



May you be surrounded by the magic of
love this *Holiday Season* & your *New*
Year filled with abundant possibilities!

Winter Offerings

LIVING YOGA

(Classes on Mondays and Tuesdays)

THE ABC's OF LIVING A SPIRITUALLY LITERATE LIFE

SOUL SUPPORT & COACHING

LIFE CYCLE CEREMONIES & RITUALS

Registration is complete when...

You have 1) completed the [Registration and Health](#) form and 2) submitted payment.

E-transfers can be sent to green.k@sasktel.net although cheques continue to be accepted. In the e-transfer memo, please enter the class name(s), day(s), and time(s).

Find our **Winter 2024** schedule on our website (www.everydaysacred.ca) or newsletter below.

Namaste, Kelly

Celebrating 30 years. Thank you!

WINTER YOGA

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

NOTE: All Classes will be held on Zoom.

Monday (evening)

Location: ZOOM

Dates: January 15 to March 18, 2024 – 9 weeks

No classes February 19

Time: 6:15pm – 7:30pm

Tuesday (morning)

Location: ZOOM

Dates: January 16 to March 19, 2024 – 9 weeks

No classes February 20

Time: 10:15am – 11:30am

Tuesday (evening)

Location: ZOOM

Dates: January 16 to March 19, 2024 – 9 weeks

No classes February 20

Time: 6:45pm – 8:00pm

YOGA CLASS FEES

- 9 Week Session – \$168.75 incl GST
- 65+ discount when registering for full session only – \$160.50 incl GST
- 5 Flex Pass – \$94.25 incl GST (no discount)
- 1 Class Drop In – \$18.90 incl GST (no discount)

PAYMENT

E-transfer 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

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!

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.

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 practice 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 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!

Contact Kelly for more information on any of the above practices.