



## Greetings Friends!

*Fall is coming & change is in the air with BIG changes at Every Day Sacred!*

After 26 years as Regina's first yoga studio, 5 locations and 10 years at my current location, I will be coming full circle as I head out on my own.

I will be moving my yoga classes to a new location this Fall: Wesley United church at 3913 Hillsdale Street. It is a welcoming space in an accessible building with a parking lot and easy access to all parts of the city! I will continue to offer the monthly SoulFull Sunday Interspiritual service, monthly Sage-ing Women's Wisdom circle as well as individual soul-centered coaching sessions and will continue my services as an InterSpiritual minister (custom crafted ceremonies & rituals for all of life's moments and occasions.)

It is my joy and pleasure to offer my services to you these many years and to continue to grow and journey with you into the future!

Yours in health, consciousness and good will,

Kelly - Cheerleader of the Heart

*Scroll down to see our Fall offerings*

## WONDER WOMEN'S WISDOM CIRCLES

Strengthen your Super Powers through a Wonder Women's Wisdom circle! A circle is a powerful way to connect with others who really 'get you', meet new friends, exchange Wonder Woman wisdom and experiences, have fun, and move toward a healthier, more fulfilled, conscious you! All circles are safe, experiential and incorporate potent rituals, self exploration, movement, meditation, chakras, archetypes, expressive arts, spiritual psychology and soul-centered coaching.

## **Circle #1 - Becoming Ageless Sages**

This wisdom circle is for women 55+ who are pondering some of the challenges and hopes of Midlife including changing bodies, relationships, career, finances, shifting identities and a quest for meaning! We heed the call of the so-called 'midlife crisis' and embrace it as a wakeup call from the Universe! We'll explore the opportunities of this time in life through inquiry, conversation, education, play and a host of creative activities including ritual, expressive arts, coaching and more. You will find your tribe as you shed a tear, share a laugh, support others and receive support in the company of women who really 'get' you! Make new friends, share experiences and wisdom, get creative and awaken your Ageless Sage!

Wednesday's 6:30pm – 8:30pm (**Note: week 1 – Nov 6 – is 6:30pm – 9:00pm**)

Dates: November 6, 13, 20, 27, December 4, 11, 18

Fee - \$315.00 incl GST

Location – please contact Kelly

## **Circle #2: Sage-ing Continues**

*For Alumni who've completed "Becoming Ageless Sages"*

Thursday's 6:30pm – 8:30pm

Dates: September 5, October 3, November 14, December 12

Fee - \$37 single session; All 4 sessions - \$140 incl GST

Location – please contact Kelly

## **Circle #3: Soul Centered Coaching & Mentoring**

All coaching is about transformation, but Soul-Centered coaching and mentoring is a whole person approach to support your human 'being'! These private sessions with Kelly are for women of all ages and stages wanting to align all aspects of your daily life (health, home, work, education, play, relationships, spirituality, etc.) with your truest, highest self! A minimum of 4 – 6 months is recommended to experience change and there are women who have been journeying for 5 – 10 years. A complimentary conversation is available if you would like to learn more.

## **CYCLES OF LIFE CEREMONIES & RITUALS**

If you have ever attended a wedding, celebrated a birthday, buried a pet or marked a change of season, then you have been part of a ritual. Ceremonies and rituals are ways to recognize life's cycles, passages and transitions both large and small. Powerful rituals allow us to find meaning in our lives and assist with change, transformation and achieving a specific outcome. Rituals and ceremonies are created with your beliefs, needs and values in mind so they become a powerful and true reflection of you!

## **Examples of ceremonies I create:**

Celebrations of Love: Prenuptial, Weddings, Vow Renewals, Anniversaries, Conscious Un-Couplings

Child and Family Services: Baptisms, Namings, Welcomings, Adoptions, Family Blendings

Rituals for Dying & Death: Doula for the Dying, Celebrations of Life, Funerals, Burials & Cremation, Grieving

Rituals for Women: First Moon, Coming of Age, Mother Blessings, Menopause, Empty Nest, Elderhood

Rituals for Healing & Health

Seasonal rituals that follow changes in the natural world and rituals that follow the interfaith calendar

Pet Blessings and Memorials

House, Business, Retirement rituals

And there's more, as I create rituals to meet your requests and needs.

## **SPIRIT MATTERS**

### **SoulFull Sundays**

Come to an inclusive kind of 'church' service which is Interspiritual, interactive, creative and engaging and recognizes that there are many paths and practices leading us to the Source of life! Interspirituality is the common ground where the wisdom traditions meet and draws upon the universal spiritual principles foundational to them. It is committed to finding spirituality within and beyond religion. Come for music, reflection, conversation, meditation and a host of creative activities. Come, come whoever you are~ gay & straight; men & women; young & elder; spiritual, religious or neither. Come connect to that which connects us all~ Love!

No registration. Love offerings received.

Sunday's - September 8, October 6, November 10, December 22

10:30am Reflective time

11:00pm Service begins

Contact Kelly for location.

### **Rhythm Cradle & Sound Bath Workshop**

Experience the group healing process of a healing drum oasis followed with the soothing soundscape of crystal bowls! During the drum oasis, you'll be guided to hold a simple beat on a frame drum as you give and receive drumming as well as offer and receive caring touch. This is not about learning to play drums nor is it a typical drum circle. No experience or drums

required, only your beginner's mind! Leave feeling relaxed, rejuvenated, empowered and connected to yourself, others and the greater good!

Dates and Times TBA

## **LIVING YOGA**

Experience the union of your body, mind, heart and inner wisdom as you move your practice from your mat into every day living!

### **Registration**

**Returning Students** – Claim your spots before September 2<sup>nd</sup>. Registration is first come first serve - submit your Registration Health form and payment ASAP when you receive this email!

**New Students** - Register September 3<sup>rd</sup> and after.

Classes begin the week of September 9th at our **NEW LOCATION - Wesley United Church**

Yoga therapy & specialty classes available by request.

### **How to Register**

Register by going to [www.everydaysacred.ca](http://www.everydaysacred.ca) and click on the Living Yoga header. You must complete and submit the Registration and Health form to [green.k@sasktel.net](mailto:green.k@sasktel.net)

### **Attendance options**

Classes are full session enrolment. For flex or drop in options, please contact Kelly.

### **Payment Options**

We accept e-transfers and cheques.

10% Discount for 65+ and students. Please add GST to your discount fee!

## **Yoga Schedule**

**Note all classes will be held at the new location: Wesley United Church 3913 Hillside St.**

### **Fall 2019**

#### **Monday**

Location: Auditorium

Time: 5:30pm – 6:45pm **OR** 7:00pm – 8:15pm

Dates: September 9, 16, 23, 30. October 7, 21, 28, November 4, 11, 18, 25 (NO class October 14) - *11 week session*

Fee: \$173.25 incl GST

**Tuesday**

Location: Room 105

Time: 9:30am – 10:45am (***FULL...waiting list available***) **OR** 6:00pm – 7:15pm

Dates: September 10, 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 19, 26 - *12 week session*

Fee: \$189.00 incl GST

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