

Website Pricing Plans Special Events



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 aways 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!

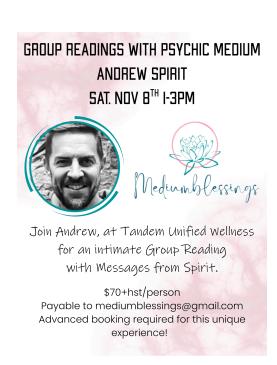
Current Events Booking

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



Special Event

A Small Group Psychic Reading with Andrew of Medium



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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