

*'Life isn't about waiting for the storm to pass.
It's about learning how to dance in the rain.'*

Fall Greetings Dear Ones,

Well... life goes on and it does so with some of the uncertainties and confusion we've experienced this past year and many months! We've had front row seats to observe that change really is a fact of life - sometimes welcome, and often unwelcome and resisted! And much of it is outside our control. Through our practices of meditation, yoga, ceremonies, coaching and other spiritual practices, *we move towards embracing the truth that although change is inevitable; our growth is not only optional but possible!* Many spiritual teachers remind us that all life experiences can provide fodder for the evolution of our consciousness, and we need practices to assist our evolving!

I'm looking forward to continuing our journey of *awakening* and *growth* this autumn. Please review the Covid protocols (Housekeeping Page) which will remain in place for our in-person gatherings, as well as for the list of props to bring to your in-person yoga classes. Masks will be required until we're on our mats, and mats will be distanced. Sanitizer will continue to be used and the church will continue their cleaning practices. Although I encourage full vaccination, it is not mandatory at this time, and I will be respecting privacy protocols. It is expected that we will continue practices that are in the best interests of us all - the *common good!*

Registration is complete once you've 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.

* Please note that there has been an increase in class fees after 5 years. Age 65+ receive a 5% discount which saves you the GST!

TO REGISTER

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

Fees:

- 11 Week Session – \$206.25 Inc GST
(** 65+ discount when registering for **full session** only – \$195.93 Inc GST)
- 12 Week Session – \$225.00 Inc GST
(** 65+ discount when registering for **full session** only – \$213.75 Inc GST)
- 5 Flex Pass – \$94.25 Inc GST (No discount)
- 1 Class Drop In – \$18.90 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 (*In-Person, Auditorium*)
September 13, 27, October 4, 18, 25, November 1,
8, 15, 22, 29, December 6 (11 weeks)
(NO class September 20, October 11)

Tuesday

9:30am – 10:45am (*In-Person, Auditorium*)
September 14, 21, 28, October 5, 12, 19, 26, November 2, 9,
16, 23, 30 (12 weeks)

Tuesday

7:00pm – 8:15pm *new time (Zoom)*
September 14, 21, 28, October 5, 12, 19, 26, November 2, 9,
16, 23, 30 (12 weeks)

MEDITATION SAMPLER, YOUR DAILY CALM

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
Days/Dates: Thursdays September 23 – November 25 (9 weeks) NO Class November 11th
Time: 5:45pm – 6:55pm
Fee: \$144.00 Incl GST

NEW!! WISDOM PRACTICES FOR EVERY DAY LIFE

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 every day. Practices that *wake you up and bring you alive* to your true self and practices that will influence how you relate to other people and the whole of creation. We'll draw on practices such as meditation, prayer, reading, movement, art, contemplation, nature and more!

Location: Zoom
Days/Dates: Thursdays, September 30 – December 2 (9 weeks) NO Class November 11th
Time: 7:15pm – 8:25pm
Fee: \$144.00 Incl GST

SPIRITED SUNDAYS

A Sunday service where we gather under the umbrella of 'spiritual but not religious' and where people of any or no faith tradition are welcome. We embrace the '*unity consciousness*' of inter-spirituality as we build relationships with others, share ideas and insights, and support each other as we apply these principles in our daily lives. Inter-spiritual has been described as "*the shared mystic heart beating in the center of the world's deepest spiritual traditions which celebrates the common wisdom of the world's great traditions.*" Come as you are ~ gay & straight, LGBTQ2S+, young & elder...to this community as we cultivate our Spirited Selves through meditation, ritual, inquiry, discussion, and creative activities.

Please pre-register by contacting Kelly at green.k@sasktel.net no later than the Thursday prior to each service so I have a sense of numbers and can send you the Zoom link.

Location: Zoom
Days/Dates: Sundays, October 17 and December 19
Gathering Time: 10:45am – 11:00am (silent reflection)
Service Time 11:00am (begins and runs approximately 1 hour)

Love Offerings graciously accepted (E-transfer green.k@sasktel.net). \$15 recommended but sliding scale to honour your circumstances.

OTHER SERVICES

Life Cycle Ceremonies & Rituals: Meaningful heartfelt ceremonies custom crafted just for you which honour the cycles and passages of your life.

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!