



Season's Greetings Dear Ones

It has been a wonderful Autumn session connecting with you, in person and on Zoom! At this darkest time of the year, we prepare ourselves for the return of the light and we look towards the possibilities and growth that light brings to life and awareness!

May you and your loved ones enjoy a season of **hope**, a season of **love** and a season of **blessings**!

Let us shine our lights for the illumination and good of all!

Registration is complete when...

ZOOM students: once you have 1) completed the Registration Health form and 2) submitted payment.

IN-PERSON students: once you have 1) completed the Registration Health form 2) reviewed Covid and housekeeping protocols (*this will be emailed to you once registered*), 3) signed the Covid Waiver, and 4) submitted payment.

E-transfers sent to green.k@sasktel.net although cheques continue to be accepted. Please send a separate email containing the answer to the security question so I may accept payment.

Find our Winter 2022 schedule on our website or newsletter.

Namaste, Kelly

WINTER YOGA 2022

Returning Students register now and preferably at least a week prior to the beginning of the Winter session.

Mondays (In Person)

January 17, 24, 31, February 7, 14, 28, March 7, 14, 21, 28 (No class February 21) – 10 weeks

6:15pm – 7:30pm

Tuesdays (Both classes on Zoom)

January 18, 25, February 1, 8, 15, March 1, 8, 15, 22, 29 (No class February 22) – 10 weeks

9:30am – 10:45am **OR** 6:45pm – 8:00pm

Fees:

- 10 Week Session – \$187.50 incl GST
65+ discount when registering for full session only – \$178.13 incl GST
- 5 Flex Pass – \$94.25 incl GST (no discount)
- 1 Class Drop In – \$18.90 incl GST (no discount)

MEDITATION

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.

Location: Zoom

Day / Time: Thursdays / 5:45pm – 6:55pm

Dates: January 20, 27, February 3, 10, 17, March 3, 10, 17, 24 (No class February 24) - 9 weeks

Fee: \$144.00 incl GST

SPIRITUAL LIFE PRACTICES

Many of us have a handful of practices that ground and connect us to the richness and sacred of every day life. But what about exploring and expanding these? Imagine having formal and informal practices to resource yourself? Practice IS the path and pretty much anything and everything can become practices when done with intention and awareness. Instead of having spiritual and wisdom practices that are solely confined to a special time and place, imagine also having simple practices that you do can do any day and anywhere! Practices that wake you up and bring you alive to your true self! We'll focus on such things as our bodies, objects, our homes, nature and more as grist for our spiritual lives!

Location: Zoom

Day / Time: Thursdays / 7:15pm – 8:25pm

Dates: January 20, 27, February 3, 10, 17, March 3, 10, 17, 24 (No class February 24) - 9 weeks

Fee: \$144.00 incl GST

DEEPENING LIFE PRACTICES

Life Cycle Ceremonies & Rituals

Meaningful heartfelt ceremonies custom crafted for you which honor the cycles and passages of your life - weddings, funerals, celebrations of life, baby & family ceremonies, healing, house blessings, and many more.

Soul Centered Coaching

Connecting you to your authentic self and your life purpose with individual sessions. These sessions draw upon the wisdom of spirituality, meditation, and a host of wisdom traditions and creative practices. Through this work you will feel seen, heard, supported, and resourced for living an integrated, conscious life!

Contact Kelly for more information.

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