

# Yoga Newsletter

Volume 1 Issue 2

November 2008

## Yoga Sivananda de l'Outaouais

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

### *Off to a Great Start*

The Yoga Sivananda centre has settled nicely into its new home. There was a record attendance at the Open House on September 13 as well as at the Opening Ceremonies the same evening. Swami Mahadevananda, acharya of Sivananda Yoga Centres in Canada and India, presided over the evening Satsang and everyone present enjoyed a huge vegetarian feast afterwards.

Fall Classes started on September 15. The beginners' Intro classes are full to capacity. We thank all the returning students for demonstrating such great perseverance and fortitude over the past few years as we searched for a more permanent home for the centre. The wait was worth it as we can now enjoy the very comfortable, convenient, and beautiful surroundings at **745 chemin d'Aylmer**.



**'Free' Class November 16**  
Bring a friend and enjoy an Open  
Class (by donation)

**819-684-2084**

**[www.yoga-aylmer.com](http://www.yoga-aylmer.com)**

### *New This Fall*

Many new features are part of the programme this Fall. Every Saturday at 11 a.m. we enjoy **Tea & Conversation** after the morning class. A **seminar lecture series** is offered at 11:30 a.m. the same day. Coming up in November is a hands-on presentation by Judith Matheson of a new **Magnetic Resonance technology** which balances your electric-magnetic field. Nutritional consultant Tanya Robertson will give a workshop on how to **DETOX your body through nutrition**. The **Therapeutic Yoga Series** (which includes Back Care and Deep Relaxation) will be nicely complimented by individual **Thai Yoga Massage** treatments when Krishna comes Nov. 22-23. Another treat will be an afternoon of **Universal Dances for**

**Peace** with Bob & Marlene Neufeld on Nov. 23. Also new this Fall are **vegetarian Potlucks** – the next supper one is on Nov. 28.

Pick an event and come! We look forward to seeing you.

### *Regular Events*

Of course the backbone of the Centre are the **Classical HathaYoga** classes. In November **TEEN and Kids' classes** will round out the regular Intro, Level 2 and Level 3 classes. For those who want to try just a single class there will be an **Open Class** (donation basis) on Nov. 16 prior to the regular Sunday bi-monthly Satsang. Our **Satsang meditation** alternates weeks now with the Peace Meditation group of Daniel Mauro. Everyone is welcome to these free events. Everyone is also welcome to help out at the centre in various ways – from watering plants before class, to translating or distributing publicity. **Om Shanti Om Peace**  
Arjuna & Kumari

