

Welkin Words

Updates About Welkin Wellness Centre

Namaste,

Hello, everyone. I'd like to thank all of you who have stopped by for registration so far. It's been lovely seeing some of you again and a joy meeting such special new people.

For those who have not yet heard, there has been a delay installing the heated flooring. This changes the starting date for classes by at least one week. Unless you hear otherwise, assume that classes start the week of October 2. There will be a free promotional yoga class on Sunday, October 1 at 2pm. Utilize the ideas from the article below while you're waiting for us to get up and running over at Welkin Wellness Centre.

You will notice that there have been some additions to the yoga schedule below. The website, www.welkin.ca, is also being updated on a regular basis. You are welcome to stop by often. Mom and Baby class has been added. This class is suitable for any new mom and "baby" who isn't walking yet. Another classical yoga class has also been added as the Monday night class is filling quickly. Please note that any class I teach will have classical yoga foundations.

Registration for classes continues this week: today and tomorrow from 4pm until 8pm and Saturday from 10am until 2pm. After that, please call to arrange a time to meet with me for registration.

As always, I welcome your comments and constructive criticism about membership and classes. If you speak to me directly about any concerns it empowers your voice and gives me the opportunity to make changes. It is inappropriate to speak to anyone except me when looking for clarification about Welkin Wellness Centre policies as I am the only one who can respond with action.

Even if you're not registering, feel free to come by and visit. Your presence is a gift. Enter to win some door prizes and get coupons for store product.

All the best,
Erin

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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		Mom and Baby		Vinyasa (Julie)	
5:15-6:15		Classical Yoga	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.

Mom and Baby: Connect with baby on a spiritual level while toning and healing all the places where your body has been changed by the blessed event. Baby enjoys loving connection and special health-promoting massages.

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.

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. At least half of the trainees in this program enroll solely for personal growth purposes and have no intention of teaching. Many of you have asked about a teacher's training program in Classical Yoga over the years and will be pleased to know that the Yogalife Institute's in-depth 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.

Developing a Home Practice

You've found 15 minutes in your day, whether it's by taping a show so you can fast forward the commercials (that's 15 minutes!), setting your alarm earlier, or re-prioritizing. You've given yourself the freedom to use that span of time however you want. Perhaps you are discovering that 15 minutes is not long enough for yoga to meet your many needs. The yoga is so rewarding and healing, it would make sense to extend your time on the mat.

Although I truly believe it is most important to follow our inner guidance during our personal practice time, there are some guidelines you may want to consider. A balanced practicing includes time centering on the mat ("What am I bringing with me today?"), relaxation, forward, back, and side bends, twists, inversions, and balancing poses, as well as pranayama (breathing exercises), and mental focusing. Do your best over the course of a week to include all of these into whatever amount of time you are spending practicing yoga. Remember, if you have time for nothing else, take a minute or two to release into savasana.

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

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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