

COURSES & WORKSHOPS

Meditation for Everyone with Dawn Bramadat: Wednesday evenings, 8 – 9 pm. Sunday mornings, 10 – 11:30 am. Donations accepted. info@sevaresource.com

Support for Conscious Families: Playschool with Dawn Bramadat: Wednesday afternoons, 12:30 – 3:30 pm. Donations accepted. dawn@sevaresource.com

The 5 a 7^s SEVA: Now every day! Monday to Friday.

Choir with Lana Turner: Every 2nd Sunday/month, 1 – 2:30 pm.

Restorative Yoga with Eric Hamel: Monday evenings. March 17 – May 19. 6:30 – 8 pm. 10 classes/\$120. info@sevaresource.com

Spanish for Beginners 2 with Alejandro Venegas: Monday evenings, Jan. 28 – March 31, 6:30 – 8:30 pm. 10 classes/\$180. intakto@sympatico.ca

Pilates with Olena Harasymowicz: Monday evenings, Feb. 11 – April 14, 5:30 – 6:30 pm. 10 classes/\$120. www.olenah.com

Colour & Sound Therapy certification course with Mary Swaine: Tuesday evenings, March. 4 – April 22, 7 – 10 pm. 8 weeks/\$450. qehealthcentre@hotmail.com

Dance & Colour with Violaine Morinville: Tuesday evenings, April 1 – 29, 6:30 – 7:30 pm. 5 classes/\$60. dansecouleur@yahoo.ca

Spiritual Soirée with Kyra Lober: Sunday evenings once a month, March 30 & April 27, 7:30 – 9 pm. \$25/evening. www.bodybeingheart.com

Soirées Câlins, Collades & Contes: One evening/month, Feb. 23, March 28, April 25, 7:30 – 10:30 pm. 20\$/evening. **Embrasser la vie: Conférence Interactive avec M. Câlins:** March 11, 7:30 – 9:30 pm. \$20. **Embrasser la vie: Atelier avec M. Câlins:** March 15, 10 – 5 pm. 95\$. www.embrasserlavie.com

Training and Support Group with Dawn Bramadat: 2 Sunday/month, 12 noon – 4:30 pm. (Lunch included) Feb. 3 & 17; March 16 & 30. \$80/session; 130\$/month; \$600/5 months. info@sevaresource.com

Ready...One with Ken Johnson: 2 Courses of 3 days each. April 4 – 6 & April 11 – 13. All day each day: times to be announced. \$1200/course before March 1, \$1500/course after March 1. 18 participants per course. www.the1that.com/index.html

■ **N.B. NEW PHONE NUMBER: 514-504-4996**

■ **FOR A FULL DESCRIPTION ON ALL OF THE COURSES AND WORKSHOPS LISTED, AS WELL AS ANY RECENT ADDITIONS OR MODIFICATIONS: WWW.SEVARESOURCE.COM**