

Welkin Words Holiday Edition 2006

Namaste,

How are you all experiencing the peacefulness of the season?

Welkin Wellness Centre has been welcoming yogis and yoginis for more than a month now. This first wave of students had the opportunity to see the studio develop through the final stages. It was lovely to have you share in the steps of the journey; thank-you for your excitement and support through the process. There are some cosmetic tasks yet to be completed but the studio flourishes more every day. Much of this flourish is due to the wonderful word-of-mouth from my members. As an expression of gratitude for your support, Welkin has implemented a **Referral Rewards** program.

The floor, obviously, has its heat working. Not a class goes by without someone mentioning how much it contributes to their comfort and relaxation. To think I almost didn't put in a heated floor...! The water heater is blocked in and soundproofed and the drapes are up to absorb sound. For those doing holiday shopping, there are books, clothes, essential oils, CD's, yoga mats, and other self-care/spirituality products available at Welkin Wellness Centre and I am also offering **gift certificates** for services here. Please remember that due to the nature of the work done here, Welkin is only open to the public 15 minutes before and after every yoga class. Other than that, please call to ensure that there will be someone available to meet you, rather than teaching or doing healing sessions. I'd love to see those faces I haven't seen since the summer. Remember, everyone's first class at Welkin Wellness Centre is free.

Teacher's Training is slated to start at the beginning of 2007. What makes this program exceptional is its traditional roots. This is not a yoga-fit training program, rather, a path of personal development. Many of the trainees enroll simply to improve the quality of their lives. Others, of course, benefit from a curriculum that exceeds Yoga Alliance standards and is true to yoga's ancestry. **Dr. Bob Butera**, of whom most of you have heard me speak, is co-facilitating a retreat with me here the **weekend of April 20th**. That retreat will have special lectures geared towards more advanced yoga students, but, like all of our retreats, welcomes people of all levels.

I am going to start holding workshops again in the new year. If there were topics you'd hoped to attend and missed or things you'd like to learn more about, please let me know. Check the website frequently for updates.

May you live your yoga, remained centered during these hectic times. May you enjoy the blessing of being the giver. May you remember that the greatest gift you give is your Self.

Happy holidays,
Erin

The wise man does not lay up his own treasures.
The more he gives to others, the more he has for his own.
--Lao-Tzu

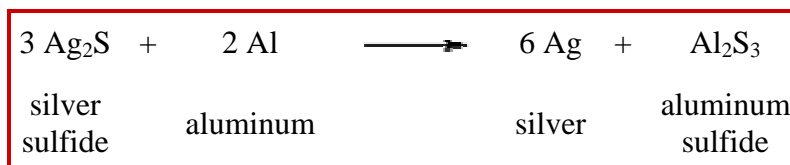
In This Newsletter

- [Eco-Recipe](#) - Silver Polish
- [Welkin Wellness Centre Services](#)
- [Yoga Classes and Descriptions](#)
- [Developing a Home Practice](#) - Counterposes
- [Contact](#)

Eco-Yoga Silver Polish

As you may remember from our Movie Night last summer, climate/environmental crisis is becoming an evermore pressing issue. As toxins fill our food, water, air, and soil, (hence our bodies), we see more incidences of cancer, respiratory disorders, digestive disease, and liver and kidney problems. "What we do to the Earth, we do to ourselves." We have known since the 1960's that we are on a destructive path and I truly believe that if every one person makes one different choice, one choice at a time, we will heal the Earth and ourselves.

If you're dreading the holiday silver polish, here's a fast and highly effective method of shining your silverware. This method does not dirty many rags, leading to water usage for the wash or landfill build-up of dirty paper towel. It does not release harsh chemicals into the environment; instead, it uses safe, edible compounds and some chemistry to remove tarnish without removing any of the silver's surface. If you have science buffs in the house, I have included the chemical equation for this electrochemical reaction.



For this experiment you will need:

- tarnished silver
- sink

- aluminum foil to cover the bottom of the sink
- boiling water to fill the sink enough to cover silver items
- 1 cup baking soda per gallon of water

Line the bottom of the sink with aluminum foil. Set the silver object(s) on top of the aluminum foil. Make sure the silver touches the aluminum so the electrical current is able to conduct. Add about one cup of baking soda for each gallon to the boiling water. The mixture will froth a bit and may spill over; please use a container bigger appears necessary. (I actually just sprinkle baking soda into the sink then pour the water over it.) Pour the hot baking soda and water mixture into the pan, and completely cover the silver. After a few minutes, remove the silverware and buff it clean with a dry tea towel.

Services

Welkin Wellness Centre offers reiki, psychotherapy, yoga therapy, and a comprehensive yoga teacher's training course. Gift certificates for classes, workshops, products, and services are available at Welkin Wellness Centre. Please visit the website, www.welkin.ca, call 519-751-1368, or email info@welkin.ca for more information.

Blessed is the season which engages the whole world in a conspiracy of love.

- Hamilton Wright Mabi

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.

*No drop-in option available

Developing a Home Practice

As we continue to prioritize yoga in our lives, we will encounter many barriers. Some of the things that keep us off of the mat will be external; some may even be beyond our control. Most of the things that prevent us from practicing regularly, however, are within each of us. These internal barriers are “resistance”. It helps us pace our growth and prevents us from extending beyond our limits. Resistance is clever and presents in many forms such as busy-ness, perfectionism, or confusion. Over the next few months we’ll go over the barriers to practicing yoga regularly in our lives. I welcome all queries and suggestions about this, as I know many of you who struggle with this issue. I also know many of you who have encountered solutions and I would love to hear about those as well! You can contribute by emailing yoga@welkin.ca.

The first and most important step in facing resistance head-on is to acknowledge the other side. We often list many reasons why we’re not going to practice yoga on any given day: “I have to clean the kitchen”, “I’m too tired”, “I don’t know where to start”...but why *would* you *want* to practice? What does yoga bring to you? How does it contribute to your improved quality of life? What happens to your body/thoughts/feelings/spiritual well-being when you do/don’t practice?

In the years of exploring my own resistance, I have found personal methods that help me maintain a steady practice. Stay tuned for tips based on others’ and my own experience of living our yoga.

Please contact me at

519-751-1368

yoga@welkin.ca

www.welkin.ca

Welkin Wellness Centre
45 Dalkeith Drive, Unit 13
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.