

Yoga Sivananda de l'Outaouais

745 chemin d'Aylmer (Suite 204) Gatineau (Aylmer sector), Quebec (between Vanier & Rivermead)

Fall 2009 Centre News

The leaves have fallen and the squirrels have built their nests. As the dark outside grows deeper, the warmth of the inner light shines brighter and brighter. How wonderful to come to class each week and practice together with the same group of people. We breathe, we move, we relax together. We begin to recognize and acknowledge each other. Yoga is connecting: connecting body, breath, mind, heart; connecting outwardly with other 'Grace-ful' souls; connecting also our individuality with our higher potential as a being of Spirit, or Light.

The new room at the end of the hall is full of windows and it feels good to be in that space. Many classes are close to capacity and attendance has been staying strong. As well as the INTRO, 50+, and Level 2 & 3 classes, this Fall has seen the addition of **Prenatal Yoga & Yoga for Illness Recovery**. There is also always a spot or two available for **drop-in** so don't be shy if you haven't registered in a regular class yet.

Thai Yoga Therapeutic Appointments

Saturday, November 14 & Sunday, November 15

Krishna (Albert Schwierz) is back. Book soon for your appointment as spots are limited and go fast.

Call Catherine 819 684-2084

*New Ayurvedic Consultations with specialist doctor, Dr. Hemant Gupta

Ayurveda is the sister science to yoga. It is a proactive, preventative system of health care based on proper diet and simple lifestyle practices.

The yoga centre hosted a well-attended *Introduction to Ayurveda* workshop in October. Watch for news on the next workshop: *Ayurveda- Natural Remedies for Colds, Flu and Allergies*.

Individual Appointments: Friday, Nov 27

More info and to book: divineayurveda.org



Centre Celebration & Puja Sunday, November 22

Everyone is invited to enjoy an evening of fellowship and celebration.

6 p.m. Vegetarian Potluck

**7 p.m. Satsang: meditation, & kirtan
(devotional chanting)**

The Satsang will be presided over by Swami Ambikananda of the Sivananda Yoga Camp Ashram in Val Morin, Quebec

Puja: a traditional ceremony to purify and uplift the Yoga Centre

The puja will be facilitated by a South Indian temple priest currently maintaining the temples at the Sivananda Yoga Camp Ashram.

What is Sivananda yoga?

This centre is dedicated to the teaching and practice of Sivananda Yoga. This is a classical hatha yoga in the traditional, lineage teachings of Swami Sivananda as taught by Swami Vishnu Devananda. Arjuna and Kumari, directors of the Aylmer centre, both studied with Swami Vishnu directly over many years. All teachers of the centre have received a thorough specialized training in this time-tested style.

The basic principles are: proper exercise, proper breathing, proper relaxation, proper diet, & positive thinking and meditation. The essential practice is: Serve, Love, Give, Purify, Meditate, Realize.

Reminders: *The Fall session ends on December 19. All class passes expire on that date.

* Karma Yoga Party - volunteers are welcome to help wash the centre's windows on Saturday, Nov. 14 at 11 a.m.

Om Shanti Shanti Shanti Om Peace Peace Peace

www.yoga-aylmer.com