

Welkin Words

April 2006

Namaste,

I hope all of you are enjoying this lovely spring. It's so wonderful watching Mother Earth reawaken!

Please check out the new round of classes starting at the end of the month. There are some great workshops coming up, as well as the retreat at the beginning of summer! I will not be present for classes on the Wednesdays, April 19 and 26, but lovely Julie will be there to meet your yoga needs.

Earth Day, April 22, has become so popular that many celebrate April as Earth Month. All of this interest makes sense; what could be more important than our home?

Here are some fun links:

www.climatechange.gc.ca/onetonne/english/index.asp

<http://www.earthday.ca/>

<http://www.earthday.net/footprint/info.asp>

Look for a short segment about yoga to air on Rogers Cable next week and there will be some content on my website, www.welkin.ca, by then as well.

What we do to the Earth, we do to ourselves. May each of you live in Love.
Erin

Safety

Many of us struggle with the issue of safety on some level. Fear manifests in obvious ways, such as not walking alone at night or holding a friend during a scary movie. Fear may affect us more subtly as well. Spats with loved ones, job stress, and road rage are all fear-based responses. The true practice of yoga, through breathwork, bodywork, and mental discipline, offers a profound and abiding sense of safety. Many of you have learned the trick of taking deep breaths to stabilize mood and responses. Want to learn more? Check out the Root Chakra yoga session, beginning April 24.

We have forgotten how to be good guests, how to walk lightly on the earth as its other creatures do. - Barbara Ward, Only One Earth

Yoga Classes

The next round of yoga classes begins April 24.

Muladhara Chakra

Do you find yourself struggling with intimacy issues, money, or your family of origin? Do you feel insecure and spacey 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 chakras, 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 under the guidance of an experienced teacher, while learning to relax, focus, and reap the true benefits of yoga.

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

Home Practice

The first step in establishing a home practice is to review one's daily rhythms. Consider where in your day you may fit 15 minutes of yoga practice. A slow, steady approach of integrating yoga into one's lifestyle is the surest way to initiate permanent change.

Workshops

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

April 23, May 7, 10:30am-11:45am

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

Please register before the Wednesday prior for confirmation of Sunday practice/workshop.

Annual Yoga Retreat – Being Peace

Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances. -Mahatma Gandhi

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

It's that time again! Retreats are an imperative aspect of our continuing commitment to deepening our understanding of Peace. Live peacefully in nature, with like-minded others, free from judgement, obligation, and outside distraction. Experience the bliss of retreat.

Early bird price in effect only until May 10. Call now for more information, as space is highly limited.

Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal. -Martin Luther King, Jr.

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