

Finding The Joy In Living

Sunny Namaste's to you!

I recently had a planning meeting with Bryan and Caelin, two of our wonderful teachers who have agreed to facilitate the astronomical task of creating our annual calendar again this year. This is a true act of Karma Yoga (selfless service) since this is a fundraising effort and everyone involved offers themselves voluntarily.

This year's calendar has an environmental focus, with the theme "Less is More". We will be highlighting teachers and clients in our yoga community who are making lifestyle choices that honor and respect the natural world. That being said, most of our photos are being taken in the great outdoors, and because we are starting now, calendars will be available in October!

Summer is the perfect time in the Maritimes to practice yoga outside. Each morning on the top of our granite rock, I greet the sun and soak in the stillness of the morning. The vibrant energy from the trees and wildlife fuel my practice and provide me with a sense of interconnectedness.

While the weather is still agreeable, I encourage you to step onto the most natural yoga mat there is, the soil of the earth. If you're curious enough, you can find some wild and wacky places to strike a pose. A friend in the valley recently shared her escapades of doing yoga in her kayak!

The photo you see is of Jeff MacKinnon, our newest Studio Owner who had photos taken at Victoria Park for his September opening in Truro. He said he received a few weird looks, but I'm guessing onlookers were gazing in awe at his strength and prowess.

Whether it's simple neck stretches or fancy yoga tricks, find a juicy spot in nature to remove your socks, sink your toes in the sand and merge with the rhythms of the earth.

Enjoy the remainder of the summer!

Jenny

BREATHING SPACE HEAD OFFICE NEWS (444-9642)

~For those yogis who registered for the Summer Celebration Package, your workshop with Jenny will be held on Sunday, Aug. 29th 1-3pm. More details to follow

~Summer Institute for School Teachers is starting Aug 9-12th at the Chocolate Lake Hotel

~The 6th Annual Breathing Space Teacher Training Program begins Sept. 18th, with a few spots remaining

BREATHING SPACE TRURO (843-9642)

~Jeff is gearing up for a September opening on Prince St. You are invited to browse the schedule to see what exciting offerings he is bringing to his hometown

BREATHING SPACE BEDFORD NEWS (832-9642)

~Join Michelle and the Breathing Space team Saturday August 28th, for a challenging yet meditative practice of 108 Sun Salutations. Take the time to honour your personal accomplishments of the past year as we celebrate one year together. Local singer/songwriter Mary Stewart will join us for a post celebration with music, food and fun. This event will raise funds in honour of Mary's mom Emma, who is celebrating her own life in a constant battle against terminal cancer. Donations accepted. Class begins at 8:30am with music to follow at 10:30am.

~August 26th : 6 week Intro to Yoga begins

~Watch for more programs and classes beginning in September!

BREATHING SPACE TANTALLON (820-9642)

~Get ready to ZUMBA!!! Experience the workout that feels like a party! Breathing Space Yoga Studio Upper Tantallon welcomes Zumba instructor Jessica Richardson! Join her for this fun filled and exhilarating fitness craze – 4 weeks for \$45.00 (plus tax) beginning Friday July 30/10 at 6:30. Pre-registration is required as space is limited as call 820-YOGA today to register.

~Join us for Family Yoga on Sunday August 15/10 at 2:00pm. The cost is \$20.00 (plus tax) per family. Experience yoga with the people you love the most – no prior yoga experience necessary.

~Learn yoga this Summer with our popular 6 week Intro to Yoga Workshop. The next session begins on Saturday August 14/10 at 10:30. The cost is \$69.00 (plus tax). Pre-registration is required so call 820-YOGA today to register.

~We are offering an exciting youth workshop for figure Skaters. Yoga for Figure Skaters begins on Saturday August 14/10 at 2:00 and runs for 4 weeks. The cost is \$45.00 (plus tax). Pre-registration is required so call 820-YOGA today to register.

~Breathing Space Tantallon is thrilled to be having our inaugural BOOTCAMP later this fall!! Start the new season off right with this transformative and invigorating early morning practice. Join Amy and the team September 13-17, 6:15-7:30 a.m. The cost is \$69.00 (plus tax). Pre-registration is required as space is limited

~We have many wonderful drop-in classes each week – check our schedule regularly as we continue to make changes to serve you better. We welcome your feedback.