

Welkin Words Gratitude

Namaste,

Bushels of gratitude for your support! I couldn't have asked for a better Grand Opening. For those who stopped in, the gifts of your presence and positive energy have brought a shine to the space; it vibrates warmth and I thank you for that! I had so much fun meeting other like-minded Brantfordians. It was a great pleasure to see the lot of familiar faces, as well. I appreciate you taking the time to come in and let me know how you've been. As always, I welcome all of your visits and e-mails.

I wanted to take this opportunity to thank Nancy and Marilyn, without whose efforts many of you would not even know about Welkin Wellness Centre and our yoga programs! Thanks also to Mom and Kyle, my right and left hands, Elizabethe the Psychic Volunteer, who knew what I needed before I did, and Julie and Jodi, Welkin's other lovely yoga instructors. I've been greatly enjoying their classes here! Each of you played an integral part in the success of the Grand Opening.

As many of you know, I do my best to e-mail you only once per month; however, there have been many additions to Welkin Wellness Centre's schedule of events and I want to give you plenty of advance notice! Check out the details below about the [Intuition Retreat](#) and [Sound 'n' Silence Meditation/Circle](#).

The finalized yoga schedule is now posted. Note that there is a **Women's Only** class running on Tuesday nights at 5:15pm. For balance, we are working on establishing a **Men's Only** class. **Pre-natal Yoga** is also beginning. This is a wonderful gift for mommy-to-be, as it trains her body, mind, and emotions to prepare for the upcoming labour and delivery. We have also made the fabulous edition of a **weekend class. Saturday morning** at 9:15 we are offering a Vinyasa flow class with Julie!

We're doing a special Valentine's Day promotion: **Buy One Get One Free Partner Yoga**. This promotion runs from February 1st till February 14th. Partner Yoga is a fantastic way to explore and improve upon various forms of connection and communication.

The Door Prize Draws have been made. Congratulations to the winner of the **Free Reiki Session - Sarah Witzel** and the winner of the **Free 10-Week Yoga - Debbie Innes!!** Please give Welkin a call/e-mail to claim your prizes. Thanks to the rest of you for entering the draw. If any of you are interested in scheduling services, please [contact](#) Welkin Wellness Centre.

With gratitude,
Erin

Welcome change in your life, now and in the future, for it will bring you joy, love, happiness, new friends, and many adventures. ~Sabrina Mesko, *Power Mudras: Yoga hand postures for women*

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Yoga Classes

Class Schedule - Effective Immediately						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:30	Classical Yoga - Erin			NEW! Flow Yoga -Jodi		Vinyasa - Julie
12:00-1:00			Yoga for Weight Loss -Erin		Friday Flow - Erin	
5:15-6:30		Women's Only Classical Yoga - Erin	Meditation - Erin	NEW! Yoga for 'Tweens - Jodi (ends at 6:15)	NEW! Astanga Primary Series- Jodi	
6:15-7:15				NEW TIME! Yoga for Kids -Jodi		
6:30-7:45	Classical Yoga -	Partner Yoga -	Pre-Natal Yoga -Julie			

	Erin	Erin				
7:15-8:30				Kundalini -Julie		

Class Descriptions

All yoga classes are excellent for improving health, deepening sleep, reducing stress, and improving awareness, concentration, and self-esteem. Every class is suitable for students of all levels.*

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

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 issues.

Yoga for Kids + 'Tweens: Children LOVE to physical play. It comes naturally to them. These classes, suitable for ages 5-14, use sound, stories, movement, and breath to bring yoga to younger people. Some open discussion also helps children and 'tweens 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.

Pre-Natal Yoga: A recuperative class geared toward moms-to-be, postures covered in pre-natal will help support your pregnancy and labour & delivery. Postures specifically used for aiding with pregnancy and childbirth issues will be taught and discussed frequently. All postures will be modified to suit each stage of pregnancy. This class is open to all pregnant women and no prior experience of yoga is necessary.

Vinyasa: Vinyasa Flow Yoga is a dynamic practice which combines postures, breathing exercises, relaxation, and mediation 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: This Classical yoga class links the poses together, creating unique transitions.

Ashtanga: Ashtanga is a flowing style of hatha yoga based on a set sequence of postures that become a moving meditation. The Primary Series is designed to build stamina and strength, and to detoxify and realign the body. Poses can be modified to make the practice fun and accessible to anyone.

*Please consult your professional health care/medical practitioner before beginning any exercise routine.

Enhance Your Intuition!

Explore various techniques to tap into those gut feelings and learn to follow them to an abundantly blissful life. Intuition is important in personal, business, creative, and financial pursuits. Guidance always whispers to us; learn to how to listen effectively. *Use fun and creative techniques and activities to investigate:*

☀ What is intuition?

☀ How am I intuitive?

☀ What is my life's purpose?

☀ How do I make my dreams come true?

☀ What is the role of my inner critic/negativity?

☀ What does my chakra system have to do with anything?

Friday, March 3, 6:30pm-9:30pm

Saturday, March 4, 9:30am-5:30pm

Sunday, March 5, 9:30am-2:30pm

Early Bird Price: \$225 before February 9th

Regular Price: \$300 after February 9th

Price includes seminars, materials, and lunches

Intuition Retreat FAQ

What's a retreat?

A retreat is simply time to withdraw to the safety of spiritual space. Any of you who have attended my classes are familiar with what spirituality means to me and the space of peacefulness and ease we all create. A retreat is time to bask in that loving, relaxing energy. Think “sanctuary”, “haven”, or “resort”.

What's “intuition”?

