

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, countless 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 have greatly enjoyed compiling exercises and composing seminars for this event. It's going to be fun!! (Flier attached. Sorry if it de-formats in transmission.)

February is the month that commercializes love. For those of us without conventional relationships or significant others, we feel more disconnected than ever from what Love truly is. If the hype is hard to deal with, please be kind to yourself. Allow your Higher, nurturing Self to offer you words of affirmation and appreciation. Present yourself with a loving gesture every day, be it a look in the mirror, time with a favourite book, or a tasty meal. Remember also that there is love in all of our relationships. Each moment is an opportunity to share that loving part of ourselves with those around us. If God created us in His/Her Image, that image is LOVE.

Breathe deeply,
Erin

A friend is a gift you give yourself. ~Robert Louis Stevenson

Featured Asana



Garudasana Eagle Pose

This pose helps ease the symptoms of repetitive strain on the upper body. It improves mental focus and helps increase awareness of the body.

Squeeze left thigh across right. Bend right knee and wrap left foot around right calf. Thighs rest together. Cross left arm over right, wrapping forearms and bringing palms together. Fingertips reach towards sky as shoulderblades come apart. Repeat on other side.

ADVICE FROM DOGS

When loved ones come home, always run to greet them.
Never pass up the opportunity to go for a joyride.
Allow the experience of fresh air and the wind in your face to be pure ecstasy.
When it's in your best interest, practice obedience.
Let others know when they've invaded your territory.
Take naps.
Stretch before rising.
Run, romp, and play daily.
Thrive on attention and let people touch you.
Avoid biting when a simple growl will do.
On warm days, stop to lie on your back on the grass.
On hot days, drink lots of water and lie under a shady tree.
When you're happy, dance around and wag your entire body.
No matter how often you're scolded, don't buy into the guilt thing and pout; run right back and make friends.
Delight in the simple joy of a long walk.
Eat with gusto and enthusiasm. Stop when you have had enough.
Be loyal.
Never pretend to be something you're not.
If what you want lies buried, dig until you find it.
When someone is having a bad day, be silent, sit close by and nuzzle him or her gently.

Upcoming Events

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

Explore yogic practices that have kept yoginis vital and beautiful for centuries past. Cost: \$35

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/workshop.

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. *Note: this is not a yoga retreat*

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-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.

Ahimsa

It is the first part of the first rule of yoga: *Do no harm, through thought, word, or action*. To truly live in ahimsa, we must be vigilant. It is incredibly easy to be flip, sarcastic, and mean rather than witty, straight, or kind. All motivation and emotion may be pared down to one of two roots: Love or fear. When we are “in” love, we are fully compassionate towards and accepting of ourselves and those around us. Pain leads us to doubt ourselves or feel badly about our lives. We become afraid and feel a need to protect ourselves from anything that may hurt us further. This fear is ripe soil for meanness and harm. Instead, remember how beautiful and wonderful you are. Truly. (Yes, even you!) Breeding love for ourselves is one of the hardest things we will ever do. Once we have mastered ahimsa internally, it flows naturally from us.

Recommended Reading

Inspired by the information above:

Dogs Never Lie About Love, Jeffrey Moussaieff Masson

When Elephants Weep, Jeffrey Moussaieff Masson, Susan McCarthy

You Can Heal Your Life, Louise Hay

A Return to Love, Marianne Williamson

Zen and the Art of Falling in Love, Brenda Shoshanna

Please contact me at

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Enhance Your

Use practical and creative techniques and activities to explore:

- ☀ What is intuition?
- ☀ How am I intuitive?
- ☀ What is my life's purpose?
- ☀ What is the role of my inner critic?
- ☀ How do I manifest my true desires?
- ☀ How may I understand and act on my intuitive messages?

Welkin Yoga Studio, Brantford

Friday, March 3, 6:30pm-9:30pm

Saturday, March 4, 9:30am-5:30pm

Sunday, March 5, 9:30am-2:30pm

Guided by Peter Arcari and Erin Byron, BA, MA, CYT

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Price includes seminars, materials,

**Call 519-751-1368 or email
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