

Finding The Joy In Living

Almost a decade ago I sat before Sri K Pattabhi Jois, the man who created the Ashtanga system of yoga and who I had the honor of studying under in India. Seeking his counsel on the name “Breathing Space Yoga”, I knew this name needed to be strong enough to hold the vision I had for creating a community of yoga studios in Nova Scotia and beyond. His approval opened the floodgates for awesome growth that has defined Breathing Space ever since.

Much has happened since that visit to India and meeting my beloved teacher. As I reflect on what has unfolded over the years, I know that my vision for Breathing Space is clearer than ever – the foundation of which is to support others in awakening the extraordinary by walking a path rooted in love, peace and spirit, no matter what challenges arise.

As some of you are aware, Breathing Space has been experiencing tremendous growth and change, especially over the past six months. The teachings of yoga remind us to embrace change and to follow our inner compass by living with strength and ease, like the majesty of an eagle soaring effortlessly through the sky. And often, in our efforts to follow this path, we need to open to receiving messages of encouragement.

A few weeks ago, after putting the girls to bed, I headed out for a walk to enjoy the full moon. Strolling along the shore of the lake I came upon a clearing where I stood still soaking in the beauty of the moon cascading across the water. Suddenly, without any manipulation on my behalf, my iPod began playing the voice of Sri K Pattabhi Jois. I was brought to tears as an overwhelming presence enfolded me in its love. As his chanting sounded through my earphones, I had an undeniable sense that I was being guided toward right action through the path of peace and love. That is exactly how I have chosen to navigate my way through every exciting opportunity, challenge, ending and beginning.

What Sri K Pattabhi Jois inspired me to do was to create a healing Sangha or spiritual community for people from all walks of life—a place where we can come to our mats and experience moments of connection, stillness and opening. That is precisely what Breathing Space is – our Sangha. With Michelle leading Bedford, Amy growing Tantallon and Jeff opening Breathing Space Truro next week, we have much to be amazed by and grateful for. We are thoughtfully considering the right people to carry the torch back to Dartmouth and Halifax, and you will be the first to know when these expansions occur.

May we step forward into the future together and accept the invitation that yoga at Breathing Space continues to offer us – a place to share love and live love, until we become love.

Gratefully,

Jenny K

BREATHING SPACE TRURO NEWS (902-843-9642)

~Breathing Space Truro opens this month! Join Jeff MacKinnon, Jenny and his extraordinary teaching team for a Grand Opening Celebration on Sept. 24-25th.

Friday evening will be the amazing 108 Sun Salutation Practice, open to all, even those who can only do five!

Saturday you can enjoy a tour of the beautiful studio and innovative fitness gym and attend a family class or an all-levels flow class. All events held on this weekend are FREE!

BREATHING SPACE HEAD OFFICE NEWS (444-9642)

~Our Annual Global Mala Event will be held on Sunday, Sept. 19th from 10-12pm at the Parkhill Park-Albion Drive, off of Purcell's Cove Rd. This outdoor yoga class is open to all with donations to Big Brother's and Sister's.

~Our Annual Breathing Space Calendars will be available by October—and it's our best one yet!

BREATHING SPACE BEDFORD NEWS (832-9642)

~KARMA YOGA –please join our whole Breathing Space team for the Global Mala outdoor Class on Sunday, Sept. 19th from 10-12pm.

~PARTNER YOGA - Scott and Michelle are resuming their Partner Yoga class the last Friday of every month. 7:15pm, September 24th. By donation.

INTRO TO YOGA - Our six week program begins Saturday September 11th at 10:15am. Space is limited.

~PRE-NATAL YOGA - This 8 week program begins Saturday September 11th at 11:45am. Please call to register as space is limited.

~YOGA FOR KIDS - Join us each week for a creative and fun filled class beginning Saturday September 11th, 1:15-- 2:00pm for ages 4 to 6. From 2:00-- 2:45pm, ages 7 to 11. Call for further details.

~MOM & BABY YOGA - Our popular 8 week session commences Tuesday September 14th. Please call to register as space is limited.

~NEW CHAIR YOGA - This 6 week program is for individuals with limited mobility as we use the support of a chair throughout the class. Class begins Tues, Sept. 14th, 11:45am. Please call to register as space is limited.

~For further details and to check-out some new additions to our drop-in classes, download our full schedule.

BREATHING SPACE TANTALLON (820-9642)

~BOOTCAMP is coming! BSYS Tantallon will be having its first ever Yoga Bootcamp September 13-17 from 6:15-7:30 a.m. Breathe new life into your practice and get back on track with this invigorating morning practice. The cost is \$69.00 (plus tax) and pre-registration is required.

~Our Into to Yoga 6 week workshops begin again on September 21, 2010 at 6:30 and October 2, 2010 at 10:30am. This is a perfect place to begin your yogic journey through our informative, fun and safe workshop. The cost is \$69.00 (plus tax).

~We're adding more drop-in classes to our schedule!!! We are thrilled to offer a Detox Flow class with Amy on Tuesday evenings at 8:00 beginning September 21, 2010. This unique class will offer ample twists and forward bends – a yoga rinse and spin cycle!

~Calling all young figure skaters—want to take your on-ice practice to a whole new level? Try our Yoga for Figure Skaters Youth program with Figure Skating Coach and Yoga Instructor Alicia MacNeil. Appropriate for ages 6-12. Begins September 25, 2010 at 2:00pm. \$59.00 (plus tax), Pre-registration is required.

~Breathing Space co-founder Blair Abbass will be leading his transformational Stress Reduction Workshop in October 2010—space is limited.