



Seasonal News from the Sail Loft Studio

#2117 Rte 329, The Lodge, 902 857 1224; December 2025/January 2026



art by Cathy

Solstice celebration, Sunday, December 21st, noon-2 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 December 27th.

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. Cancelations are rare, but happen from time to time. There are no classes on Tuesday, December 23rd and 30th.

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 December 25th and January 1st.

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 December 26th and January 2nd.

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](https://sailloftyoga.com/boathouse-loft-rental.html) 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>



Contact information for Cathy Guest can be found at:
<http://www.sailloftyoga.com/SailLoftContact.html>

Season's Greetings, peace and love to all! Cathy