

"Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come.

It takes just one star to pierce a universe of darkness."

LET OUR NEW YEAR OF INTENTIONS AND PRACTICE TRANSFORM US INTO THOSE STARS!

Greetings Dear Yogis!

Hopefully, we are beginning 2021 by taking some time to reflect and process some of the lessons learned this past year and applying our newfound wisdom. I hope you will join our merry band of yogis as we polish our starlight and live with intention, awareness, and purpose.

In light of current events regarding health and safety, our Winter session will be a virtual one with Zoom. As events change, let us keep our hopes high and fingers crossed that our Spring session will be in-person.

Below is the Winter schedule which begins next week.

I will be emailing the Zoom link each week, so please check your Inbox regularly. If you are flexing or making up a class, please contact me for the link as it will be different for each class.

PLEASE be on the Zoom call with all your props 10 minutes prior to the start time.

TO REGISTER

For each session, please complete the health registration form online, and e-transfer or mail your payment.

Fees:

- 10 Week Session – \$157.50 Inc GST
** 65+ discount when registering for **full session** only – \$141.75 Inc GST
- 5 Flex Pass – \$81.38 Inc GST (*no discount*)
- 1 Class Drop In – \$16.80 Inc GST (*no discount*)

Payment:

E-transfer to green.k@sasktel.net. Please text (306-529-9790) or email me the answer to the security question so I may deposit your money.

OR

Mail a cheque payable to: Every Day Sacred

P.O. Box 37235

Regina South, Regina SK S4S 7K4

YOGA SCHEDULE

Monday

6:15pm – 7:30pm (*Note: new time*)

January 11th to March 22nd (*No class Feb 15*) – 10 weeks

Tuesday

9:30am – 10:45am **or** 6:00pm – 7:30pm

January 12th to March 23rd (*No class Feb 16*) – 10 weeks

OTHER SERVICES

Soul Full Sunday Spiritual Services (*Via Zoom*)

Gathering: 10:50am

Service: 11:00am – 12:00pm

Fee: Love Offerings

Dates: February 14th and March 21st

Life Cycle Rituals & Ceremonies and **Coaching**

See website for more details.

Together & Apart...

...looking forward to our

Zooming soon!