

# Welkin Words

## October 2005

**Namaste,**

Hello, all. I hope this newsletter finds you well.

This morning I taught the first class in my home studio. It is a wonderful space and was blessed by some very special people! For ten weeks, I am running a yoga session focussing on cleansing the chakra system. In the winter season, I will offer a new round of classes with a new focus. Get your suggestions in now if there is an aspect of yoga that you would like to learn more about!

It's hard to believe there is only a month left until the Mind-Body Healing Retreat. It will be held at a bed and breakfast in Port Rowan November 4-6. Space is extremely limited for this special event, so if you think you might be interested, please contact me soon to find out more about it.

Also, please feel free to call me or email me if you have any questions about the newsletter or any of my classes, workshops, or retreats. I also welcome inquiries about personal healing and growth services such as reiki and yoga therapy.

My intention behind offering the monthly individual practice and workshops are to provide you with the opportunity to deepen your experience of yoga. I am open to all suggestions and seek to teach you that which you desire to learn more about.

All the best,  
Erin

**"The environment is stronger than the will." *Paramhansa Yogananda***

**I included this quote in the last newsletter in order to spark some controversy. I would be interested in hearing what your initial thoughts were on this statement and whether those impressions changed as you reflected upon it. Please email any comments, indicating whether or not I may use them in the next newsletter and if you would like to be anonymous.**

### **Maintaining Vitality**

The first yoga class is a transitional moment in many people's lives. We feel a change arise within us, or, more accurately, a familiarity. "Oh, yes! THIS is who I am. This is what peace is." Many of us laugh or weep during that first hour. Release and connection happens and we swear that we will do yoga every day for the rest of our lives. Some of us

actually do. For most of us, however, these profound experiences do not arise in every class. Yoga becomes habitual rather than ethereal and our commitment begins to wane.

It is possible to experience poignancy each and every yoga practice when our intention is focussed. The challenge is in maintaining that integrity of intention. We may accomplish this in many ways. Seeking information through books and workshops is one way of finding focus. Weekend retreats offer opportunity for deep connection as we replace the day-to-day concerns with rhythm and peacefulness. Connecting with like-minded others is another way to maintain vitality in yoga practice. When we lose our own connection to the benefits of yoga, others are there to remind us of how wonderful yoga can be.

For those interested in maintaining vitality in yoga, there are many opportunities available in our community. Teachers like Jane Stockdale, Julie Sumerta, Heidi Pflieger, and me offer specialty workshops in addition to regular classes. Yoga retreats are being held in Ontario and around the world. I offer monthly free individual practice in my home studio and am looking forward to hosting holiday potlucks. Check the end of each newsletter for upcoming events.

Follow your heart to that which you need most today. Stay with yourself. Renew your commitment to yoga. Be vital.

**It is not the mountain we conquer, but ourselves. ~ Sir Edmund Hillary, first person to reach summit of Mt. Everest (with Sherpa Tenzing Norgay)**

### **Featured Asana**

#### ***Jathara Parivartanasana* Revolved Abdominal Pose**

Hug knees into chest. Exhale and turn head to left and bring knees/feet to right. Hug knees into chest or bring legs to right angle to body. Exhale and turn head to left and bring knees/feet to right. Let Earth support body.



## **Upcoming Events**

### **Individual Practice - October 23 and November 20, 10:30-11:45**

Experience your personal yoga practice in the company of like-minded others.

**Free!**

### **De-stress Workshop - October 23, 12:00-3:00**

Learn specific techniques to alleviate stress, anxiety, and panic. These practices are useful during times of acute stress and act as preventative techniques.

### **Cold and Flu Treatment Workshop – November 20, 12:00-3:00**

Explore and practice methods to prevent pesky winter illness. We will also learn poses to alleviate symptoms, should illness arrive.

\$35 per workshop or both for \$60  
Light refreshments included

### **Recommended Reading**

*The Yoga Sutras*, Sri Swami Satchidananda (trans.)

*The Upanishads*, Eknath Easwaran (trans.)

*The Bhagavad Gita*, Eknath Easwaran (trans.)

*The Hatha Yoga Pradipika*, Swami Svamarama, Elsy Becherer (trans.)

These texts are extremely important in yoga philosophy.

*Hands of Light*, Barbara Brennan

*Anatomy of the Spirit*, Caroline Myss

*The Yoga of Eating*, Charles Eisenstein

These books offer interesting perspectives, ideas, and information.

**Contact me at**  
**519-751-1368**  
**[erinbyron@execulink.com](mailto:erinbyron@execulink.com)**