This question will be answered in depth during the retreat. In brief, “intuition” is that sense of knowing. Although intuition comes in many forms, it *always* leads in a right, healthy, prosperous direction. Think “instinct”, “insight”, or “gut feeling”.

Why would I want to go on retreat about “intuition”?

If you feel lost or like something is missing in your life you will profit greatly from this retreat. If there aren't answers to what seem like very important questions you will gain security. *On the other hand*, if you have been on a spiritual path for a long time, you will benefit in many ways. You will have the opportunity to discover new aspects of yourself. You will acquire new means of listening for spiritual guidance to continue your journey.

What will we do there?

We will use discussion, creativity, and practice to explore and experience our own individual styles of intuiting. We will work in large and small groups because we learn so much from one another's process. The exercises are *fun* and the atmosphere is accepting. Through understanding your sense of intuition, you will learn to follow your inner compass to your own desired destinations.

Who attends retreats?

People of all ages, abilities, and levels of experience attend retreat. If this topic sounds interesting to you, *that* may be a message from your intuitive voice. Every person on retreat will be there for a different reason, from “I thought it might be neat” to “I'm in spiritual/personal crisis”.

How will our time be used?

During the workshops we will discuss various concerns and questions. You will have the opportunity to share your own experiences, if you wish, so that others may learn from your insight. Many people express that the sharing is one of the key features of our retreats. During our conversations, I will address the concerns presented by clarifying “intuition” in both philosophy and practice.

What will we eat?

You will be responsible for your own breakfast and supper. The lunches and snacks, provided for you, will be wholesome, tasting, and satisfying.

Can the meals be customized?

At time of registration, please inform me of any special requests and they will be accommodated.

What can I bring?

You may bring a pen and paper/journal, layered clothing, and an inquisitive mind.

Take a music bath once or twice a week for a few seasons. You will find it is to the soul what a water bath is to the body.

~Oliver Wendell Holmes

Sound 'n' Silence Meditation

Stephanie Scheid and her seven perfectly-tuned crystal singing bowls are coming to Welkin Wellness Centre to present a glorious evening of harmony. Imagine the space warmly lit with candlelight flickering over the calm faces of like-minded others. Melodies chime and bounce off the walls, the ceiling, our hearts. We breathe deeply, soften, and allow the sound to resonate within us. We have the freedom to sound along, contributing our own unique tone, free to express ourselves without judgement or limitations. Stephanie uses music as a vehicle to spiritual growth and connection. The sound vibrating through the space tunes and cleanses the body's energy system and evokes profound inner peace. We take time to connect in a Wisdom Circle, where we may share and support each other, and also have time to chat informally. More information on Stephanie and the Sound 'n' Silence Meditation is available at www.welkin.ca and www.innergy.ca.

At first it took conscious discipline and deliberate effort to establish a daily practice. Now I practice not only because it's good for me, but because I prefer the way I feel when I do. I feel clean and new, much like the way brushing my teeth makes my mouth feel good. ~ Erich Schiffman, *Yoga: The spirit and practice of moving into stillness* (an excellent book on how to establish home practice!)

Developing a Home Practice

So you say you don't know what to do. You forget the poses when you get home. Sure, I've told you how to sequence them safely, but you don't want to have to think about that stuff when you've only got 15 minutes to yourself for practice. I remember those days. I would race home from my Thursday night yoga class with Jay Sharma (Mississauga/Brampton), grab the nearest pen, and draw awkward stick figures and arrows to indicate movements and poses. Needless to say, when I looked at them three days later, I had no idea what I meant by those random limbs and darts!

I went to Jay's class two or three times per week and watched the lovely Liliias on PBS but that practice was no longer meeting my yoga needs. I wanted the

freedom to do the poses that benefitted *my* body *that day*. I was yearning for more than 30 or 60 minutes at a time. I soon realized that I needed help.

I spent the better part of an hour in a gigantic book store chain looking through about 50 different yoga tomes. Sometimes it was easy to tell that I was not holding the right book for me, other times, I surely had my hand on a gem. In order to keep it simple for myself, however, I selected only one book: *Yoga: Mind and Body*. I was not intimidated by the woman on the cover who had her foot behind her head. Enclosed were options, clarifications, and lists of the physical, mental, and spiritual benefits of each pose. The book taught yogic cleansing exercises, breathing techniques, and meditation styles. It has been a decade since then and *Yoga: Mind and Body* is the book that continues to guide my practice.

Commit yourself, one afternoon, to perusing a book store, the Internet, or Welkin Wellness Centre for yoga books. You will be called to one or it may fall off the shelf right in front of you. Trust your inner wisdom. Know that there is no right or wrong. Understand that the book you start out with now may not be the book that carries you through the next ten years. It doesn't have to! Pick what seems like the best fit for you right now and give yourself room to learn.

Recommended Reading for Establishing Home Practice

Yoga for Wellness, Gary Kraftsow

The Heart of Yoga: Developing a Personal Practice, TKV Desikachar

Yoga for Dummies, Georg Feuerstien and Larry Payne

Yoga: Mind and Body, Sivananda Institute

Yoga: The spirit and Practice of Moving Into Stillness, Erich Schiffman

Recommended Reading for Understanding Classical Yoga Philosophy

The Upanishads, Eknath Easwaran (trans.)

The Bhagavad Gita, Eknath Easwaran (trans.)

The Yoga Sutras of Patanjali, Sri Swami Satchidananda (trans.)

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Welkin Wellness Centre

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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

PLEASE NOTE: Due to the nature of Welkin's services, it is only open to the public 15 minutes before and after scheduled yoga classes. All others by appointment only.