

Welkin Words

August 2006

Namaste,

I'm just back from my last class at Park Fitness. Park was the first place that hired me to do yoga in Brantford and I have had many joyous years there. I thank each of you at Park Fitness for the opportunity to meet you. As I said in class today, you have become a part of my personal yoga practice, as I hope that I have somehow become a part of yours.

Even the most anticipated and best planned transitions bring an ache of loss as we move on to a new phase. Completing my time with The Fitness Centre and Park Fitness brings the end of an era for us. The decision to move on was a challenging one to come to. I appreciate the positive energy and interest you have been giving back to me.

This time is also a birth, as Julie (www.sumerta.com) slides in to take over at the health clubs and I build into an exclusively yogic/therapeutic space. I think it will be good for the community to have a yoga studio, where we are able to commune with like-minded others. A supportive, accepting energy like no other develops in a yoga studio. It has been my dream for many years to have a space where we may all come together. Thank-you for helping my dreams come true!

The centre will feature merchandise created by local craftspeople and artisans, as well as yoga supplies, books, CD's, and DVD's. Some of the featured artists include Nyoman Sumerta's woodcarving (www.sumerta.com), Erin Strike's hemp clothing (www.frogpond.com), and Fiona Willis' yoga bags and cushions.

Erin

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#1 Benefit of Yoga

The Yogalife Institute in Pennsylvania requests feedback from its students (as will Welkin Wellness Centre). Here is what Yogalife has to say about their feedback:

Class evaluations surprised us...Breathing was the top benefit mentioned by 90% of the students. This feedback was not multiple choice; a blank space was provided beneath a question that asked for the top 3 benefits for the course.

The second and third benefits were a tie between flexibility and relaxation.

Year after year we continue to see the same results. However, these same students entered the course hoping for increased flexibility, relaxation, and stress management. Not one person entered the class to improve their breathing!

A few years ago, a beginner student announced at the end of his course that he felt our breathing practices were ideal - he was a Pulmonologist (Lung Doctor) and he gave us an inspiring talk about how using all 3 muscle groups around the lungs will improve our overall health.

We teach students to use the diaphragm (belly), intercostal (rib cage moving laterally), and clavical muscles to maximize the respiratory function. Coupled with a positive mental attitude, deep breathing throughout the day will keep you in good balance!

Painting Party Saturday September 9

Karma yoga: the practice of performing work mindfully and lovingly, for the sake of the work itself. If that isn't reason enough to come help us paint the yoga studio, how 'bout this: free pizza! I would be honoured if you would bless the space with your presence. Even if you don't want to paint (or set up shelves, or lay out product) feel free to stop by for a visit. Email me if you're interested in coming by before the **Grand Opening Week September 18-24** and I'll let you know when we'll be there. I'll send out individual information on the Painting Party to those who respond with interest. Children are welcome.

Yoga Classes

You've been asking and here it is! Welkin Wellness Centre's autumn yoga schedule. Because I am building the centre for the community, I would appreciate feedback on the scheduled times/classes. Although I cannot accommodate everyone's needs, it is helpful to work together on trying to meet them.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:15	Good Beginnings				
12:00-1:00		Yoga Lunch	Yoga for Weight Loss		Friday Flow
1:15-2:30				Vinyasa (Julie)	
5:15-6:15			Yoga for Kids		

6:00-7:15	Classical Yoga	Partner Yoga		Kundalini (Julie)	
6:30-7:30			Meditation		

Home Practice

Before the whirlwind of summer and studio fell upon me, I had begun encouraging you to systematically establish a home practice. In a previous newsletter, I asked you to look at your daily schedule and find 15 minutes of free time. Don't change anything. That is step one.

Step two has us spending that 15 minutes practicing yoga. We may choose to perform our favourite poses, pranayama (breathing exercises), relaxation, or simply sit and watch the thoughts flow. We may also spend that time mindfully continuing our activities, completely present in each breath as it passes. Every day we will be called to practice in a slightly different way. Honour that call.

I'd love to hear how you spend your 15 minutes every day. Email me at yoga@welkin.ca.

Please contact me at
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www.welkin.ca (website not yet updated)

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