



*"The beautiful spring came, and when nature resumes her loveliness, the human soul is apt to revive also."*

Greetings All!

It's been a long and challenging winter but in true Saskatchewan tradition - we've made it! Now we dream of more time outdoors and joining in Nature's celebration of springing back into life!

### **At Every Day Sacred**

#### **Kelly offers:**

Living Yoga

Women's Wisdom Circles

Individual Soul-Centred Coaching

Happy Hour Drum Oasis and Yoga Sleep

SoulFull Sunday InterSpiritual Services

Heart Centered Rituals and Ceremonies crafted just for you!

#### **Marie offers:**

Prenatal Yoga

Mom and Baby Yoga

*Scroll down to see our Spring 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: Sage-ing Continues**

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

**Spring Sage-ing Circles** – May 23, June 20

6:30pm – 8:30 pm

\$37.00 incl GST for individual circles

## **Circle #2: 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 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.

March 17 (cancelled), April 7, May 5, June 9

10:30am Reflective time

11:00pm Service begins

## Inner Happy Hour - Drum Oasis & Yoga Sleep

Enjoy two inner happy hours as you experience the benefits of a healing drum oasis followed by the practice of Yoga Nidra/yoga sleep (*a guided practice of deep rest and restoration*) During the drum oasis, you'll be guided to hold a simple beat on a frame drum as you give and receive drumming. 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!

Upcoming Happy Hours – May 10

# 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!

**Returning Students, Prenatal and Mom and Baby Students register now until April 12.**

**New Students register April 13 and after.**

## Classes Include

Living Yoga; Prenatal Yoga; Mom & Baby Yoga

Yoga therapy & specialty classes available by request.

## How to Register

See below for what kind of student you are and on the dates specified.

Register by going to [www.everydaysacred.ca](http://www.everydaysacred.ca) and click on the Living Yoga header.

You must complete and submit the combined registration/health form to [green.k@sasktel.net](mailto:green.k@sasktel.net)

## Attendance options

Kelly's classes are full session enrolment unless you have discussed flex or drop in options with her.  
Flex, drop in and full session enrollment available for all other classes.

## Payment Options

**Please consider paying online with the convenience of e-transfer to [green.k@sasktel.net](mailto:green.k@sasktel.net) using the password livingyoga1; cheques accepted, NO CASH PLEASE.**

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

## What Kind of Student am I?

We value you as a returning student and offer you Early registration before opening registration to new students.

**Returning Students A** are given first priority. This is for students who have attended 2 of the three sessions (Fall, Winter, Spring) that we offer in a year (note - Summer is not included). Early registration is encouraged.

**Returning Students B** are students who are returning but may wish to change to another class or who may have been attending as a Flex student and would now like to enrol for the session. You will be placed on the waitlist and notified as to availability at the end of the Returning Student A registration

Please visit [www.everydaysacred.ca](http://www.everydaysacred.ca) for more information regarding classes, events and all activities at Every Day Sacred Centre.

## MONDAY

### ***Living Yoga (Intermediate) with Kelly***

5:30pm – 6:45pm

April 29 – June 17 (no class May 20) – 7 weeks

Fee: \$105.00 (w/GST=\$110.25)

### ***Living Yoga (Multilevel) with Kelly***

7:00pm – 8:15pm

April 29 – June 17 (no class May 20) – 7 weeks

Fee: \$105.00 (w/GST=\$110.25)

## TUESDAY

### ***Living Yoga (Multilevel) with Kelly***

9:30am – 10:45am

April 30 – June 18 – 8 weeks

Fee: \$120.00 (w/GST=\$126.00)

### ***Mom and Baby with Marie***

1:30pm – 2:45pm

April 9 – June 18 (no class April 23) – 10 weeks

Fee: \$150.00 (w/GST=\$157.50)

### ***Living Yoga (Multilevel) with Kelly***

6:00pm – 7:15pm

April 30 – June 18 – 8 weeks

Fee: \$120.00 (w/GST=\$126.00)

## THURSDAY

### ***Prenatal with Marie***

5:30pm – 6:45pm

April 18 – June 20 – 10 weeks

Fee: \$150.00 (w/GST=\$157.50)

*(Note: student can switch between the Thursday and Saturday classes.)*

## SATURDAY

***Prenatal with Marie***

9:30am – 10:45am

April 13 – June 29 (no class May 18, June 15) – 10 weeks

Fee: \$150.00 (w/GST=\$157.50)

*(Note: student can switch between the Thursday and Saturday classes.)*

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