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March 2025 Newsletter & Upcoming Events



We had a great March with everyone at the Studio, and at our other Community Offering Locations! With the Prescott Power Workouts reaching some new faces, the continuation of our Harrowsmith Workouts, and the new addition of a Lansdowne Community Offering, we have been doing our best to reach outlying areas and offer some great classes!

COMMUNITY OFFERINGS:

If you are interested in attending any classes in these above mentioned areas, we offer

Prescott 12:15-12:45pm Lunch Power Hour (at the Alaine Chartrand Community Centre)

Prescott 4:30-5:15pm Dance Fit (at the Prescott Town Hall)

Lansdowne 6:30-7:15pm Total Body Class (starting Apr 7th at the Lansdowne Community Building)

Harrowsmith 9:00-10:00am Low Impact Total Body Class (at the Social & Athletic Club)

Contact us for more details on how to join these classes!

AERIAL YIN YOGA SOUND BATH

We had another successful event with Autumn Moon Holistic Wellness, with the combination of **Aerial Yin Yoga and a Sound Bath**, so we are doing it again on Friday, April 25th! It has already SOLD OUT, but if you want to be on the WAITLIST for our next event, contact us directly!

BACHATA DANCE NIGHT

We are also offering another **Bachata Dance Night on Friday April 4th**, so book your spot now! **[Book Now!](#)** Our last Bachata Dance Night was nearly full, and we had an amazing time learning Bachata Basics with you! We look forward to going over more Basics this time, and beginning to build on the skills!

THE SPACE WITHIN - A WELLNESS RETREAT

We are approaching our sign-up deadline of April 5th for this amazing retreat weekend that will take place on Saturday May 10 (9a-4p at Maple & Rose in Merrickville) & Sunday May 11th (10a-2p at Tandem Unified Wellness). We will still allow bookings after April 5th, but if you are considering booking, we appreciate you letting us know! Anyone who books after April 5th may not receive the custom Retreat Swag (which you're going to want!) and catering options may be limited.

READY TO RUN (BRISK WALK OR JOG)

Beginning Saturday, April 5th at 7:30-8:15am, join us at the Studio to get Ready for Running (or Biking, or Walking... or whatever Spring Activity gets you outdoors!) This **CONDITIONING CLASS** will focus on strength, mobility, and stabilization of the Lower Body and Core, which will get you

ready to tackle your outdoor activities! As we move into May, the program will be more specifically focused on learning to Run outdoors, but walkers are also very welcomed! There is no set pace or expectation to keep up with, so movers of all levels will benefit from the accountability of this program!

SUMMER OF SUP

We want your feedback!! As the Summer Paddleboard and Outdoor Exercise is approaching, we want to know what you would like to see! We are currently considering 2 nights/week on the water, and Special Events on one Saturday per month!

What days and times would you like to see offered? Please fill out our survey for Summer Special Programs! [Summer Survey](#)



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.

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

\$700
HST and fees included

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
or 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



Bachata NIGHT

TANDEM
UNIFIED WELLNESS
Find your FIT

FRIDAY, APRIL 4TH, 5:30-6:30PM

Back by Popular Demand,
Learn Bachata Basics at
Tandem Unified Wellness
\$20/person
Purchase your tickets at:
www.tandemunifiedwellness.ca/events-current

No experience needed! Solo or Partners Welcome!

Bachata Dance Night

\$20/person

Join us in learning the Basics of this simple Dance Style that originated from the Dominican Republic. Based on 4 or 8 count patterns, this dance style feels more accessible and easy to most beginners! As you learn the moves, you can easily begin to feel

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!

comfortable, and add your own flair to the rhythms! Partners or Solo welcome!

[Events](#)

[The Space Within](#)

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!

[Leave a Review](#)

Tandem Unified Wellness

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Brockville
Canada



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