

Welkin Words Events! Events! Events!

Namaste,

I hope that you are enjoying a snow day today. I'm here at the office composing a newsletter for you. Someone is removing snow from the sidewalk across the way while a million more flakes cascade down. I love winter.

There is a lot going on here over the next couple of months. There are events for the musician, the dancer, the [wanna-be] psychic, and the spiritual seeker. I've written a brief article on each. See the list of event descriptions below and click on the hyperlink to get there.

In addition to the great workshops and retreats we are offering, there continue to be more and more additions to our [Yoga Class Schedule](#). We are also offering a new payment option: nine "anytime" classes for \$125. This is a great option for those who seek the freedom of attending unlimited classes but are not able to make a lengthy commitment!

With gratitude,
Erin

Love the animals, love the plants, love everything. If you love everything, you will perceive the divine mystery in things. Once you perceive it, you will begin to comprehend it better every day. And you will come at last to love the whole world with an all-embracing love.
~Fyodor Dostoyevsky

Sound 'n' Silence Meditation

I must have been in my late 20's when I first heard of singing bowls, those mystical pieces of cast metal. I think the first story I heard was of how a couple played one during a whale-watching expedition and were blessed with whales accompanying them through most of the trip. If any of you have experience in playing music or attending a moving performance, you already understand the affect that music has on our bodies. Music has the power to uplift us, quell our anger, or move us to tears. Study of the chakras indicates that our energy centres each vibrate to a note in the scale. Casinos tune their slot machines to bleep in the key of C, because we find that most pleasurable. Research on chanting/devotional song indicates that it changes our brainwaves and nervous system response in very healing ways. Before I shifted my graduate study to yoga, I researched the benefits of music therapy on post-traumatic stress.

Knowing what I do (and loving what I do) about the effects of music on my sense of well-being, I welcomed the opportunity to attend one of Stephanie's Sound 'n' Silence Meditations. I settled into the warm environment that she had created

and allowed the comfort of the space to wash over me. Stephanie guided us into a beautiful inner space with her soothing voice. She kept us connected with the deeply resonant chimes of her crystal singing bowls. Each note felt as if it were vibrating into my very core, like dynamite blasting away the stone barriers within me, opening me to a rich flow of divine energy. After settling into the shared vibration of sound, we allowed the silence to land. The stillness in the room somehow amplified the resonance. When we had gently drawn ourselves out of meditation, we shared our experiences and offered each other validation and support. The experience was such a remarkable one, I wanted to give you all the opportunity to share in it.

This Saturday, March 3 Welkin Wellness Centre presents Stephanie Scheid for a Sound 'n' Silence Meditation! Please confirm before Thursday March 1st at 5pm. (If you are reading this after that time, feel free to call or email to see if there is still space available) See www.welkin.ca/yogaworkshops.htm for more details. Confirmation \$25

**Music hath charms to soothe the savage breast,
To soften rocks, or bend a knotted oak.
- William Congreve**

Enhance Your Intuition!

I've been hearing a lot from students lately about their feelings of sadness, lethargy, or "being stuck". Many people seem to know that it's time for a shift, but aren't certain how to read the messages they are being sent. Those are some of the things that we will be addressing at the Intuition Retreat this weekend. We'll also be getting into some of the ideology behind the recent hit *The Secret*. Although I planned the curriculum for this retreat long before that movie was created, the concepts are timeless and useful for all of us.

The retreat will provide you with the opportunity to 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

Regular Price: \$300

Price includes seminars, materials, and lunches

Contact:

519-751-1368

yoga@welkin.ca

Welkin Wellness Centre

45 Dalkeith Drive, Unit 13

Brantford, Ontario, N3P 1M1

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.