



Summary

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NOW Club – Past, *NOW* and Future

Recent Past Activities – The ‘Grand River’ Month

Bike and Canoe on Grand River – This was a day of biking, paddling, swimming and picnicking on the Grand River with family and friends.

The bike ride was upstream along the Grand River at the protective shade offered by big old trees for almost the entire trip. We were a group of 25 bikes and one bike trailer (18 adults and 8 kids – only 7 of them on bikes).

The canoe part was downstream the Grand River. The same group of 26 people fit in 8 canoes and one tandem kayak.

Although the Grand River is not a white water river on this run, there were some rapids and some of the canoes flipped over. There was an amazing solidarity and a lot of helping each other in a team effort from start to finish. (check more pictures [here](#))



Family Rafting on Grand River – This was a great celebration of the second anniversary of the NOW Club through a full day of fun, paddling, swimming and picnicking on the Grand River.

There were 31 adults and big kids, 17 medium and small kids (48 people in total) and one dog in five big inflatable rafts.

We paddled down the river, we swam in the river or we just floated away in a “lazy river” style. We stopped wherever and whenever we wanted



for brakes and snacks.

The second anniversary of the NOW Club was celebrated with a great picnic at the end of the raft trip. It is great to be surrounded by friends!

Also at the end of the rafting trip, the “brave” ones tested or improved their balance on the “slackline”. (see more pictures [here](#))



Current Activities and Upcoming Events

Note: This is a tentative schedule. For further details or most updated info, check “[Activities](#)” and “[Calendar](#)” sections on our [website](#).

Biking

We would like to have another biking trip by the end of this fall season. Due to uncertain weather conditions, the exact date and other details will be sent out via email.

Skiing

Skiing at Glen Eden – December 2012 to March 2013. We are looking forward to another great snow season on the slopes. Kids and adults alike can enjoy the beauty of the cold season through the snow sports. We offer introductory, intermediate and advanced ski lessons for every age.

For the regular lessons, there are two 4-week terms: one in January (starting January 6th) and one in February (starting February 10th). The regular lessons are offered on Sundays at Glen Eden. (Alternate days of the week may be accommodated.)

People who already participated in previous lessons know that our “hour” really is 60 minutes long and many times even longer... Also, we believe that a small student to instructor ratio is more beneficial for the learning process.

The schedule and other details will follow. (more details to come [here](#))



Miscellaneous

(Other Events Going On in the City - that you may haven't heard about)

Toronto Ski, Snowboard and Travel Show – Oct. 11-14, 2012. Whether you're an avid double diamond skier, skilled backcountry boarder or a new participant to the sport, the Toronto Ski, Snowboard & Travel Show offers everything you need to make your slopeside experience complete! (more details [here](#))

Spiritual Corner

The Sahaja Yoga Meditation – from www.freemeditation.com

Sahaja Yoga Meditation is meant for everyone who desires to find his or her true self, which is full of peace, joy of life and love for others. It is not just a book or a set of exercises, but a living science that will open up to you gradually as your meditations become deeper and your experience stronger and more fulfilling.

Sahaja Yoga Meditation was developed by Shri Mataji Nirmala Devi. It involves the awakening of a subtle spiritual energy known as the Kundalini, which lies dormant within each one of us. The gentle awakening of this Kundalini energy and the inner journey of self-discovery is known as Enlightenment.

Sahaja means “spontaneous” or “born with you” and yoga translates as “union” (with the Divine). Sahaja Yoga Meditation then translates as the method of the divine union through yoga which everyone is born with.

Sahaja Yoga Meditation classes are held in over 80 countries around the world and are always provided free of charge. Right from the early days, Shri Mataji Nirmala Devi made it clear that this knowledge and the process of union effected by our Self-realization is the birthright of every human being and therefore cannot be charged for. (more info at <http://www.freemeditation.com>)



Thought of the Month

Is Changing Lifestyle Difficult Or Easy?

Most of us think change is difficult, but it all depends on how one looks at the change.

If, for example, you want to include a new thing in your lifestyle, like exercising, you start comparing what you do now, with how you are going to do things when you start exercising – the planning, the things that you’d replace in your routine, how tired you would be, how little time you’d have for other things, how much money you’d pay for the gym pass etc. Then you may freak out and say “Oh my God! This is so difficult. I don’t know if I can do such a big change.”

The secret is to take one step at a time, even if it’s a thousand mile trip. The “baby steps” principle is valid and it is working every time.

I enumerate below, only “few” of the changes that happened in my life that most people experience in a lifetime. Some of these changes are at our will and some are not within our powers (some people may argue about this last part). When I really think about my life I realize that there is a “constant” change.

- There is a “constant” change in the family relationships throughout my life (losing some dear souls and getting to love some new ones).

- There is a “constant” change in the place I live (changing houses/apartments, cities, countries, continents) and in the language I use for communication with other people (one language at home and another language at work).
- There is a “constant” change in the place I go to learn and/or work (schools and jobs including colleagues, friends, neighbours, teachers, bosses etc.)

I do change and adapt every day, every hour, every second to learn new skills to improve my life and the life of others around me. The time does not stand still and we do progress and evolve all the time. Therefore, we need to constantly adapt to the new conditions.

It is the same for the lifestyle changes that we need or want to undertake to improve our life, health and/or wellbeing. When it comes to changing our lifestyle (for the better), most of us, at the very beginning, think that is too difficult to give up some old habits and get used to some new routines.

Some people have a major inertia and it is very difficult for them to start a change. As I always say, it is about what bothers one most: the current state or the change process. If the change process is more troublesome, then the current state is maintained. On the contrary, if the current state is the annoying part, then the change is on its way.

If you just “try” to change, it will always be just a “try” and never a complete and finished process. Any change is in fact a commitment that you make to yourself to actually do it.

Another benefit of the “baby steps” principle is that one can easily monitor the progress and, in the same time, (very important part of the process) acknowledge and celebrate every small victory.

Tip: One very useful small trick (but very significant!) is to embrace and accept the change process, and it will become easy. If you oppose and resist the change, it will feel difficult.

Need More Info / Want to Contact Us?

Website: www.nowclub.ca (the [Activities](#) and [Calendar](#) pages are updated on a regular basis)

Newsletter: in electronic format only, distributed monthly via email. You are welcome to share it with your family and friends. Now, the past issues are available on our [Newsletters](#) page.

Email: info@nowclub.ca

Phone: 416-528-7318 (Moni) or 416-528-6236 (Victor)

We do love spending time outdoors together with people, who share similar values, desires, hobbies and passions.

Enjoy the benefits of the autumn season!

Moni, Odette, Anita and Victor (MOAV)



Note: If you do not want to receive any information on subjects related to NOW Club, please let us know and we will respect your wish.