



### LIVING YOGA

(Classes on Mondays and Tuesdays)

### THE ABC'S OF LIVING A SPIRITUALLY LITERATE LIFE

### SOUL SUPPORT & COACHING

### LIFE CYCLE CEREMONIES & RITUALS

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#### 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](mailto: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 2025** schedule on our website ([www.everydaysacred.ca](http://www.everydaysacred.ca)) or newsletter below.

Namaste, Kelly

## yoga classes

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

### monday (evening) - 10 weeks

zoom - january 13 to february 10, 2025

in-person (auditorium) - february 24 to march 24, 2025

no class february 17

❖ 6:15pm - 7:30pm

### tuesday (morning) - 10 weeks

**\*\* note time change for morning class**

zoom - january 14 to february 11, 2025

no class february 18

❖ 10:15am - 11:30am

in-person (auditorium) - february 25 to march 25, 2025

❖ 9:30am - 10:45am

### tuesday (evening) - 10 weeks

zoom - january 14 to march 25, 2025

no class february 18

❖ 6:45pm - 8:00pm

## yoga class investment

- 10 week session - \$187.50 incl gst
- 65+ discount when registering for full session only - \$178.13 incl gst
- 5 flex pass - \$94.25 incl gst (no discount)
- 1 class drop in - \$18.90 incl gst (no discount)

E-transfer to [green.k@sasktel.net](mailto: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.