  
“Acknowledging the good that you already have in your life is the foundation for all abundance.” ~ Eckhart Tolle

**The Best Version of You – Winter Gala 2017**

Mark your calendar for **Saturday January 28, 2017** and get out your glad rags and dancing shoes. The beautiful Marconi Centre will again be the venue for an evening of fine dining, dancing, raising funds – through a raffle – for the Bursary Fund and celebrating our volunteers. More importantly, it’s a time to reconnect and have fun! **Early bird tickets are now at a special rate of $44.95 each until November 30. After that tickets are $49.95.** **To get your tickets NOW online at the special rate, click here:** <https://eventfull.yapsody.com/event/index/54085/the-best-version-of-you-2017-gala>

**For more on the event:**

<https://www.facebook.com/events/1206635339404084/>

**Karaoke – Raise your Voice! This Friday - November 25, 7:45 pm**

IJ Social presents Karaoke Night -- an evening to reconnect with friends and cross karaoke off your bucket list if it's still something you have on the list. You can even grab a few drinks at the bar to bring out that singing voice we all have, hiding somewhere...We ask for a small 5$ donation to help cover the room rental costs.

Here are the details: <https://www.facebook.com/events/234535806964059/>

**Save the Date – Sunday Dec. 11 – 5 Elements Movement Meditation is Back!**

The ever-popular 5 Elements Movement Meditation is back -- a rich, emotional, and insightful journey. (It can also be sweaty!)

**Sunday December 11, 2016**

1:30 pm–5:00 pm (or so!) – Doors close at 1:15 p.m.

Where: [Sandy Hill Park and Community Centre](https://www.facebook.com/pages/Sandy-Hill-Park-and-Community-Centre/270868846271818)- in the "preschool room" at lower level off the parking lot. Address: 250 Somerset St E, Ottawa, ON K1N 6V6 FREE PARKING!

**Admission is Free! – a $20 donation in support of the IJ Bursary fund is suggested**

You must pre-register by e-mail or phone:

jfsauriol@gmail.com – 613-884-0852

The Meditation will be preceded by an introduction to the 5 Elements model and how this central tool of the Inner Journey can be used it in all aspects of your life. Getting a sense of your primary elements and of those around you can help greatly your communication with parents, spouse, kids and co-workers!!

For more details: <https://www.facebook.com/events/1805594236321160/>

**Body Embraced in Ottawa in 2017!!**

The Body Embraced weekend for women will be back in the Ottawa area in the new year. The course is scheduled to be held **Friday, January 27-Sunday, January 29**. This is a can’t miss experience. For more information, contact Maria at: [maria1@magma.ca](mailto:maria1@magma.ca). What is Body Embraced? Read all about it here. <http://www.innerjourneyinstitute.com/programs/body-embraced/>

**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)
* Volunteer: Position Vacant – Any takers? Let us know.

**IJC COURSES AND UPCOMING EVENTS**

**Karaoke Night – An IJC Social Event**

Date: Nov. 25 – 7:45 pm

Details: <https://www.facebook.com/events/234535806964059/>

**5 Elements Movement Meditation**

Sunday December 11, 2016

1:30 pm–5:00 pm (or so!) – Doors close at 1:15 p.m.

Where: [Sandy Hill Park and Community Centre](https://www.facebook.com/pages/Sandy-Hill-Park-and-Community-Centre/270868846271818)- in the "preschool room" at lower level off the parking lot. Address: 250 Somerset St E, Ottawa, ON K1N 6V6 FREE PARKING!

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jfsauriol@gmail.com – 613-884-0852

**Family Constellation Journey**

Date: Jan. 14-15

For more information contact Synandra at [synandra.lechner@gmail.com](mailto:synandra.lechner@gmail.com)

**Body Embraced**

Date: Jan. 27-29

For more information, contact Maria at: [maria1@magma.ca](mailto:maria1@magma.ca)

**Winter Gala 2017**

Date: Saturday January 28, 2017

Where: Marconi Centre, 6:00 pm – 11:00 pm

For more information: <https://www.facebook.com/events/1206635339404084/>

**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)