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## February Newsletter & Upcoming Events



What a wonderful February we had at Tandem Unified Wellness!! We enjoyed a fun Salsa Night, and a beautiful Chakra Yin Yoga Sound Bath with Autumn Moon Holistic Wellness! Tandem also completed it's Chair Yoga at the Church Series, and a Chair Yoga Series with a local community partnership. As these programs finished up, we decided to add Chair Yoga to our schedule, and look forward to filling the class! We have welcomed new members into the space, and continue to appreciate your support!

We are happy to announce a few new changes to the schedule:

**Monday, Chair Pilates. 10-10:45am** - If you want to get the benefits of Pilates (core strength and stability) but can't get down to the floor, this is the class for you! Even if you can get to the floor, this Chair variation gives a GREAT challenge to compliment your Mat Pilates workouts!

**Tuesday, Chair Yoga. 10-10:45am** - Experience the benefits of Yoga while seated in the chair! This accessible class allows you to stretch in a seated position, or standing and using the chair as a balance support!

**Thursday, Pelvic Floor For Seniors. 10-10:45am** - This class focuses on the Pelvic Floor and supporting muscles, and can be done seated on the floor, OR in a CHAIR! This class is not JUST for seniors, but we tackle common dysfunction that seniors, peri-menopausal, menopausal and aging people may experience. No babies in this class - if you would like to come with a baby/child, try one of our other 2 Pelvic Floor classes!

**Monday, Prescott Power Workouts. 12:15-12:45pm Total Body (at the ACCC - Alaine Chartrand Community Center)**

**Monday, Prescott Dance Fit 4:30-5:15pm (at Prescott Town Hall)**

**Saturday March 15, Bootcamp Challenge 8:15am** - Special Bootcamp! Challenge yourself with 9 measured Fitness Challenges! This bootcamp occurs every 2 months so you can challenge yourself and measure your progress! Book your spot in our booking calendar!



**St. Lawrence**  
PSYCHOTHERAPY & WELLNESS

**TANDEM**  
UNIFIED WELLNESS

## The Space Within

### A Wellness Retreat

Experience an oasis where you are led to explore and connect with your inner and physical power, realign yourself, manage stress and understand and support your emotional wellness.

**\$700**  
HST and fees included

**May 10 9am-4pm** @ Maple and Rose in Merrickville  
**May 11 10am-2pm** @ Tandem Unified Wellness in Brockville

**What you will receive at this retreat:**

- Expert led education workshops
- Professional Movement Series
- Mini Massage/Reiki treatment
- Catered Breakfast (Day 1) and Lunch (Day 1 & 2) by local cafes
- Swag Bag, with Hoodie and other Wellness goodies
- A renewed sense of self connection

Ticket to event: <https://buytickets.at/stlawrencepsychotherapyandwellness/1591431>  
 For inquiries: [tandemunifiedwellness@gmail.com](mailto:tandemunifiedwellness@gmail.com)  
 or [info@stlawrencepsychotherapy.ca](mailto:info@stlawrencepsychotherapy.ca)

**\$700**  
CONTACT US TO RESERVE BEFORE APRIL 5TH

## The Space Within - Premium Wellness Retreat

Exciting Announcement! This May 10-11th weekend, Tandem Unified Wellness and St. Lawrence Psychotherapy and Wellness are joining forces to bring you a super special Weekend Retreat where we will explore Body and Mind working together! Experience an expert led education workshops about Self-Worth and Connection, and movement series! Enjoy catered meals, some specialized swag including a hoodie, and mini-massages/Reiki treatments! Check out the link below for all the details and pricing!

The Space Within



**Bachata NIGHT**

**TANDEM**  
UNIFIED WELLNESS  
Find your FIT

**FRIDAY, MARCH 7TH, 5:30-6:30PM**

Continue in our Latin Series and Learn Bachata Basics at Tandem Unified Wellness  
**\$20/person**  
 Purchase your tickets at:

[www.tandemunifiedwellness.ca/events-current](http://www.tandemunifiedwellness.ca/events-current)

No experience needed! Solo or Partners Welcome!

## Bachata Dance Night

Friday March 7th, 530-630pm

\$20/person. Learn Bachata Basics, solo or with a partner! Led by Tandem Unified Wellness' Denzel and Jenni, join us in a fun night of easy to learn steps and combinations!

Events

# Aerial Yin Yoga Sound Bath

March 21, 6-7pm

\$40/person



Join Jenni (Tandem Unified Wellness) and Jessica (Autumn Moon Holistic Wellness) for the next installment of the Yin Yoga and Sound Bath Series! This time, we have the option to use the Aerial Hammock (or you may stick to the mat as well!)

Please EMT Jessica at [autumnmoonhw@outlook.com](mailto:autumnmoonhw@outlook.com) or bring CASH to the Tandem Studio to book your spot today! Spaces are limited for this session, so book early!

## Support us and make us more visible with a Google Review!

We feel the love from you every time you come to class! Share that love with the world, and help Tandem Unified Wellness be seen online by filling out a Google Review for us!

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**Tandem Unified Wellness**

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Canada



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