

WELKIN WORDS

Namaste,

As the weather turns colder and the days darken earlier, may you all find ways to cultivate your own warmth and Light! Herbal teas and extensive rounds of Sun Salutation are a couple of my favorites.

I continue to teach at Park Fitness and The Fitness Centre. I have also added classes in Simcoe at the Natural Health Clinic and Educational Centre on Tuesdays. For those of you who are interested in adding another class, I am beginning to teach out of The Fitness Centre on Mondays at 3pm. Also, The Rotary Centre (Boys and Girls Club) is holding classes Wednesdays at 5:45pm. Please see contact information at the end of this newsletter. As always, I am available for private lessons for individuals and groups, workshops and seminars. I continue to offer reiki treatments and yoga therapy out of my psychotherapy office at 515 Park Road North. Please contact me at 751-1368 for information about any of these services.

Allow me take this opportunity to express gratitude to the yoga participants at Park Fitness for their recent outpouring of support...especially Carla, the inciter ☺ Not only do I have the pleasure of continuing my relationship with all of you, but in an effort to balance my time I may release other activities that do not bring me as much joy. Your caring of and commitment to yourselves and your yoga are true blessings.

Many thanks to all of you for your ongoing practice.

Peace,

Erin

The alternative to the tyranny of clinging is to fully receive the experiences that arise in your life, in knowing them to be pleasant when they are pleasant and unpleasant when they are unpleasant...[c]onsciously practice not judging your life and the outcome of your preferences. Instead, you organize and measure your life by how well you follow the intentions that arise out of your values. This is the essence of living the inner life. The result of living in this manner is a strong sense of inner peace and spontaneity that allows you to better experience the good things in your life and makes the difficult experiences more bearable and meaningful.

- Phillip Moffitt

On Work...

Keep quiet. Do your work in the world, but inwardly keep quiet. Then all will come to you.

-Nisaragada Ha Maharaj

I sent this quote via Instant Messenger to an associate of mine at 11:30 one Saturday night. She was still editing the reports that had been plaguing her for weeks while I conceptualized a yoga newsletter. I commented that when the report writing becomes too much, there is always the deep breath. She responded "Oh, to look at everything from such a simplistic view." I want to remind you all that learning to do just that is a purpose of our yoga.

As we detach from our passing thoughts and feelings by tuning into the breath, we gain more clarity about the events in our lives. Deep breathing is the first step in cultivating inner quiet. Although it does take disciplined practice to access and utilize this Peace, the benefits are immeasurable.

In order to practice inner balancing, "keep quiet" by releasing the habits of attachment and aversion. Begin to notice the emotional reactions, inner dialogue, and motivations as they occur throughout the day. By observing the inner world, we are gently separating from its turmoil and uniting with the Witness. Through witnessing, we become objective observers of the mind and emotions. Be open to receiving all experiences and there will be stillness within.

We must put forth our best efforts. No matter the outcome, if we can look back and know in the heart that at that time there was no way to have done better, we can accept our work with joy. Yoga practice helps us learn to concentrate on what is before us. As we focus on our breath and the task at hand during practice, so we work with single-mindedness. This mental stability produces work completed with purpose, clarity, and relaxation. In knowing that we have done our best, we can release our attachment to the outcomes of our work. Concentration and true effort yield everything we truly need from our work.

Perhaps rather than "simplistic", this view is very simple. Breathe deeply. Become still inside. Witness inner experiences without judgment. Do the best work possible. Focus on the task at hand. Do not cling to outcomes. As written on the post-it affixed to my computer monitor:

Acceptance

Excellence

Concentration

Non-Attachment

Upcoming Events

Now that the weather has turned and our schedules continue to fill, our immune systems may begin to weaken. If you are interested in learning yogic techniques to prevent and heal colds and the flu, please let me know. If enough participants confirm, this three-hour workshop will take place on a mutually convenient Sunday.

Jane Stockdale, a local yoga teacher, has ongoing workshops and women's day retreats. Please contact Jane for more information on topics such as A Holistic Approach to Menopause, A Journey to Self-Discovery, and Meditation.

This year's **Yoga Retreat** has been booked!! From 7pm on Friday, June 25 until just after lunch on Sunday, June 27 we will commune at the beautiful Five Oaks in Paris. This weekend will be an opportunity to leave your life behind for a while and reconnect with yourself and like-minded others. At the end of the weekend, expect to carry the peace and lessons of the retreat with you so that you return to "the real world" with a clear mind and heart.

A rejuvenating, healing time was had by all participants last year. Reserve your spot now as space is limited and there is great interest this year!!! Early bird prices are in effect until March 19 and all of my students are entitled to 10% off the regular price.

Early Bird Price \$275

After March 19 \$350

Price includes all meals, seminars, demonstrations, and yoga classes and is based on double occupancy.



Widespread Forward Bend *Upavistha Konasana* - To aid digestion, improve overall flexibility

Sit on the floor with your sitting bones on the edge of a folded blanket. Straighten your legs out in front of you and then separate them as far as you comfortably can. Slowly lean forward from the hips, keeping spine straight, eyes forward, and chest open. It is important to lead any forward bend with your pelvis. Breathe deeply as your muscles release.

Variation I: Reach the arms overhead then relax them down as you twist from the hips and imagine you are spreading the front of the spine over the thigh. Press into opposite hip so that weight remains even on both sitting bones. Repeat on other side.

Variation II: Place right elbow on the inside of the right knee. Rest left biceps on left ear as you lean to the right. Imagine that you are spreading the side of the spine over the right thigh as you lift the left side of the ribcage into the air. Do not roll forward or backward through the torso. Continue pressing into left hip. Relax into the pose.