

Be Free Classes & Events

FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5 Breathwork Workshop (7-8:45pm) @Transitions Studio \$45	6	7	8
9	10	11 Valentine's Make & Take (7:30-8:30pm) @Femmesware \$25	12 Guided Meditation Class (7:30-8:30pm) @Transitions Studio \$15	13	14	15
16	17	18	19 Breathwork Workshop (7-8:45pm) Transitions Studio \$45	20	21 Live in Love Yoga & Meditation Retreat @ZenontheLake Fort Erie, ON	22 Live in Love Yoga & Meditation Retreat @ZenontheLake Fort Erie, ON
23 Live in Love Yoga & Meditation Retreat @ZenontheLake Fort Erie, ON	24	25 Women's Beginner Meditation Circle/Intro to Meditation (7:30-9pm) @Femmewares \$30	26 Women's Meditation Circle (7-8:30pm) Transitions Studio \$25	27	28 Women's Meditation Circle (7-8:30pm) @Zen House Yoga Studio \$25	

****All community classes & workshops come FREE with my online coaching program - [CLICK HERE TO LEARN MORE](#)**

Location for classes:

- Transitions Studio - 244 Grantham Ave. St. Catharines (2nd floor, white door on front left of building)
- Zen House Yoga Studio - 6150 Valley Way suite 101, Niagara Falls
- Femmewares (Chomp Supply) - 106 Ormond St S, Thorold, ON

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