

*'From out of the darkness and cold,
the light and hope shall return!'*

*Wishing you and yours all that is calm,
all that is bright!*

Yoga Winter 2020

Classes begin January 13, 2020.

Returning students register now.

New students January 6th and after.

Reminder: All classes will be held at the new location - Wesley United Church, 3913 Hillsdale St.

Monday	Tuesday
Location: Auditorium	Location: Room 105
5:30pm – 6:45pm OR 7:00pm – 8:15pm	9:30am – 10:45am OR 6:00pm – 7:15pm
January 13, 20, 27, February 3, 10, 24, March 2, 9, 16, 23, 30	January 14, 21, 28, February 4, 11, 25, March 3, 10, 17, 24, 31
(NO class February 17)	(NO Class February 18)
11 weeks	11 weeks
\$173.25 incl GST	\$173.25 incl GST
OR	OR
5 Class Pass \$81.38 (incl GST)	5 Class Pass \$81.38 (incl GST)

Register [here](#).

SoulFull Sundays

Come to an inclusive kind of church service which is interactive, creative and engaging and recognizes that there are many paths and practices leading us to the Source of life! 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.

Dates: January 12, February 9, March 8, April 5

10:30am Reflective time | 11:00pm Service begins

Contact Kelly for location.

Integrative Soul Support & Coaching

Integrative Soul Support & Coaching connects you to your true self, your life purpose and your innate wisdom as you live, work, play and eventually depart from this life. This alignment allows a greater level of wisdom and discernment regarding where to invest your life force and creative energy. We will draw upon an array of wisdom traditions including spirituality, meditation, psychology, ritual, yoga, expressive arts and more. It is my honor and joy to support and witness your journey!

A complimentary conversation is available if you would like to learn more.

Life Cycle Rituals & Ceremonies

Imagine meaningful, heartfelt rituals and ceremonies as unique as you are, that honour the cycles and passages of your life! All ceremonies and rituals are created to be a meaningful reflection of your values and beliefs; therefore, they are custom crafted just for you.

Some of the services I create are:

Celebrations of Love

Child and Family Services

Rituals for Dying & Death

Rituals for Women

Rituals for Healing & Health

Seasonal Rituals

Pet Blessings and Memorials

House, Business, Retirement Rituals

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

Contact Kelly for more information or to book a session.

Visit www.everydaysacred.ca for more details.

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