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October Recap

It was one of our favourite times of year, our Halloween Party time!

This year we offered 2 free Halloween Dance Fit classes - one in the day time, and one in the evening! We always LOVE seeing everyone's costumes, and it makes us smile for the whole class when we get to dance with you all!

Our Bootcamp Challenge also ran, and we had a great time challenging ourselves. Our next Challenge will be running it in December.

We have added on to our Harrowsmith Programs, introducing a Chair Yoga as of last Friday! If you are interested in joining the Harrowsmith Total Body or Chair Yoga classes, please reach out to us directly for pro-rated fees and any questions you may have!

[Website](#)



Sound Bath & Yoga

Friday, November 14th: 6-7pm
Aerial Sound Bath (Use of Aerial Hammock is OPTIONAL) Book your spot today for this amazing event! \$40/person. Experience the weightless feeling of the aerial hammock combined with the relaxing sounds of a live Sound Bath, using singing bowls and other instruments. Book via EMT to autumnmoonhw@outlook.com or CASH in studio.



Intro to Pelvic Floor October Event

Runs Tuesdays in November for 4 weeks from 11-11:45am (Starts Tuesday, November 4th)

Our Pelvic Floor is an important set of muscles that support our inner organs, including bladder and bowels.

As we age, we lose muscle tone EVERYWHERE, including the Pelvic Floor.

Interested in Aerial Yin Yoga?
Our next Sound Bath combined
with Aerial Yin Yoga is on
December 12th from 6-7pm!

Current Events Booking

It's important to strengthen and stretch these muscles!

This class is for any age or stage who wants to connect with their Pelvic Floor.

People who are often affected by Pelvic Floor Dysfunction may include: Pregnant and Post-Partum stages, Peri or Menopausal stages, Weight Lifting Athletes, Heavy Lifting Workers and Aging Populations.

Current Events Booking

GROUP READINGS WITH PSYCHIC MEDIUM

ANDREW SPIRIT

SAT. NOV 8TH 1-3PM



Join Andrew, at Tandem Unified Wellness
for an intimate Group Reading
with Messages from Spirit.

\$70+hst/person

Payable to mediumblessings@gmail.com

Advanced booking required for this unique
experience!

Special Event

**A Small Group Psychic Reading
with Andrew of Medium**



**Harrowsmith
Friday Fitness**
4041 COLEBROOK RD, HARROWSMITH
S&A Club



**Friday Total Body
(Low Impact)**
9:00-9:45am
Nov. 21 - Dec 19
5 weeks
\$85+hst = \$96.05 (\$17/class)

Friday Chair Yoga
10:00-10:45am
Nov. 21 - Dec 19
5 weeks
\$85+hst = \$96.05 (\$17/class)



Please sign up in advance :)

A minimum number of 8 is required to run each class.

Drop-in rate will be available at \$25 (cash only)

Contact us with inquiries!

tandemunifiedwellness@gmail.com or 613-246-8388

Harrowsmith Fitness

**Our Harrowsmith Fitness
Program has expanded!!**

Blessings

Join us for a small group reading session, with messages from the Spirit, with Andrew of Medium Blessings. With an intimate group, the chances are very high for each person to receive a personal message from the Spirit.

\$70+hst can be sent via EMT to Andrew at
mediumblessings@gmail.com

Advanced bookings only.
Minimum of 8 people to run this event.

We are now happy to announce that our program in Harrowsmith has expanded to include a Chair Yoga session as well!

Join us in Harrowsmith at the S&A Club on Friday mornings!

In the new year, these classes will run on a month-by-month basis.

Fridays 9-9:45am - Low Impact Total Body

Fridays 10-10:45am - Chair Yoga

Sign up for the series at \$17/class, or try it out with a drop in at \$25/class.

Schedule Interruptions

No scheduled interruptions for November.



We thank you for being a part of Tandem Unified Wellness!

-Jenni & Denzel

Tandem Unified Wellness

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