Hello Dear Ones,

I value you and your ongoing participation in Bliss Yoga. I hope you will come back to Bliss Yoga for the Winter Session. 😊

I know this is early. However, to help me plan and rent space I am hoping for your commitment now to return to yoga in the winter. You don't need to pay yet, just give me your intention. And if life changes, I understand.

My Winter 2026 Flyer is attached. More details follow below.

Heather Wong Ken will sub for the afternoon and evening classes on Tuesday Sept. Feb. 24 while I am away. Thank you, Heather.

I don't want cost to stop you from coming to yoga. Please contact me if this is a concern and let's see what we can work out.

THERE ARE 2 STEPS TO HOLDING YOUR SPOT IN CLASS AND GETTING THE EARLY BIRD PRICE:

1. CONFIRM YOU PLAN TO RETURN TO THE WINTER SESSION OF YOGA BY SUNDAY NOV. 30TH FOR THE EARLY BIRD PRICE.
2. PAYMENT METHODS:

*Pay NOW by e-transfer or cheque

*Pay the early bird price with a cheque post dated to THURSDAY JAN 8th delivered by Thursday Jan 8th to me.10424 Mapleridge Cr. SE T2J 1Y7

*Defer e-transfer payment until THURSDAY JAN. 8, 2026. I will contact you in early January to remind you about payment.

1. The ***In Person Deeper Class*** is 1 hour and 45 minutes. ***10 Classes in this session*** (***Tuesday 6:45 – 8:30 pm, Jan. 13 – March 17)*** Classes may include fewer poses (going slower – staying in poses longer), new variations or adjustments, layering or deeper sequencing. You need a good awareness of the *Svaroopa*® poses or have studied another style of yoga. Please check with me before registering if you have not done a deeper class before. Location Bonavista Downs Community Hall -1418 Lake Ontario Road. S.E. ***$249 EB*** */ $259 Regular*

The ***ONLINE Yoga and Meditation Class*** is 2 hours. ***9 Classes in the session (Wednesday 1:15 – 3:15 pm Jan 14 – March 18 - no class Wed. Feb. 25)*** It offers a beginning Shavasana (relaxation), Ujjayi breathing, core opening poses, a short teaching, mantra repetition, and meditation with instructions. Add the support of meditation into your pose practice. Doing yoga poses to prepare for meditation is traditional yoga. This combination offers an easy entry to a quiet mind giving you your Blissful Self. You are welcome if you are new to meditation, a seasoned meditator or in-between. If you have not worked online with ***Zoom*** previously, I will run a short ***practice session*** with you – please let me know. ***$207 EB*** */ $217 Regular*

2. The ***In Person Continuing Yoga Asana Class*** is I hour and 30 minutes. ***10 Classes in this session*** (***Tuesday 1:15 – 2:45 pm, Sept. 9 – Nov. 25)*** This class accommodates new and seasoned yogis. Parkland Community Hall 505 Park Valley Road S.E. ***$249 EB*** */ $259 Regular*

I gladly accommodate ***substituting classes for a missed class***.

I will ***continue to offer a YogaBody Classroom Therapeutics pose*** in many classes.

I hope you register for the Winter 2026 session of yoga! AND, if you are not planning to come to fall yoga, please let me know. Thanks so much!

Questions? Contact me, please. If you wish to be removed from this distribution list, please let me know.