



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

What is stirring within you?

Hope you'll find a spring offering that revives your **soul** and brings you back to **life!**

Spring Offerings

LIVING YOGA

(Classes on Mondays and Tuesdays)

SOUL SUPPORT & COACHING

LIFE CYCLE CEREMONIES & RITUALS

Coming this Fall!

THE ABC'S OF LIVING A SPIRITUALLY LITERATE LIFE

Registration is complete when...

1) You have completed the Registration Health form and 2) you have submitted payment!

E-transfers sent to green.k@sasktel.net although cheques continue to be accepted.

You can also find our Spring 2023 schedule on our website.

Namaste, Kelly

SPRING YOGA 2023

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

Monday (evening)

Location: In Person

Dates: April 17, 24, May 1, 8, 15, (no class May 22), 29, June 5, 12, 19 – 9 weeks

Time: 6:15pm – 7:30pm

Tuesday (morning)

Location: In Person

Dates: April 18, 25, May 2, 9, 16, (no class May 23), 30, June 6, 13, 20 – 9 weeks

Time: 9:30am – 10:45am

Tuesday (evening)

Location: Zoom

Dates: April 18, 25, May 2, 9, 16, (no class May 23), 30, June 6, 13, 20 – 9 weeks

Time: 6:45pm – 8:00pm

Yoga Class Fees:

- 9 Week Session – \$168.75 incl GST
- 65+ discount when registering for full session only – \$160.32 incl GST
- 5 Flex Pass – \$94.25 incl GST (no discount)
- 1 Class Drop In – \$18.90 incl GST (no discount)

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: Email to green.k@sasktel.net. In the memo, enter the class name(s), day(s) and time(s).

OR

Mail a cheque payable to: Every Day Sacred P.O. Box 37235 Regina South, Regina SK S4S 7K4