

“Autumn is the season of change.” - Taoist proverb

Inner Journey Intensive

**Early registration ends September 15**

**With September comes the early registration date for the October IJ.  On SEPTEMBER 15 the price goes up.**

It will help all of our connections if we remind them about the coming program in time to take advantage of the discount.  Our only marketing is through personal referrals which makes **you** an essential part of our enrollment team.

If you aren't sure how to answer questions or objections, the Facilitator group would be happy to talk to or meet with your friends to see if the IJ is a good fit for them.  Contact Synandra ([synandra.lechner@gmail.com](mailto:synandra.lechner@gmail.com)) to set something up or to discuss options.  Other resources include the flyer and the FAQs which are both on the IJ website.

Let's make the world a better place!  Love and awareness will do that.

**Live – Love – Laughter**

**Join us for a weekend to transform you daily life by opening your heart, celebrating life and increasing your capacity for joy - inspired by the profound teachings of Osho.**

Date: September 17 and 18, 10:00 am- 6:00 pm

Fee:  $275 (Some scholarships available)

Where: 8B Sweetnam Drive, Stittsville, Ontario

For more information contact Michael at: [michaelijs@gmail.com](mailto:michaelijs@gmail.com) or 415-990-5629

**A celebration meditation: A special event for the IJ community where ‘celebration’ meets ‘meditation’ - Guests welcome!**

**What better way to start the day? – facilitated by Michael Schiesser!**

Date: Sunday, September 18

Time: 10:00 am- 12:30 pm

**FREE** (but a contribution to defray room rental costs is always appreciated and will give darn good karma)

Where: Ottawa Citizen Building, 1101 Baxter Road, Ottawa

For more information contact Michael at: [michaelijs@gmail.com](mailto:michaelijs@gmail.com) or 415-990-5629

**Take a hike! Take 2! An IJ Social event**

**OK, so the one scheduled for August got rained out. So, let’s try it again.**

Birds, good company, good laughs, and a nice picnic! Want to enjoy a small hike through nature? Come one, come all!

When: Sunday, October 2

Where: Pink Lake Trail*:* <https://goo.gl/maps/dqEwa6YA5QU2>

Information on Facebook: [https://www.facebook.com/events/163926727379145/Take?notif\_t=plan\_user\_associated&notif\_id=1472702505061538](https://www.facebook.com/events/163926727379145/?notif_t=plan_user_associated&notif_id=1472702505061538)

**Who’s Who on the Coordinating Circle?**

**Keep in touch with the folks who keep the IJC humming**

* Administration: **Evan McBride**
* Chair: **Eric Girouard –** ijcanadachair@gmail.com
* Communications: **Mark McCondach -** Inner.journey.canada@gmail.com
* Enrolment: **Synandra Lechner (Interim)** – synandra.lechner@gmail.com
* Finance: **Fred Owen** – ijcanadatreasurer@gmail.com
* Love & Care: **Violetta Borowski –** ijcanadalandc@gmail.com
* Production: **Julie Desmarais –** ijcanadaproduction@gmail.com
* Social: **Ambrose Baptista –** [ijsocialevents@gmail.com](mailto:ijsocialevents@gmail.com)

**IJC COURSES AND UPCOMING EVENTS**

**Inner Journey Intensive:** Oct 27-30,

Where: Camp Merrywood (Port Elmsley - near Perth, ON)

**Karaoke evening – An IJ Social event**

Stay “tuned” for more details

**Post IJ Celebration**: Tuesday, November 8

Where: Quaker House, 91 Fourth Ave, Ottawa

**Curriculum for Conscious Living & Essential Pilgrimage**

Date: November 18 and 19, 10:00 am- 6:00 pm

Fee:  $275 (Some scholarships available)

Where: 8B Sweetnam Drive, Stittsville, Ontario

For more information contact Michael at: [michaelijs@gmail.com](mailto:michaelijs@gmail.com) or 415-990-5629

**REGISTERING ONLINE IS JUST A CLICK AWAY!** <http://www.innerjourneycanada.com/online-registration.html>

**SOCIAL MEDIA**

**To all of our Facebook followers:***A kind reminder that our Facebook page is intended as medium for providing information on upcoming Inner Journey events and workshops, and as a forum for the sharing of your thoughts and experiences around your IJ seminar – before, during and after – in a way that is reflective of IJ values: open, honest, respectful, supportive, safe and non-judgmental of others. Some comments and posts may not reflect the views of IJ Canada or its members.*  
**Facebook:** [Inner Journey Canada](http://www.facebook.com/" \l "%21/groups/38117217352/" \t "_blank)  
**Facebook:** [Oneness Ottawa](http://www.facebook.com/home.php?sk=group_198888090130579&ap=1" \t "_blank)  
**Twitter:** [https://twitter.com/Oneness\_Ottawa](https://twitter.com/Oneness_Ottawa" \t "_blank)