

Welkin Words
The Ecstasy of Movement
March 30, 2007

Namaste,

Thank-you for your many kind words and responses to the previous newsletter! I truly enjoy hearing from you!

Those of you with Hotmail or Rogers accounts may be experiencing some formatting problems with the newsletter. Please make sure that **erinbyron@execulink.com** is in your contact list. That may help. You could also call your ISP to resolve the issue.

Please note that there will be **no classes Friday April 6**. The studio is open Monday April 9 as usual.

The condo board has recently started to crack down on parking. When the studio first opened, students were encouraged to use the **back entrance** (directly into the studio) and **park alongside the fence**. We are technically only provided 3 spaces directly out front of Welkin and visitors are asked to park at the ends of the strip when those spaces are full. Your cooperation in this matter is greatly appreciated not just by me but also my neighbours! I promise I'll unlock the back door before class.

Thanks!
Erin

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As one benefits from a quieter mind due to stretching and breathing, various changes occur. The small moments of peace of mind grow into a longing for a deeper view of life...When one opens to this spiritual search, life may appear completely different and full of infinitely inspiring meaning. ~ Dr. Robert Butera

Loving Movement

When I was in grad school at Vermont College, I spent some time wandering the streets of Montpelier. The small city seemed to be a vortex of creativity,

friendliness, and spiritual living. In a quaint bookstore hung a poster advertising drumming circles and ecstatic dance. It described an opportunity to explore authentic movement in a safe, nonjudgemental space. At the time, I was studying the role of movement in healing various psychological conditions such as trauma, shame, depression, and anxiety. I thought that ecstatic dance would be an excellent opportunity to explore the healing aspects of dance. Although I could not attend that event, I discovered a similar opportunity in Dundas, Ontario years later. The session began with a relaxation/visualization similar to what we may enjoy in a yoga class. This experience tapped into energies of fluidity and action, and to the creative freedom within me. When the world beats began, gently at first, my body was ready to greet them in movement. As the intensity of the rhythm increased, my limbs warmed to the energy of the sound. I spent most of the dance twirling my torso and drumming with my feet, eyes closed. In my mind's eye, I spontaneously had images of myself bopping on the bank of a stream then jiggling through a lush forest. I had no care for what others thought of my dancing and only watched their movement to appreciate the beauty. And everyone, in their uniqueness, was beautiful.

I have always been an active person and felt comfortable letting the music move me. It was a striking surrender. At times I would look around the room and drink inspiration from those who chose to skip, or pace, or shuffle. There were ballerinas and belly dancers, hip-hoppers and fox trotters, and we all simultaneously shared and respected each other's space. It felt like God's nightclub.

Since that first experience I have recruited others to attend Stephanie's ecstatic dances. More recent dances have showcased live musicians and also provided the opportunity for participants to play drums and other percussion instruments. Recently, a horde drove through a snowstorm so as not to miss such an extraordinary event.

If you are overcoming body image issues, want to practice moving meditation, love to dance or drum, or want to hang out with like-minded people, it would be a good idea for you to attend the Ecstatic Dance at Welkin on April 13th!

See www.welkin.ca/yogaworkshops.htm for more details.

Testimonial for Stephanie's Ecstatic Dance: "I didn't know if I would be comfortable dancing freely around other people, but the other people are what inspired me. Seeing them be so carefree - so inward, yet part of an accepting community - gave me the space and support I needed to really be free myself." ~P.A.

Happy Spring!

As the temperature rises, we are reminded of Mother Nature's majesty and it is easy to become overwhelmed with a feeling of positivity and hope. We encourage all of you to take some time for yourself during these first warm days to reconnect with your body, mind, and spirit. We all take stock during the annual Spring Cleaning of our homes, and we can do the same with our health and

consciousness. Ask yourself, what do I really need during this time of transition? The answer will be different for all us, yet all any of us have to do is look within to find an answer.

~ Courtesy, Dr. Bob Butera www.asktheyogateacher.com/index.html

Workshops

Details on all workshops available at www.welkin.ca/yogaworkshops.htm

Welkin continues to add workshops. Almost every weekend until July we are featuring an event.

Aren't able to attend the full retreat April 20th? Bob has offered to open the evening components to the public. Come meet the man during a workshop! www.asktheyogateacher.com/index.html

Stephanie Scheid, famous for her endeavours in the Hamilton area, is offering a joyous **Ecstatic Dance** on April 13. Please read the article above for more information on this wonderful experience.
<http://www.innenergy.ca/dancing.php#events>

GMO's: What's in Our Food?

We've heard a lot in recent years about organic foods and getting back to basics in agriculture. Much of this discussion has centered on the distinct lack of pesticides and chemicals. However genetic engineering of our food is something that continues, without a clear understanding of the longterm effects. Remember that you have a voice. If we spent a fraction of the time in *action* as we do in complaining, we would live in a different world.

Recent Scientific Findings:

<http://www.organicconsumers.org/monsanto/secret062305.cfm>

Recent Greenpeace Article/Action:

<http://www.greenpeace.org/canada/en/campaigns/ge/latest-developments/mr-charest-where-are-our-labels>

For more information:

http://www.empowerment4women.org/culture/real/issue15_gefoods.php

<http://www.consumerhealth.org/articles/display.cfm?ID=19991128220930>

At the Feet of the Guru

A Weekend with Dr. Bob Butera, PhD Yoga Therapist

Yoga is an ancient tradition, passed on in ashrams and monasteries through story-telling and practice. This retreat with Bob is an opportunity to experience that sharing of traditional wisdom. Every day for six months Bob sat at the feet of

Dr. Jayadeva Yogendra, son of Shri Yogendra, and studied the subtleties of yoga. He combines his profound insight with humour and gentleness to inspire even the most bereft into optimism and action. Live your yoga! Love your life! Come find out how!

We have had great response! The limited space is filling up quickly. This week marks the closing of the Early Bird price deadline (being honoured until April 5). Contact Welkin NOW to reserve your spot and avoid missing out on this rare occasion.
yoga@welkin.ca 519-751-1368

Retreat Agenda available at www.welkin.ca/yogaretreats.htm

In India we emphasize very strongly that God can be received only through the proper spiritual representative...[W]hen in such a one we see God in action, we call him "Guru", and follow him faithfully. ~Paramhansa Yogananda

Contact:

519-751-1368

yoga@welkin.ca

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.