

Winter 2011

Yoga Sivananda, 745 chemin d' Aylmer #204, Gatineau (Aylmer), QC

Activities at the Centre

- ❖ **Lending Library:** We are thrilled to now have a lending library offering various yoga book resources for temporary loan. This is located on the windowsill. Choose a book, complete the sign-out, and enjoy. Return the book on time and check that you have returned it. This is a self check-out system so we are counting on your cooperation. The lending library has been organized by a dedicated karma yogi.
- ❖ **Movie Nights with Vishnu:** Again this term Vishnu is offering consciousness-raising movies at the centre. Movie night is the last Friday of the month at 8 p.m. The cost is \$10 and there is often a discussion of the movie after. **January special! Organic popcorn included.**