

*"Often when you think you're at the end of something,
you're at the beginning of something else."*

- Fred Rogers

As we look towards Fall, we usually think it signals the end of summer and the beginning of our so called '*normal*' Fall schedule. But these past months have offered us opportunities to be with change, uncertainty, and discover that what we thought was '*normal*' was more of an illusion. As much as we long for the 'virus' and its influence to end, we realize that that is not the case. Much of our moving forward is about new ways of being with this flow of change and the challenges and opportunities it presents!

As I write this, our Fall will be the '*beginning of something else*' and we have no way to be sure what that something will be. With that in mind, I invite you back to our mats in the good company of others as we practice for ourselves and all of humanity. When we *practice*, we are doing something important for our physical, mental, emotional, and spiritual well being. And we expand our practice beyond ourselves when we dedicate the value, benefits, and wholesomeness to others! This is the *YOGIC* realization that we are not separate from others but rather interdependent with all of life including those we do not understand, like or agree with! So, on that note, let us begin again...

Fall 2020 Schedule

SoulFull Sunday Services, Yoga Therapy, Coaching, Women's Circles, Life Cycle Ceremonies

SoulFull Sunday Spiritual Services (via Zoom)

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!

Days / Times / Dates:

Sundays: 11:00am – 12:00pm

September 6, October 4, November 1, December 20

No registration. Love offerings received.

Life Cycle Rituals and Ceremonies for Individuals or Groups

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 is more as I create rituals to meet your requests and needs.

Contact Kelly for more information or to book a session.

Soul-Centered Coaching and Support

Individual 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!

Specializing in support for women of all ages and stages.

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

Fee: 1-hour session - \$90 plus GST

Individual Yoga Therapy

60 and 90-minute sessions personalized for your needs and concerns including managing stress, pain, illness, well being.

Fee: 60-minute session - \$90 plus GST; 90-minute session - \$125 plus GST

Fall Yoga Schedule

Living Yoga is a practice where *intention* orients and directs us; *mindful moving* benefits the body; *breath, concentration and meditation* benefit mind and mood; and *awareness, compassion, ethical practices, and a sense of interconnection* benefit one and all! This yoga is for everybody and *every body* to practice both on and off the mat!

Housekeeping

All classes will be held in the Auditorium at Wesley United Church. Please adhere to provincial and common-sense standards regarding our time together including entering, leaving, and using this public space. Please wear a mask when entering and leaving the space and we will set up our mats with plenty of room between them. There will also be sanitizer when you enter the auditorium.

PLEASE NOTE: Because of health reasons, students are required to bring their own props to class including:

- 2 mats - A yoga mat and an optional thicker mat to give warmth and padding for Savasana
- 1 foam block to use under your seat and head
- 2 rubber, cork, or wood blocks - the lighter for you to carry the better
- Large rectangular bolster
- Smaller 'prana' rectangular bolster
- Yoga strap, belt, or tie
- Thick blanket
- Eye covering (optional)

Schedule

Mondays: 5:30pm – 6:45pm and 7:00pm – 8:15pm

September 14 to November 30 (No class October 12th) - 11 weeks

Fee: \$173.25 incl GST

Tuesdays: 9:30am – 10:45 am and 6:00pm – 7:15pm

September 15 to November 24 - 11 weeks

Fee: \$173.25 incl GST

* Ages 65+ 10% OFF

* 5 Class Flex Passes \$81.38 incl GST

* Drop In \$16.80 incl GST (Available, but please check with Kelly about these options. Priority is given to students registering for the entire session.)

Registration

Returning students may Register NOW; New students September 3rd and after.

To complete registration - All students must complete registration health form and send payment.