

Welkin Words Registration Week!!

Namaste,

Very exciting! Enclosed are the answers to all of those questions you've been asking in past weeks. Thank-you all so much for staying in contact with me. Your interest has sustained me through these challenging, exhilarating weeks.

Thanks to your input, I decided to install the heated floors (by Warmboard). That will keep us cosy through those long winter months. I went with the sage green colour for the walls. Come on over this Saturday afternoon and slap on some of that green with your own hands. The Painting Party is "a go" thanks to your enthusiastic responses.

This has been a true journey for me. I have learned a lot (not the least of which is that Allan O'Donnell, my contractor, is an amazing man), which for me has been fun. I think the best lesson has been that if we are kind, assertive, and clear, people are happy to help us. Fortunately, I don't have a single nightmarish anecdote...

You know, now that I've written that, I think of how some people around me would strongly disagree with that statement. Here's another important lesson: it's not about what happens to us, it's about how we perceive it and manage it. Here I am breathing deeply and expecting everything to work out in wonderful ways!

I greatly look forward to being a healing part of the community and giving all seekers a place to commune and grow.

In wellness,
Erin

In This Newsletter

- ⤴ [Registration Dates and Times](#)
- ⤴ [Yoga Classes and Descriptions](#)
- ⤴ [Membership Options](#)
- ⤴ [Other Services](#)
- ⤴ [Contact](#)

REGISTRATION WEEK

September 18 - September 23 Welkin Wellness Centre will be opening its doors at 45 Dalkeith Drive for registration. Come celebrate this opening week with snacks, door prizes, and a 10% discount on all purchases.

Registration Hours (All others by appointment only)

Monday September 18 - Friday September 22, 4pm - 8pm

Saturday September 23, 10am - 2pm

Classes Begin September 25

Yoga Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:15	Good Beginnings				
12:00-1:00		Yoga Lunch	Yoga for Weight Loss		Friday Flow
1:15-2:30				Vinyasa (Julie)	
5:15-6:15			Yoga for Kids		
6:30-7:30	Classical Yoga	Partner Yoga	Meditation	Kundalini (Julie)	

Class Descriptions

All yoga classes are excellent for improving health, deepening sleep, reducing stress, and improving awareness, concentration, and self-esteem.

Classical Yoga: True to the 4000 year old tradition of yoga, Classical yoga uses postures, breathing exercises, philosophy, relaxation, and meditation to cultivate wellness.

Good Beginnings: A Classical yoga format inspires you to carry the “yoga bliss” with you from Monday morning through the rest of the week.

Yoga Lunch: Feed yourself true nourishment in this noon-hour class designed to boost your energy levels and fuel you through the rest of the day.

Partner Yoga: Deepen your level of flexibility and intimacy with a loved one. Practice poses and movements together while learning to relax more deeply in each other’s company. Special couples’ homework will also be included so that the connection continues outside the yoga studio.

Yoga for Weight Loss: This class is designed especially for those with trouble moving in traditional yoga poses. The techniques and philosophy of class will address issues specific to weight loss.

Yoga for Kids: Children LOVE physical play. It comes naturally to them. This class, suitable for ages 5-12, uses sound, stories, movement, and breath to bring yoga to younger people. Some open discussion also helps children learn how to apply yoga as a tool for stress management.

Meditation: This class is an introduction to meditation and will build on what you already practice in every yoga class. You will learn three styles of meditation: Mindfulness Meditation, Energy Meditation, and Transcendental Meditation, and will have the opportunity to explore each of these and determine which works best for you as a personal path.

Vinyasa: Vinyasa Flow Yoga is a dynamic practice which combines postures, breathing exercises, relaxation, and meditation to renew and refresh you. You are encouraged to follow the flow of your breath and go at your own pace in order to get the most benefit out of practice.

Kundalini: Strengthen your immune, glandular, circulatory, energetic, and nervous systems through the use of Kriyas: specific sets of postures, breathwork, sound, and meditation.

Friday Flow: Slow dance with yourself. This Classical yoga class links the poses together, creating unique transitions.

All classes taught by Erin unless otherwise indicated.

Membership Options

Membership	Cost *	Savings
Drop-In (one class)	\$15	0
10-Week Session of one class option (eg Partner Yoga or Yoga for Weight Loss)	\$125	\$25
Attend unlimited classes		Savings assuming 3 classes/wk
3-Month Membership	\$399	\$182
6-Month Membership	\$699	\$462
Annual Membership	\$1149	\$1173

10% discount for students

10% discount on all purchases during the Grand Opening Week

Welkin Wellness Centre accepts Visa, MasterCard, Interac, cash, and personal cheques.

*Prices scheduled to increase in January, 2007

Other Services

Welkin Wellness Centre will continue to offer reiki, psychotherapy, and yoga therapy as we always have. Yoga Teacher's Training is another fantastic endeavour. Many of you have asked about this over the years and will be pleased to know that the Yogalife Institute's in-depth teacher's training program will be available here in Canada through Welkin Wellness Centre, beginning in January, 2007. Please visit the website, www.welkin.ca, call, or email info@welkin.ca for more information.

Please contact me at
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yoga@welkin.ca
www.welkin.ca

Welkin Wellness Centre
45 Dalkeith Drive, Unit 13
Brantford, Ontario, N3P 1Y3

From Gretzky Parkway and Fairview Drive/Lynden Road:
East on Fairview Drive/Lynden Road
Turn left onto Dalkeith Drive (at Tim Horton's)
Turn left into driveway #45
Follow driveway to Unit 13 and park in front
Additional parking available in the back