



Early Winter News from the Sail Loft Studio

#2117 Rte 329, The Lodge, 902 857 1224; December 2023-January 2024



Tuesday morning and evening classes: Two options are offered for you to come and enjoy an in-person yoga class: 10-11:15 a.m. and 6:15-7:30 p.m. Tuesday classes are suitable for all levels and abilities; cost is \$10. If you are new to the class, call or write first to make sure the class is on. Note: Last Tuesday classes are December 19th; classes are cancelled on December 26th. We resume on 2nd January 2024.

Saturday meditation and open studio Meditation practice (instruction available) 10-10:30 a.m., and 10:30 a.m.-noon – open studio, beginning December 9th. There is no instruction for the open studio, per se, but Cathy is available for questions or assistance. Cost is by donation: please bring a contribution towards heat (wood or cash offering). There is no class on December 30th. We resume on January 6th.

Chair Yoga continues at the Blandford Community Centre on Fridays, 10-11 a.m. Cost is \$7. Cancellations or last minute changes are posted on the Blandford Community Page on Facebook. Last class is 22nd December. There is no class on December 29th. We resume on January 5th.

Fox Point Chair Yoga at the Lion's Club, Thursdays, 11:45 a.m.-12:45 p.m. Cost is by donation. Last class is December 21st. There is no class on December 28th. We resume on 4th January.

Solstice celebration, Thursday, December 21st, 2:30-4:30 p.m. Bring your drum, rattle, your intentions for the new year, and a little snack to share with others afterwards. No drumming experience is necessary. All are welcome. Bring a donation towards the heat, if you can.

Private sessions for individuals or groups can be arranged at the Sail Loft Studio or in your own home.

Studio loft and boathouse apartment rental: Our beautiful boathouse spaces are available for rent. Please check out our options by following this link, or looking up sailloftyoga.com and finding our rental prices. <https://sailloftyoga.com/boathouse-loft-rental.html>.

Sometimes we cancel class when driving conditions are unfavourable, or something arises. If you are a regular at the studio, you will be notified by email. Otherwise, you can check with the Sail Loft Facebook page for news!

<https://www.facebook.com/profile.php?id=100063450594826>



A note to yogis: Regular classes at the Sail Loft studio are on Tuesdays only. The Sail Loft Yoga website shows other offerings, but has not been updated in some time. Sorry about that... We are re-offering Saturday meditation practice and open studio, beginning December 9th. Contact information for Cathy Guest can be found at:

<http://www.sailloftyoga.com/SailLoftContact.html>