

Welkin Words

February 2006

Namaste,

I hope this newsletter finds you well.

There has been a lot of excitement around the home studio during the planning of the intuition retreat. I have been taking various courses and workshops on this topic since I began my graduate program in 1999. Most importantly, of course, I have been practicing it in my daily life. Over the years, many amazing things have happened because I learned what intuition is and how to apply it effectively. My partner, Peter, has taught me many creative techniques that have helped activate more intuitive processes. Because of his great intuitive skill, he will be co-facilitating the retreat.

I recently took an extended weekend retreat to New Jersey. It was hosted by my mentor, Dr. Bob Butera. In a previous newsletter I wrote about the importance of community in maintaining and inspiring our yoga practice. For me, these forays to the US help me connect to my yoga roots and remember what practice truly means to me. In discussing life, psychology, meditation, energy, and asana with others, I see that I am not alone in my experiences. I feel re-engaged in my practice and look forward to implementing some new lessons. When living a spiritual tradition that is 5000 years old, there is always more to explore. I hope that each of you is finding your own way to deepen your understanding of yourself and your purpose. I host workshops and retreats to support you in this.

Although it is necessary to be a part of a spiritual community, it is also important to cultivate a spiritual connection with ourselves. On each of my birthdays I reflect upon what has passed over the last year: milestones, lessons, accomplishments, and epiphanies. I peruse my journal and note my development. Without some form of documentation, the growth we achieve often goes unacknowledged. All true change

happens gradually, so that if we are not mindful of who we are, day by day, we are not able to fully appreciate personal growth. I also write a letter to myself to be opened on the following birthday so each year I have a letter to compose and one to respond to. This year I realized that it was only last November that I first heard “Release the old to create space for the new”. This adage became my theme last year and there were many transitions.

I list my aspirations. All those not completed within the last twelve months carry on to the next year’s list. This helps me assess how realistic my timelines are and whether I need to break aspirations down into more manageable pieces. I aspire to grow psychologically, intellectually, professionally, creatively, and relationally. Without a set path of intention, we do not notice when we become lost.

I share this with you so that you may begin to consider how you are regarding your own growth process. Do you keep a journal of your yoga, meditation, or personal experiences? Do you have a map for your life’s journey? Do you know who you are beyond the roles that you play?

All of the quotes in this newsletter are pulled from my journal. May your relationship with yourself grow evermore intimate.

Erin

Holistic living does require effort...Once we create healthy habits, holistic living is easy. ~Robert Butera

FOR THE GARDEN OF YOUR DAILY LIVING

I received this a few years ago and it continues to strike a chord with me:

PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul

PLANT FOUR ROWS OF SQUASH:

1. Squash gossip

2. Squash indifference
3. Squash grumbling
4. Squash selfishness

PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

NO GARDEN IS WITHOUT TURNIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE.
THERE IS MUCH FRUIT
IN YOUR GARDEN BECAUSE YOU REAP WHAT YOU SOW.

Before you've practiced [yoga], the theory is useless. After you've practiced, the theory is obvious. ~David Williams

Featured Asana

Bhujangasana Cobra Pose *

This pose carries many benefits. It strengthens the back, legs, and abdominals and improves posture. It alleviates back pain, cramps, and constipation.



On an inhale roll forehead, nose, chin and each vertebra off the mat to a comfortable height. Open the chest by drawing the shoulders down and back. Bring strength into the lower belly and buttocks. Press into the top of the feet.

* If you cannot see the pose depicted left, please go to www.yogafont.uk to download

Yoga Classes

Aura Yoga

Experience deep transformation through the energy and understanding of yoga. Learn to identify the cause of many problematic patterns such as procrastination, stress, and anger. Explore techniques for creating solutions. Classes include information, asana, pranayama, visualizations, and meditation.

Mondays 9:45am–11:00am

January 23–March 27

Something More

This is an ideal class for those of you who desire growth in your yoga practice. Class focus is on deepening the experience and challenge of poses, pranayama, visualization, and meditation.

Friday mornings 9:45am–11:00am

January 27–March 31

Meditation

Yogis who do not practice meditation are like farmers who do not harvest crop. Explore your own personal meditation style while learning to relax, focus, and reap the true benefits of yoga.

Wednesdays 5:45pm–7:00pm

January 25–March 29

Cost for classes is \$120 per 10-week session with a 10% discount for each additional class.

Please register by January 19 for confirmation of classes.

Individual Practice – January 29 and March 19, 10:30am–11:45am

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

Free!

Please register the Wednesday prior for confirmation of Sunday practice.

Yoga Workshops

Chanting Workshop, Sunday January 29, 12pm–3pm

Chanting and toning help purify the nervous system and energize the body–mind. The chants will be diverse and no one has to ‘sing along’. You are welcome to just listen or hum quietly. This event promises to be joyous and uplifting.

Fountain of Youth Workshop, Sunday March 19, 12pm–3pm

Explore yogic practices that have kept yoginis vital and beautiful for centuries past.

Cost per workshop is \$35 or both for \$65.

Please register the Wednesday prior for confirmation of workshop.

Yoga Retreats

Enhancing Intuition Retreat, March 3–5

Explore various techniques to tap into those gut feelings and follow them to an abundantly blissful life. Intuition is important in personal, business, creative, and financial pursuits. The Universe always whispers to us; learn to how to listen effectively.

March 3, 6:30pm–9:30pm (snacks included)

March 4, 9:30am–5:30pm (lunch and all–day refreshments included)

March 5, 9:30am–2:30pm (snacks and lunch included)

Yoga Retreat at Five Oaks Retreat Centre, June 23, 7pm– June 25, 12pm

Our annual retreat is running again this year. Space is limited to eight participants and half of those spots are already reserved for repeat students. Please inquire for more details and if you have interest, please contact me immediately.

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 Svatmarama, Elsy Becherer (trans.)

The Science of Breath, R. Ballentine et al

These texts help centre us in proper practice and intention.

From Previous Workshops:

Feel the Fear...And Do It Anyway, Susan Jeffers

You Can Heal Your Life, Louise Hay

Selected works by Caroline Myss

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