

Yoga Sivananda de l'Outaouais

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

Upcoming Events

Yoga for Men

Saturday, May 29 11:30 a.m.-1:30 p.m.

Arjuna will again be offering this unique and non-intimidating class just for men. New participants and those already into yoga are all welcome. (*Women – this is the chance the men in your life have been waiting for to give yoga a try.*) 2-hour class \$20

Connecting with the Earth

A day retreat up the Pontiac with Kumari & Eleanor

Sunday, May 30 9a.m.– 8p.m.

- Outdoor yoga
- field walk to discover wild edibles & healing plants and trees
- meadow labyrinth meditative walk
- canoe the pond, cycle the bike trail
- organic, vegetarian meals
- companionship

Carpooling will be arranged. \$55 all inclusive

Click for [Poster](#) & Registration info

Sunset Yoga

Wednesday, 7:15 p.m-8:45 p.m. (Starts June 9)

Arjuna looks forward to again offering Sunset Yoga at the Aylmer Marina starting June 9. Check the website in early June for details.

Vegetarian Lunch Potluck & Karma Yoga Party

Saturday, June 12 11:15am following the 9am class

Come celebrate the shift into summer mode. Everyone welcome. We will feast and then all pitch in and give the center a good spring-cleaning.

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.*



Summer Yoga

The spring session ends with a *Solstice Satsang* on **June 20**. Everyone is invited to this evening meditation and kirtan (peace chants).

Summer classes will begin on July 5. The schedule is yet to be finalized so if you have preferences let us know now.

It has been a joy and a privilege to share yoga with you each week. Thank you for your presence at the center.

Arjuna & Kumari

Om Shanti Om Peace

