

Welkin Words

Summer 2006

Namaste,

Ahh, Summer...How you warm our bones.

The website is done! It has been very exciting for me to see this come to fruition after all this time. Although the website will continue to be updated with fun things like photos and product for sale, it is in its final stages and welcomes you all for a visit. www.welkin.ca

I thought it would be a good idea to keep you posted about other yoga events that are happening in town. If any of you would like to be put on Julie's mailing list for her monthly newsletter, please reply to this email with the header "Julie" and I will forward your information to her. As many of you know, Julie's vinyasa style is a gift.

There is one lone spot left on the yoga retreat. Is it calling you? Please contact me if you think you may be interested in this healing weekend.

Erin

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Safety II

The classes in the home studio have centred on healing the flow through Muladhara (root) chakra. I wrote an introductory article to that in the previous newsletter. Recently I came across an email from my mentor, Dr. Robert Butera of Devon, PA which enclosed this parable. www.asktheyogateacher.com

There is a story that illustrates 'fear.' On a journey, a Guru's follower gave him a small hand-made art piece in the shape of a gold coin. The Guru placed the coin in his robe. He had no possessions other than a bowl. Later at the river, the Guru asked his student if there was anything to fear and the student said no. The student was confused as the Guru was supposedly a 'fearless' person.

The next day, the same scenario occurred, the Guru asked if there was any fear prior to bathing in the river and the confused student assured him there was not. After repeating this on the third day on this journey, the student searched through the Guru's robe and found the gold coin. On the fourth day at the next river, the student answered the Guru's question by saying, "There is nothing to fear here, I threw fear away in the last river." The student tossed the coin into the last river. Once again, the Guru had nothing to lose and nothing to fear.

Our root chakra is the home of material safety. When this root energy is out of balance, we may feel overly possessive or experience many losses. Balance in the root chakra involves affirming our divine safety, independent of external circumstances. Although you may have missed the specific asanas, meditations, mudras, and breathwork we learned in our Root Chakra session, you may continue healing in your own way by connecting to the Earth.

Watch for the next session, dealing with Creativity and Pleasure ***Svaddisthana Chakra***

Call on God, but row away from the rocks. – Indian Proverb

Yoga Classes

A new round of classes will begin in September.

Creativity can solve almost any problem. The creative act, the defeat of habit by originality, overcomes everything. ~George Lois

Home Practice

Have you figured out where your 15 minutes sit? Regularity is the key to setting up

Workshops

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

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

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

Annual Yoga Retreat – Being Peace

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