		1-3 pm Coffee Club	
20	21	22	23	24	25	26
	10-11 am Stretch & Restore Chair Yoga, Hips & Neck		10-11 am Drumming		10-11am Music keyboarding	
	1:30-3 pm Gemstones and their healing properties		1:30-2:30 pm On-line Safety		1:30-2:30 pm Music keyboarding	
27	28	29	30	October 1	2	3
	10-11am Yoga Short Series or "for the not so young"		10-11 am Exercise Class		SESSIONS ARE AT PRECIOUS BLOOD CHURCH 200 KENNY STREET	COVID PROTOCOLS ARE STRICTLY ENFORCED. PLEASE BRING YOUR MASK AND YOUR OWN WATER BOTTLE
	1:30-2:30 pm Meditation 101		1-3pm Interview Skills and Adapting During COVID			
4	5					
	New Client Orientations					IF YOU ARE ATTENDING YOGA OR MEDITATION PLEASE BRING A YOGA MAT OR TOWEL/BLANKET