

Yoga Newsletter

Volume 1 Issue 3

December 2008

Yoga Sivananda de l'Outaouais

745 chemin d'Aylmer, Suite 204 in Aylmer, Quebec (*between Vanier & Rivermead*)

A Heartfelt Thank You

As the Fall session winds down we would like to first of all thank you for your participation in the life of the centre. Whether you were a new participant, a busy volunteer, an occasional visitor, a full member, or just keeping in touch from afar, your presence has helped to build the new space into a peaceful haven.

Breakfast Potluck

Everyone is invited to celebrate the end of the session with a Vegetarian Breakfast Potluck this coming Saturday. Bring your favourite breakfast dish to share along with your own plate, fork, & cup. Breakfast will follow the Saturday morning class which is from 9:30 – 11 a.m.

WHEN: Saturday, December 13
11 a.m.–12 noon



Winter Registration

Saturday, January 17, 2009

11 – 4 p.m.

Free classes for new beginners:
1-2 pm en français / 2:30-3:30 in English

819-684-2084

www.yoga-aylmer.com

Meet the New Teachers

There will be several new teachers at the centre starting in the winter term. You have a chance to meet them during a series of *pre-session classes*. These drop-in classes will be offered on a donation basis.

WHAT: **Open Classes by Donation**

WHEN: January 12 – 15, 2009

Monday through Thursday
7 – 8:30 p.m.

Suggested donation: \$10 - \$20 but no one will be refused

Winter Session 2009

The new winter schedule is now posted on-line. Have a peek at

www.yoga-aylmer.com

Om Shanti Om Peace
Arjuna & Kumari