



Spring News from the Sail Loft Studio

#2117 Rte 329, The Lodge, 902 857 1224; March and April 2024



The light is coming!

Photo by Cathy

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. **Classes are cancelled March 12th. See you on March 19th, first day of Spring!**

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). **Open studio is cancelled March 16th.**

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. **Class is canceled on March 15th.**

Fox Point Chair Yoga at the Lion's Club, Thursdays, 11:45 a.m.-12:45 p.m. Cost is by donation. **Class is cancelled on March 14th.**

Equinox celebration, Wednesday, March 20th, 2:30-4:30 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.

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 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>

