



Summer Session Begins July 6th
--- Registration has begun ---

Summer Schedule: July 6th - August 28th, 2009

Time	Monday	Tuesday	Wed	Friday
9:00-10:30 ^{am}	*Alignment In Motion		Ashtanga Basics	Moving Into Stillness
6:30-8:00 ^{pm}	Yoga Flow	Ashtanga Basics	Yoga to Unwind	

' No class Monday, August 3rd for Civic Holiday'

Summer Specials:

*8 Weeks Unlimited Yoga for \$80
or 10 Class Pass for \$100
(Must purchase before June 25th)*

Unlimited Yoga Pass: \$90 (July 6 - August 28)
10 Class Pass: \$110 (4 month expiry)
Single Drop-In: \$13/class (space permitting)

-- Prices do not include GST --

New Class:

****Alignment in Motion with Susan DrBlik***

Refine your practice as you integrate a mindful attitude with physical alignment principles. In this class you'll be taught a variety of progressive yoga postures while working within your own abilities. (Some previous knowledge of basic yoga postures recommended)

Thai Yoga Massage and Private Yoga Sessions

Relax with a gentle guided Thai Yoga Massage or develop a home yoga practice specific to your body type and lifestyle. Spring/Summer Rates: \$40/hour Call Vickie for an appointment at 320-6763.

Help Send a Kid to Camp

Church Yard Sale: Sat, June 20, 9am-3pm

If you've been downstairs lately at the church, you've probably noticed a lot of "junk" around. But as they say "one person's junk, is another person's treasure". All money raised will help send kids to camp who otherwise wouldn't get to go. Last year we raised \$2500 and 10 kids had a great camp experience they will never forget. Receipts will be issued for donations over \$20. (Please note, the regular Saturday yoga class will be cancelled that day).

Win a Free Yoga Pass this Summer

I'm always looking for ways to encourage students to develop a regular yoga practice. As an incentive to come over the summer, each time you come to class you will be entered into a draw for a free yoga pass. (Draw date: August 28)



Coming This Fall:

Yoga Thrive: A Research-Based Therapeutic Yoga Program for Cancer Survivors

This gentle 7-week yoga program began as a pilot study in 2002 at The University of Calgary and is now being expanded to other communities. Adapted for cancer survivors both on and off treatment, participants found significant benefits in physical activity level, overall mood, stress levels and quality of life. (Times and locations will be announced shortly)

Yoga of the Heart: Therapeutic Yoga Program for People Living With Heart Disease

This specialized yoga program has been adapted for individuals experiencing, or at risk of heart disease and other serious illness. It includes gentle yoga postures, breathwork, visualization, and relaxation techniques to help minimize the effects of stress on both the body and the mind, while developing a deep sense of peacefulness and wellbeing. (watch website for class schedule).

Wisdom for Difficult Times

"And the time came when the risk to remain tight in a bud was more painful than the risk it took to blossom"

Anais Nin

Lately, it seems like a lot of the people around me have been going through some very difficult times. Whether it's because of the economy, dealing with cancer, or the loss of a loved one, life can seem pretty unbearable sometimes.

The nature of life is change. Yet the nature of human beings is to resist change. In her book "Broken Open: How Difficult Times Can Help Us Grow", Elizabeth Lesser says "How ironic that the difficult times we fear might ruin us are the very ones that can break us open and help us blossom into who we were meant to be".

Sometimes it's just a vague mood of restlessness or fear of something new. Other times it's a full blown period of change when our lives are turned upside down and we are hurtling towards the unknown. But wherever you are in this journey of change, your yoga practice can become a place of refuge and a place of transformation where you feel safe enough to let yourself be broken open because you remember who you truly are. And in so doing, you can blossom into the life you are meant to live.

May your summer be a time for awakening, for discovery, and for gratitude for the life you are living right now.

Peace and light,

Vickie MacArthur

