

Welkin Words What about Bob?

Namaste,

I hope that you are well. As usual, I have much news for you. I'd like to start by asking you something:

Because our class schedule is changing continuously and we are always adding more seminars and workshops, I find myself challenged in getting the news out to you and telling you specifically how these events may be of personal interest to you. (That's not the question (-;) Would it be all right with you if I sent out news about events on a more regular basis, while keeping the newsletter as a monthly feature? If you have no interest in receiving interim updates, email me now or reply to one of those interim updates with a "no thank-you".

Those who know me well know how much of myself I have put into the creation of this studio. My intention for Welkin Wellness Centre has always been to provide a space where like-minded people in the community can meet, learn, and heal. Here at home I have often felt what my mentor Bob called "yoga lonely": a disconnection from those of like mind, living a spiritual lifestyle. All along I knew there were people near me who practiced mindful living and wanted to discuss spiritual ideas, but I did not know how to find you. My wish is that those in the community need not suffer as I did in those years. My hope is that you gather here, meet each other, and commune. The whole is greater than the sum of its parts and as we continue to come together, we become a brighter and brighter light of peace and positive energy shining through the community.

Bob himself will be joining our community for a weekend in April! He will present a full weekend retreat, offered here in the yoga studio. A couple of his workshops are also available as separate seminars, although they are included in the retreat. Because this is such a rare, special treat, we want to ensure that you have every opportunity to bask in Bob's presence while he's here. (I know I speak of him as if he were Krishna incarnate, but I really think the best things about Bob are his earthiness, simplicity, and humour. He's just a regular dude...who happens to carry with him the wisdom of the ages!) I have a wealth of information about Bob's visit on many different pages of the website. Your best bet would be to start at www.welkin.ca/yogaretreats.htm and follow the links around from there.

Another exciting tidbit is the edition of another excellent instructor: Carol Smith! Carol will be offering a Tuesday morning hatha yoga class beginning May 1st. Come check it out!

With gratitude,
Erin

At some point in the future you are going to look back on all the things you wanted to do with your life and either say "I did it!" or "I wish I had..." If the first statement is the one you'll want to make, there's no time like the present for making those words come true. If you choose the latter, however, you need do nothing. Wishing is free. Everything else comes with a price. May your fear of what might be never overtake your dream of what can be. ~ Courtesy www.myheartfeltblessings.com

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The signpost to inner peace points to acceptance. Accept who you think you are and be open to discovering new lessons. That will work. Accept your thoughts. Accept your feelings, accept your bank account, and accept your relationships for what they are. If we are focused on understanding ourselves, we may feel a sense of inner peace all the time. ~ Dr. Robert Butera

Emotions in Yoga

Emotions in Yoga and meditation are vital and oft ignored. At times those who embark upon the spiritual path become very serious as they begin to discover the inner terrain of their consciousness. The new student may evaluate behaviours and trying to align themselves with a more spiritual perspective. Once that process has been completed, the successful veteran Yogi or meditator becomes like a laughing Buddha!

As you accept yourself and your emotional reactions to things, you realize that emotions are very fleeting. There is nothing to fear from the inner self. You can laugh, cry, feel, and experience the depths of the soul and then realize that there is no stopping all these impulses. However, as we pay attention to ourselves, the emotions no longer rule our lives, the emotions enrich us.
~ Courtesy, Dr. Bob Butera www.asktheyogateacher.com/index.html

Developing a Home Practice: Listen To Your Body

Over the last number of newsletters we have been learning about how to establish that on-going aspect of our yoga: the home practice.

