

# Welkin Words

## October 2006

Namaste,

Happy Autumn! I hope that the colours of the season are breathing joy into your life.

Things at Welkin Wellness Centre continue to come together. The heated subfloor has been laid and the hot water tubing has been installed. I eyeball the floor during these chilly days, looking forward to stretching out on it and basking in its warmth. Plumbers and gas fitters are my hold-up at this time; in fact, as I compose this newsletter I am waiting for the plumber to arrive.

Throughout this process, there have been unique glitches. From my heated floor supplier taking creative license with dimensions to the water heater that won't heat, I have struggled with feeling the Earthly distress. I hold onto *ishvara pranidhana*, or faith in Creator/surrender to Higher Power. I know in my heart that my path in life is to be a force of healing for the planet. Welkin Wellness Centre gives me the opportunity to create a space for like-minded individuals to gather and create an energy of compassion, acceptance, and peace. It is under these loving conditions that we all heal. The studio might feel like the disease right now; I know it's the cure.

As I finish this newsletter, six days later due to a computer glitch, the gas fitter is also finishing up. It looks like the laminate is getting laid this week and we are on track for our October 30 opening date! Hope to see you then!

All the best,  
Erin

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### Yoga Classes

	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		Mom and Baby		Vinyasa (Julie)	
5:15-6:15		Classical Yoga	Yoga for Kids		
6:30-7:30	Classical Yoga	Partner Yoga	Meditation	Kundalini (Julie)	

## Class Descriptions

All yoga classes are **SUITABLE FOR ALL LEVELS** and excellent for improving health, deepening sleep, reducing stress, and improving awareness, concentration, and self-esteem.

**Classical Yoga:** True to the 4000 year old tradition of yoga, Classical yoga uses postures, breathing exercises, philosophy, relaxation, and meditation to cultivate wellness.

**Good Beginnings:** A Classical yoga format inspires you to carry the “yoga bliss” with you from Monday morning through the rest of the week.

**Yoga Lunch:** Feed yourself true nourishment in this noon-hour class designed to boost your energy levels and fuel you through the rest of the day.

**Mom and Baby:** Connect with baby on a spiritual level while toning and healing all the places where your body has been changed by the blessed event. Baby enjoys loving connection and special health-promoting massages.

**Partner Yoga:** Deepen your level of flexibility and intimacy with a loved one. Practice poses and movements together while learning to relax more deeply in each other’s company. Special couples’ homework will also be included so that the connection continues outside the yoga studio.

**Yoga for Weight Loss:** This class is designed especially for those with trouble moving in traditional yoga poses. The techniques and philosophy of class will address issues specific to weight loss.

**Yoga for Kids:** Children LOVE physical play. It comes naturally to them. This class, suitable for ages 5-12, uses sound, stories, movement, and breath to bring yoga to younger people. Some open discussion also helps children learn how to apply yoga as a tool for stress management.

**Meditation:** This class is an introduction to meditation and will build on what you already practice in every yoga class. You will learn three styles of meditation: Mindfulness Meditation, Energy Meditation, and Transcendental Meditation, and will have the opportunity to explore each of these and determine which works best for you as a personal path.

**Vinyasa:** Vinyasa Flow Yoga is a dynamic practice which combines postures, breathing exercises, relaxation, and meditation to renew and refresh you. You are encouraged to follow the flow of your breath and go at your own pace in order to get the most benefit out of practice.

**Kundalini:** Strengthen your immune, glandular, circulatory, energetic, and nervous systems through the use of Kriyas: specific sets of postures, breathwork, sound, and meditation.

**Friday Flow:** Slow dance with yourself. This Classical yoga class links the poses together, creating unique transitions.

All classes taught by Erin unless otherwise indicated.

## Other Services

Welkin Wellness Centre will continue to offer reiki, psychotherapy, and yoga therapy as we always have. Yoga Teacher's Training is another fantastic endeavour. At least half of the trainees in this program enroll solely for personal growth purposes and have no intention of teaching. Many of you have asked about a teacher's training program in Classical Yoga over the years and will be pleased to know that the Yogalife Institute's in-depth program will be available here in Canada through Welkin Wellness Centre, beginning in January, 2007. Please visit the website, [www.welkin.ca](http://www.welkin.ca), call, or email [info@welkin.ca](mailto:info@welkin.ca) for more information.

## Developing a Home Practice

In the previous installment of this segment, we learned about some guidelines to establishing a balanced practice. These guidelines include time spent centering on the mat ("What am I bringing with me today?"), relaxation, pranayama (breathing exercises), mental focussing, twists, inversions, balancing poses, and forward, backward, and side bends. I do my best to remind us all that our bodies already know what we need most from our practices. If we take the time to center at the beginning practice, the sequencing or composition of asana (postural practice) comes together naturally.

What is most important to remember about safely combining asanas is that balance is key: each pose should be followed by its opposite. What we do to the front, we do to the back; what we do to the left we do to the right. Intuitively, this makes sense and if we are attuned to our bodies during practice (isn't that one of the reasons for practice?!), body tells us that it requires balance. In practical terms what this means is that cobra is naturally followed by child's pose. When we twist to one side we twist to the other side.

When we do tree pose standing on the left foot, we follow it by tree pose standing on the right foot. The technical term for this balance is "counterpose".

Someone not yet familiar with all of his/her choices of asanas may want to buy a book to follow. Other sources of yoga including books, certain Internet sites, DVD's, CD's, television shows, and class keep our home practice inspired and creative. Please see the [Recommended Reading](#) section below for ideas on books that offer pose ideas and some sample practices.

## Recommended Reading

*Yoga: Mind and Body*, The Sivananda Institute

*Yogaflows*, Mohini Chatlani

*Yoga: The poetry of the body*, Rodney Yee

*Yoga: The spirit and practice of moving into stillness*, Erich Schiffman

*Yoga for Dummies*, Georg Feuerstein & Larry Payne

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[www.welkin.ca](http://www.welkin.ca)

Welkin Wellness Centre

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Brantford, Ontario, N3P 1Y3

From Gretzky Parkway and Fairview Drive/Lynden Road:

East on Fairview Drive/Lynden Road

Turn left onto Dalkeith Drive (at Tim Horton's)

Turn left into driveway #45

Follow driveway to Unit 13 and park in front

Additional parking available in the back

**PLEASE NOTE:** Due to the nature of Welkin's services, it is only open to the public 15 minutes before and after scheduled yoga classes. All others by appointment only.