

Welkin Words

March 2006

Namaste,

March...in like a lion, I think...Seems to be morphing into a lamb.

We celebrate the vernal (spring) equinox on March 20. As its name implies, the equinox is a time of equal night, when we get as many hours of dark as we do daylight. The sun passes over the equator and brings with it Spring! Traditionally we see this as a time of restoring balance. In releasing the last of her “winter energy” Mother Earth may present us with ice storms and other wintery surprises before spring actually lands. What do you need to restore balance during this change of season?

Symbolically this is also a time of birth and rebirth. How would you like to recreate yourself this year?

March also brings us International Women’s Day. Established in 1977 by the United Nations, this special day provides an opportunity to celebrate the progress made to advance equality for women and to assess the challenges that remain. IWD also provides an opportunity to consider steps to bring about equality for women in all their diversity. The Canadian theme for *International Women’s Week 2006* is “*Beyond Laws: The Right to be Me*”, which addresses women’s rights, women’s diversity, and the need to put words into action. It is important that we act with the intention of compassion and equality in all of our daily choices, contributing to a community where human rights, environmental issues, and peacemaking is held in high regard. Although some men hold these values and some women disparage them, on a whole it has been the political action of women that has led to radical changes in oppressive laws and stereotypes. Think globally, act locally by honouring yourself and all who surround you.

Enjoy my very Western pitch for the Fountain of Youth workshop – the antithesis of antioppression, it is a prime example of how we oppress ourselves by thinking our appearance is important. I hold these workshops to help you deepen your experience of yoga. They are based on your interests and needs. I encourage you to attend all workshops out of love for yourselves, not fear.

In peace and sisterhood to all my earthly siblings,
Erin

We are one, after all, you and I. Together we suffer, together exist, and forever will recreate each other. ~Pierre Teilhard deChardin

Without an understanding of myth or religion, without an understanding of the relationship between destruction and creation, death and rebirth, the individual suffers the mysteries of life as meaningless mayhem alone. ~*Marion Woodman*

Home Practice

This new segment will replace the *Featured Asana* section of the newsletter. Although similar to its predecessor, the *Home Practice* section will be more practical in assisting yogis and yoginis to cultivate their yoga.

First things first. The word *yoga* means “union” or “yoking” . The purpose of yoga practice is to unite our bodies with our minds and spirits and thus yoke them together in the present moment. Simply breathing deeply and noticing what is happening inside *right now* is practicing yoga. We can practice yoga in our daily lives by protecting ourselves against negative thoughts, beliefs, and behaviours. As we cultivate the ability to remain present, hearing and respecting our inner worlds, we more deeply desire the time to centre ourselves in gentle practice. Remember the practices are a means to an end, not the end themselves.

There is no end.

Yoga Classes

The next round of yoga classes begins April 24. It seems as though we are outgrowing the home studio already! If enough confirmations come in by April 3, I will seek out a larger space for us to share.

Muladhara Chakra

Do you find yourself struggling with intimacy issues, money, or your family of origin? Do you feel safe in your day-to-day life? Problems in these areas indicate an imbalance in the root chakra. Join us in this exploration of grounding and opening to *all* kinds of safety. Before we may truly open into the upper chakra, we must have support. The foundation of personal/spiritual growth rests in the root chakra.

Mondays 9:45am-11am, April 24-June 26

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.

Fridays 9:45am-11:00am, April 28-June 30

Meditation

Yogis who do not practice meditation are like farmers who do not harvest crop. Why put in the effort without reaping the bliss of results? Explore your own personal meditation style while learning to relax, focus, and reap the true benefits of yoga.

Wednesdays 5:45pm-7:00pm, April 26-June 28

What Doesn't Kill You Makes You Stronger

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally he decided the animal was old, and the well needed to be covered up anyway, it just wasn't worth it to retrieve the donkey. He invited all his neighbours to come over and help him. They each grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down. A few shovel loads later, the farmer looked down the well, and was astonished at what he saw. As every shovel of dirt hit his back, the donkey did something amazing.

He

would shake it off and take a step up. As the farmer's neighbours continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed, as the donkey stepped up over the edge of the well and trotted off.

The Moral: Life is going to shovel dirt on you - all kinds of dirt. The trick to getting out of the mire is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells by not stopping, by never giving up!

Remember the five simple rules to be happy:

1. Free your heart from grief.
2. Free your mind from fear.
3. Live simply.
4. Give more.
5. Expect less.

Failure leads to success unless you quit. A soul becomes great by acting on its dreams. You may remind yourself: "I recognize my failure as a doorway to success. I am not afraid to act upon my dreams because I know that my dreams are the keys to my success and the doorway to my greatness."

Upcoming Events

Workshops

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

Want to learn how to rid yourself of cellulite, belly fat, and wrinkles? How do yogis maintain the bodies of teenagers and the glow of youth? Yearn for the days when your body didn't seem to break down or need so much rest? Come to the workshop! (If you start now, it might make a difference in that bikini.)

Cost: \$35 with 10% discount for each additional workshop

Colonic Health, Sunday April 23, 12pm-3pm

Detoxification is vital to maintaining health and longevity. I hear from students almost every class that they suffer with issues associated with digestive health. Like all workshops, this workshop will discuss philosophy, yogic methods, nutrition, and lifestyle choices to help strengthen and heal the organs associated with elimination. Cost: \$35 with 10% discount for each additional workshop

On (Peri)Menopause, Sunday May 7, 12pm-3pm

Learn postures, breathing exercises, and nutritional choices that may alleviate the symptoms associated with this phase of life. Brainstorm with other women about their trials and solutions. Cost: \$35 with 10% discount for each additional workshop

Individual Practice, March 19, April 23, May 7, 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.

Annual Yoga Retreat

Five Oaks Retreat Centre, June 23, 7pm- June 25, 12pm

Our annual retreat is running again this year. Space is very limited. Early bird price in effect until May 10.

Recommended Reading

Inspired by the information above:

The Artist's Way, Julia Cameron

Light on Yoga, BKS Iyengar

Yoga: Mind and Body, Sivananda Institute

Please contact me at

519-751-1368

erinbyron@execulink.com