1. Find 15 minutes at the same time every day to practice. Set a mental intention to spend that time in practice.
2. Begin using that 15 minutes to gently practice breathing, relaxation, or poses

3. Gradually extend the 15 minutes to give yourself more time to explore practice and enhance your sense of wellbeing
4. Acknowledge resistance (procrastination, excuses, etc) but remember how practice benefits you and continue your efforts to practice every day
5. Remember that your inner guidance is wiser than external influences. Listen to your body.
6. Remember that there is no “perfect” practice
7. Practice right living (yama and niyama), poses (asana), breathing (pranayama), sensory control (pratyahara), concentration (dharana), and meditation (dyhana)
8. Practice awareness, warm up, forward bends, backward bends, side bends, twists, balances, inversions, and relaxation as part of asana practice
9. What you do to the left, do to the right. When you bend one way, bend the other
10. If you feel any kind of pain, or tingling STOP what you are doing. Listen to your body.
11. Use books, CD’s, DVD’s, yoga classes, workshops, and retreats to remain inspired

Workshops

Bob has offered to open the evening components of the retreat to the public. He is offering a workshop on **Living Your Yoga on** Friday from 7-9 and one on **Meditation** Saturday from 7:30-9:30. This offer is based on our intention of providing you with every opportunity to share Bob’s wisdom while he is here. Bob is a fountain of knowledge; I encourage you to drink deeply.

The onset of the Teachers’ Training Program has encouraged me to begin presenting my yoga workshops again. I (**Erin**) will begin by offering some of the most popular ones: **Yoga for Anxiety** May 6 and **Yoga for Bowel Health** June 3.

Julie is offering valuable workshops to enhance your understanding of the practice of yoga techniques and philosophy. A **Chakra Workshop** will happen on April 28 and a **Pranayama Workshop** on June 16.

Stephanie is offering a joyous **Ecstatic Dance** on April 13.

Details available at www.welkin.ca/yogaworkshops.htm

THE Retreat

A Weekend with Dr. Bob Butera, PhD Yoga Therapist

This retreat with Bob is such a special opportunity. Bob studied one-on-one with Dr. Jayadeva Yogendra in India for many months and has been living and teaching yoga and spirituality for most of his life! He has his Masters of Divinity and PhD in Yoga. He is director of the YogaLife Institute and editor/publisher of

Yoga Living Magazine, which many of you have read. He has trained more than 350 yoga teachers in his special program based on Classical teachings from India. As part of his sponsorship of that teachers' training program at Welkin, he is coming to Canada to facilitate a retreat. Rarely will you be faced with the chance to **study personally and intensely** with a guru who has roots delved into the soil of yoga's homeland. It is extraordinary that such a teacher is visiting Brantford. Do not miss this opportunity to share Bob's humble yet wise presence.

Testimony from Bob's retreats:

"I had the best week of my life after the retreat. I let love into my heart... who would have thought that Yoga would open my heart this much."

"The entire Yoga program makes sense now. My mind is so clear after just a short weekend of great food, uplifting company, lectures, discussions, fresh air and time to think about how to improve my life. I recommend to all interested in Yoga."

Retreat Agenda

Friday, April 20

6:30pm Introduction and Intention

7:00pm-9:00pm Living Your Yoga* – Discussion and Practice, see our [Workshops](#) page for more information

Saturday, April 21

7:00-8:30 Yoga Practice in Stillness (open to public – pre-registration required)

8:30-9:00 Breakfast (provided) and Social Time

9:00-10:30 Understanding the Branches of Yoga

10:30-11:30 The Subtlety and Psychology of Yoga Poses

11:30-12:30 Yogic Eating

12:30-1:30 Lunch (provided)

1:30-3:30 Positive Attitude Towards Work/Karma Yoga

4:00-5:30 Breathing to soothe mind and emotions

Break for dinner

7:30-9:30 Meditation Seminar*: see our [Workshops](#) page for more information

Sunday, April 22

7:00-8:30 Yoga Practice in Stillness

8:30-9:30 Breakfast

9:00-10:00 Managing Sensory Overload

10:00-11:00 Calming and Focusing the Mind

11:00-12:00 Taking the Retreat into Life

*Workshops open to the public. \$35.

The grace of the Guru is like an ocean. If one comes with a cup he will only get a cupful. It is no use complaining of the stinginess of the ocean. The bigger the vessel the more one will be able to carry. - *Ramana Maharshi*

Contact:

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Welkin Wellness Centre

45 Dalkeith Drive, Unit 13

Brantford, Ontario, N3P 1M1

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.