



## Finding The Joy In Living



### Reading time: 1 min 30 sec

After a very full and exciting Christmas, I am now coming down off the high of family time...and the sweets. However joyous the holiday season has been, there are inevitably aspects of human dynamic that ignite conflict and angst, and our lives are no exception.

Blair and I made a conscious choice over the holidays to follow the advice of our dear coach and friend, Debbie. She recently reminded us when the not so joyous parts surfaced that “They don’t belong here right now.” This statement is one that has really stuck with us, as it so clearly sets a protective boundary around this festive, sacred time.

It is a common tendency for the mind to ruminate on the disharmonious aspects of our lives that aren’t working. I believe there is a time to tackle challenges, and I’ve learned that it is equally important to bracket the tough stuff in order to fully enjoy the sweetness of life.

By taking stock of your thoughts and stating to yourself “This does not belong here”, you are closing the door on the mind thief who’s ready to rob you of your happiness in this moment.

As we embark on another year filled with infinite potential, I invite you to become more discerning with your thoughts and how and when you address the issues in your life.

Protect your home and your family by stating clearly what belongs within your inner circle and what does not. When you become crystal clear about what kind of energy and conversation you wish to exchange within your nest, you will be able to quickly identify the thieves that just don’t belong.

My word for the year is splendiferous, which means: glorious, having great beauty and splendor...may your clarity on what belongs in your life send you in the direction of having a splendiferous new year. To help you on your way, see below for our programs and specials to keep you stretching to new heights on and off your mat!

Jenny

“Gratitude for the abundance you have received is the best insurance that abundance will continue.”

- Muhammad.

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### **BREATHING SPACE TRURO (902-843-9642)**

~Visit our website for details on our January specials!

~ WE NEED YOU! Join us Thursday Jan. 13th, 4:30pm at the Vocational School gym for the biggest Yoga class Truro has ever hosted! All proceeds will go towards the House for Haiti charity. Friends are welcome, no yoga experience necessary.

~ New Intro to Yoga will begin Tuesday Jan. 4th @ 6:30pm

~ The new and exciting Intro to Yoga Level 2 will begin Mondays at 8pm for \$69+taxes.

~ Kids yoga (ages 5-12) will resume Saturday Jan. 8th @ 10:30am. Drop in for \$7.50 per class or purchase a 10 class pass for \$70 + tax!

~ Partner Yoga is back by popular demand! Friday Jan.7th from 6-7:30. \$20 per couple. Register early as space is limited!

### **BREATHING SPACE TANTALLON (820-9642)**

~ Upcoming programs: Call 820-9642 to secure your spot today!

- Intro to Yoga Level 1 with Amy Publicover begins Jan. 8th, 2011 at 10:30 and Jan. 18th at 6:30pm. \$69.00 plus tax
- Intro to Yoga Level 2 with Amy Publicover begins Jan 13th at 6:30pm. \$69.00 plus tax
- Our 8 week Parent and Baby Yoga Workshop with Amy Publicover begins January 11th, 2011 at 10:30am. \$90.00 plus tax
- Our 8 week Pre-Natal Yoga Workshop with Tomomi Kojima begins Jan. 7th at 6:45pm. \$90.00 plus tax
- Our 6 week Pilates Workshop with Christine Sommerville begins Jan. 6th at 9:00am. \$54.00 plus tax
- Our 4 week Yoga for Kids (aged 9-12) with Amy Publicover begins Jan. 8th at 2:00. \$44.00 plus tax
- Check the website on a regular basis for updates to our drop-in class schedule!

~ Join us in welcoming Cailleagh Sharples, Jacynthe Lariviere and Liz Martin to our dynamic teaching staff. Check out one of their classes today!

~ We have an abundance of fantastic Be Present apparel for sale at great prices - come try it on today!

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### **BREATHING SPACE BEDFORD (832-9642)**

~ Programs are filling up in our Signature Programs this January. Remember to call and pre-register to ensure your space.

- INTRO TO YOGA : Monday, January 10th at 1:30pm
- INTRO TO YOGA : Saturday, January 15th at 10:15am
- MOM & BABY YOGA : Tuesday, January 11th at 1:30pm
- PRE-NATAL YOGA : Saturday, January 15th at 11:45am
- YOGA FOR KIDS : Saturday, January 15th

~ Other Programs and Workshops:

Stay focused on your new year intentions and boost your intellectual power January 30th from 2:30 - 4:30p by joining Michelle for an intermediate inversion workshop. Registration required, cost \$20. All proceeds donated to the Power Of Movement yoga challenge to beat arthritis and autoimmune conditions. [www.powerofmovement.ca](http://www.powerofmovement.ca)

~TAI-CHI : Sunday, January 23rd from 12:00 - 2:00p (8 weeks)

Since 1995, Fereshteh Badr has been practicing and training around the world. Recently honoured as a Master of Tai-Chi, she will guide this 8 week workshop teaching the basic elements and forms of this moving yoga and meditation practice. Registration required, cost \$90 + tax.