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January Recap

Thank you all for another great start to a New Year! We hope that you were able to settle into a routine that includes some joyful movement, rest and less stress!

As we move along into February, we are happy to share that we had lots of amazing classes and events in January! Our Guest Workshop with Clear Sky Wellness was an informative event, and our Sound Bath with Autumn Moon Wellness was, as always, a delight.

Check out a few exciting things happening in February! You will see a few changes in the class instructors in the mornings as we bring Emily Burns into the mix!

As we welcome Emily on board, we would love to share that she is also available and currently has a flexible schedule for Personal Training! So if you are considering it, or hear of someone who might be, contact us for an initial discovery meeting through email at tandemunifiedwellness@gmail.com, or call 613-246-8388, or see us in studio!

[Website](#)



Sound Bath & Yoga

Our next event is **Friday, February 13th, 6-7pm**, and running as an **Aerial Yin Yoga Sound Bath**. Book your spot today for this amazing event! \$45/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.



Intro to Pelvic Floor February Event

We plan to run this event bi-monthly, IF interest allows!

Runs Tuesdays in February for 4 weeks from 11-11:45am (Starts Tuesday, February 3, 10, 17, 24)
\$80 for non-members, members may sign up for the event for \$40

Our Pelvic Floor is an important set of muscles that support our

**Friday, March 13th is our next
Aerial Sound Bath Meditation**

and is now open for booking!

These events book up quickly,
so grab your spot ASAP!

Book via EMT to
autumnmoonhw@outlook.com
or CASH in studio.

*prices subject to change

[Website](#)

inner organs, including bladder
and bowels.

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

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](#)



Valentine's Bootcamp Challenge

Our next Bootcamp Challenge
is running Saturday, February
14th, at 8:15am!

Join us Bright and Early for our
Bootcamp Challenge! What a
great and challenging way to
start your Valentine's Day! (this
class starts 15 minutes earlier
than normal, so make sure to set
your alarm accordingly!)

Test yourself with a series of
Strength, Cardio and Endurance
workouts! If you've done this
challenge before, it's a great
measure to see your
improvements (or try to keep up
with your last results!) and if
you've never done one of our
challenges, this is a great time to
set a base line test for yourself!



**RELAX
REFRESH
REGROUP**

Women's Wellness Day
Saturday, February 7th, 2026
9:30 a.m. – 3:30 p.m., MERC Hall, Maitland

Elizabeth Wood, Seaway Physio
Women's Pelvic Health

Kate Hunnington, Harmony Farms
Let Food be thy Medicine

Katie Baker
An Intimate Hour of Music

Jenni Stotts, Tandem Unified Wellness
Gentle Hatha Yoga

Healthy lunch & snacks available, including
vegetarian & gluten-wise options

New: Jewellery Exchange Table –bring a jewel, take a jewel!

Cost: \$50.00 (cash/e-transfer). To register & e-transfer, email Sarah_Castillo@outlook.com OR
call 613.851.0307. If cost is a deterrent, please contact us at 613.851.0307. Proceeds
to Interval House, Brockville.

MERC Hall: Maitland Education & Recreation Corporation maitlandhall@gmail.com
120 East McLean Blvd, Maitland, ON www.maitlandhall.ca
(613) 499-9511 @MaitlandEducationRecreationCentre

Women's Wellness Day

**Saturday, February 7th,
9:30am-3:30pm**

The Maitland MERC Hall is
holding a Women's Wellness
Day, where several community
partners are coming together to
share their expertise.

For \$50, enjoy a healthy lunch,
and informative sessions
including: Women's Pelvic
Health from Elizabeth Wood of
Seaway Physio, Let Food be
Thy Medicine with Kate
Hunnington of Harmony Farms,
An Intimate Hour of Music by
Katie Baker, and a Gentle Hatha
Yoga by Jenni Stotts of Tandem
Unified Wellness.

If you would like to register for
this event, please email

sarah_castillo@outlook.com

Proceeds from this event go to
Interval House, Brockville.



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

-Jenni & Denzel

Tandem Unified Wellness

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