



Spring News from the Sail Loft Studio

#2117 Rte 329, The Lodge, 902 857 1224; March, April 2025



[Photo by Cathy](#)

Equinox celebration, Thursday, March 20th, 3-5 p.m. Bring your drum, rattle, your intentions for the new season, 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.

Saturday meditation and open studio Meditation practice (instruction available) 10-10:30 a.m., and 10:30 a.m.-noon – open studio. 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 will be no open studio on Saturday, March 8th and 29th.

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. Cancellations are rare, but happen from time to time.

There is no class on Tuesday, March 4th.

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. There will be no Chair Yoga on March 7th or March 28th.

Yoga at the Lion's Club takes place on Thursdays, 11:45 a.m.-12:45 p.m. Bring a yoga mat if you have one! Our Chair Yoga is canceled on March 6th and March 27th.

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>



SAIL LOFT YOGA
WWW.SAILLOFTYOGA.COM

Contact information for Cathy Guest can be found at:

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



Spring Equinox Yoga Gathering

Celebrating the cyclical
wisdom of Spring

*Balance, Expansion, Ritual,
Intention setting, Dance,
Joy, Yoga Nidra, Philosophy*

Place: The Sail Loft Yoga Studio

Date: Sunday March 16th

Time: 10am- 4pm

Fee: \$75

*Join Bonnie Varechuk &
Jody Myers to welcome Spring*

