



**Fall Yoga Session Runs Sept 8<sup>th</sup> - Dec 18<sup>th</sup>**  
--- See website for full schedule ---

### Welcome Back!

We hope you all enjoyed a peaceful relaxing summer. As usual, most of our classes are quite full for the first few weeks, however numbers usually balance out by the end of Sept. (If you missed out, Wed 5:30pm Alignment in Motion still has lots of space as well as the upcoming noon hour and Saturday classes.)

*' No class Monday, Oct 12<sup>th</sup> for Thanksgiving however Saturday morning class will run Oct 10<sup>th</sup> at 9:30am'*

### Noon Hour Yoga Classes Start Sept 29<sup>th</sup> - Dec 3<sup>rd</sup> Tuesday/Thursday 12:05-12:55pm

Make time for yoga in the middle of your day. Let go of your "to do" list and breathe into the present moment. You'll be amazed at what a difference it will make! (All current "10 Class" and "Unlimited" passes accepted.)

### Noon Hour Only Specials:

2 Classes per Week	\$140
1 Class per week	\$ 80
Single Drop-in	\$ 10

### Saturday Yoga Surprise Begins Oct 3 (9:30-11am)

This is your opportunity to try different styles of yoga with different instructors. Each class will have a specific theme or focus chosen by the teacher.

### Yoga of the Heart Postponed Until Oct 14th

Due to low registration, the Yoga of the Heart (Weds 11am-12:30pm) has been postponed. Yoga of the Heart is a therapeutic yoga program developed specifically for individuals with heart disease, MS, arthritis, and other chronic conditions. The class focuses on gentle postures, breathwork, visualization, and deep relaxation to help reduce the effects of stress and promote healing on many levels. **Please pass this on to someone you think might benefit.**

### Meditation for Peace (7:15-8:30pm) Begins Thursday, Oct 8th

#### "Peace for Me, Peace for You, Peace for All"

Not so much a class but rather a community of likeminded people coming together to create inner peace for ourselves, empowering us to create peace with each other, and expanding peace into the world. We will do so by exploring quiet meditative practices as well as joining our voices together in songs and chants from different traditions. **All are welcome. Donations gratefully accepted for the Interfaith Food Bank (food items or cash) to help feed the hungry in our community.**

### Watch for the 30 Day Yoga Challenge!

I'm always looking for ways to encourage students to develop a regular yoga practice. Practice consistently every day for 30 days (even just 15 minutes) and enter for a chance to win a free yoga pass. Details coming soon!

**Transform your life in 30 days!**

**Breast Cancer Fund Raiser and Fashion Show  
Friday, Sept 25<sup>th</sup> at Ric's Grill , 7:30 or 10pm**

Come out for a fun evening at the top of the water tower. Vickie will be making her debut as a "Yoga Model", modeling clothes for One Tooth Yoga Wear, Le Chateau and 03 Factor. (She may even strike a few yoga poses on the runway!) Drinks and appetizers will be served.

Tickets are \$15 (\$5 donated to breast cancer research) and are available through Spirit-in-Motion Yoga, Ric's Grill and participating retailers.

**Fall Yoga Nidra Retreat  
Nov 6-8<sup>th</sup> At The Martha Retreat Centre  
Take time to step "inside" and simply "be"  
with Kirsten and Ross Guest  
([www.nondual.com](http://www.nondual.com))**

Retreat is a time to rest in "stillness", a place where we can simply "be". We touch this stillness by exploring gentle movement, breathing practices and iRest Yoga Nidra. Through these practices, we learn how to relax and live more fully in the present moment so we can return to our lives with a renewed sense of clarity and ease.

Set these dates aside now.

Watch website for more details.



**Weekend Workshop with Pamela Alexander,  
Holistic Practitioner & Educator**

**Playing with Sound and Voice  
Friday Night Singing Circle with  
Nov 20<sup>th</sup>, 7-9pm \$25**

Join us for an evening of singing, chanting, sounding and simply being together. Release tension, nourish your body and explore your unique sound in a group context by singing chants and songs from various world traditions.

**Your Authentic Compassionate Voice  
Saturday, Nov 21<sup>st</sup> 10am-5pm**

Find your authentic compassionate voice through supportive breath and movement work.

-Through the medium of both "Sound" and "Silence", learn to sing from your own authentic source.

-Explore the seven sounds of the Indian scale and how they relate to the seven energy centers in the body.

-Music as Homeopathy: Nourishing and Healing yourself through the authentic voice.

Cost: \$100 (includes Friday Night Singing Circle)

All voices welcome (even if you think you can't sing!)