

*Individually we are one drop,
but together we are an ocean holding one
another up in our individual and collective practices.*

Hello Yogis,

Our winter session is nearing an end and our spring session's just around the corner. Although vaccines are beginning to roll out, spring classes will continue via Zoom. Here is the spring schedule, including a new offering for those of you wanting to begin or revisit the basics of meditation. You may register now, and I appreciate you doing so by April 16th. You **DO** need to fill out the registration health form for each session of yoga. If possible, please pay by e-transfer and send me the answer to your security question so that I can receive your payment. Although I prefer e-transfers, I still take cheques.

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.**

Looking forward to practicing spring yoga with you! *Together we lift each other up, strengthen and encourage one another on our individual and collective paths.*

Namaste Dear Companions,
Kelly

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

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
April 19, 26, May 3, 10, 17, 31, June 7, 14, 21, 28
(NO class May 24)
10 weeks

Tuesday

9:30am – 10:45am or 6:00pm – 7:15pm
April 20, 27, May 4, 11, 18, 25, June 1, 8, 15, 22
10 weeks

***NEW!* MEDITATION SAMPLER**

Meditation is a transformative practice with techniques that are intended to encourage a state of focused, heightened awareness as well as a shift in consciousness. It has been practiced for thousands of years with repeatable results and significant benefits. You will learn about the basics of meditation and explore, sample and practice different styles. And you will learn about some of the obstacles, supports and motivations for meditation as well as gain confidence through practice in and between classes. Hope you'll join me.

Thursdays 7:00 – 8:00pm
April 22 - June 10 (8 weeks)
Fee- \$91.00 Incl GST

OTHER SERVICES

Soul Full Sunday Spiritual Services | **Coaching** | **Life Cycle Rituals & Ceremonies**

Watch website for updates.

Together & Apart...looking forward to our Zooming soon!