

# Welkin Words

## May 22, 2007

**Namaste,**

Thank-you so much for the many responses to the last newsletter! As always, I love hearing from you, no matter how often you're stopping by the studio.

Preparations are almost complete for the Annual Yoga Retreat at Five Oaks June 22-24! The breath flows more easily just thinking of it! (See **What's SO Important About \_\_\_\_?! and Yoga Testimonials** below for more information.) Thanks to all the people who are reserving their spots early and forewarning to those who want to attend and haven't reserved a place yet: it's filling fast! The theme of "Nonattachment" was established way back in the fall, based on many requests to explore the idea. We learn through yoga that attachment creates misery while freedom from attachment creates space for happiness. The problem, of course, is *how* to apply nonattachment to real-life situations. At the retreat, we will use insights from small and large group discussions as well as pleasurable activities to inform our understanding of how to apply this concept to work, diet, and relationships. The content of retreats is driven by participants' intentions and needs, so there is much room for exploring your own specific issues. Keep an eye out for more details before the Early Bird offer expires or email/phone me for information.

The astute and gentle Carol Smith has been blessing Welkin's yoga studio for almost a month already! Her brilliant hatha yoga class takes place Tuesday mornings from 9:15-10:30. Please contact Welkin Wellness Centre to register, or use the punches from your card to experience the delight yourself.

We are still working on organizing ordering wholesome food through the organic food co-op (at wholesale prices!). Email me if you are interested and I will add you to the email list.

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Thanks!

Erin

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## ☀ Closing notes

*The best six doctors anywhere  
And no one can deny it  
Are sunshine, water, rest, and air  
Exercise and diet.*

*These six will gladly you attend  
If only you are willing  
Your mind they'll ease  
Your will they'll mend  
And charge you not a shilling.*

*~Nursery rhyme quoted by Wayne Fields, What the River Knows, 1990*

### **\* Bowel Health Workshop Sunday June 3, 12pm-3pm Presented by Erin Byron, CYT, BA, MA Counselling Psychology**

Allergies, polyps, fatigue, diverticulitis, depression, and cancer are just a few known factors associated with weak digestive organs. Detoxification is vital to maintaining health and longevity. I frequently hear from students who suffer from issues associated with digestive health. Many have also expressed how much yoga has helped them with uncomfortable symptoms of Crohn's, colitis, IBS, and chronic constipation. At the colonic health workshop you have the opportunity to discover ancient and modern philosophies of bowel health, ayurvedic (holistic yogic medicine) methods, nutrition, and lifestyle choices to help strengthen and heal the organs associated with elimination. Discover the series of poses to alleviate constipation and diarrhea and the nine asanas of colonic health.

Admission: \$35 in advance, \$40 at the door

Details on all workshops available at [www.welkin.ca/yogaworkshops.htm](http://www.welkin.ca/yogaworkshops.htm)

**We often forget that there is humour in almost every situation. This list below demonstrates the power of the laughter to manage discomfort:**

*A physician claims these are actual comments from his patients made while he was performing colonoscopies:*

1. *"Take it easy, Doc, you're boldly going where no man has gone before."*

2. *"Find Amelia Earhart yet?"*

3. *"Can you hear me NOW?"*

4. *"Oh boy, that was sphincterrific!"*

5. *"Are we there yet? Are we there yet? Are we there yet?"*

6. *"Any sign of the trapped miners, Chief?"*

7. *"You put your left hand in, you take your left hand out. You do the Hokey Pokey.... "*

8. *"Hey! Now I know how a Muppet feels!"*

9. *"Hey, Doc, let me know if you find my dignity. "*

10. *"Could you write me a note for my wife, saying that my head is not, in fact, up there?"*

### **What's SO Important About \_\_\_\_\_?!**

In most of our day-to-day situations we emphasize outcomes. We set about tasks with a certain goal in mind, holding ourselves and those around us to a certain standard, and anticipating a certain result.

This ensures our misery.

In yoga we learn about living in the moment and being with things as they are. We set forth a standard of excellence, committing ourselves to truly doing our best in the moment, and release attachment to the outcome.

This year's yoga retreat emphasizes the idea of letting go. We will explore what is so important about "this outcome in my job" or "that aspect of my relationship". We'll challenge our attachments to food and body image. We will name the five sources of misery and apply them to current situations. We'll identify specific strategies to help ourselves handle all outcomes with grace and dignity. All of that happens in the splendour of green outdoors and exquisite company of like-minded people. We will practice asana, breathing exercises, and meditations in natural surroundings, aligning our energy with the healing energies of nature.

Expect:

- physical, emotional, mental, spiritual healing
- a deeper understanding of yoga philosophy
- relaxation
- meditation
- a more comprehensive experience of yoga poses
- profound connections with supportive others

**Annual Welkin Yoga Retreat, Five Oaks Retreat Centre  
June 22, 7pm-June 24, noon**

**Comments from Past Retreats:**

“The things I liked best were the early morning practice outdoors, the peace and beauty of Five Oaks, the guidance and inspiration provided by Erin, the interaction with others in group, and the lessons learned...”

“I was very appreciative of all of [Erin’s] efforts. There was so much pertinent, valuable information provided...Your topics definitely touched me very personally.”

“It was such a good retreat. There was a good balance between sitting in seminars and being physically active in yoga. All needs were met. The food was excellent...there was adequate time for note-taking and seeking clarification...The feeling that as a group we were one unit...was a bit of magic. There were several eye-opening moments. The atmosphere at Five Oaks is very tranquil and conducive to introspection and intimacy.”

“The things I like best were the outdoor asana. To hear the birds and be part of nature, totally. To get a good friend out of this.”

“I loved the morning practice especially. Everything was wonderful. It was such a fantastic experience. Now I know why [a regular student] speaks so highly of you, Erin. You are inspiring.”

### **Walking the Walk**

Back when Welkin was a mere twinkle in my eye, we began thinking of fun slogans and designing T-shirts to sell. (Some of you have seen the prototypes.) We joked about making T-shirts that say “*I walk the walk*” and not selling them. Those T-shirts were to be given to people who actually found ways of living their yoga – the greatest challenge is to embody the principles. The *real yoga* begins off the mat. As we study yoga philosophy it eventually becomes easy to tell ourselves “be kind and content, don’t lie, trust a greater purpose”; it’s easy to remind others how to behave as we talk the good talk, but what do we do when we’re faced with difficulties? How many of us are able to live in the integrity and goodness of spirit in each moment, no matter what that moment brings? It is not easy to walk the walk. The first two steps of yoga (restrain harmful behaviours and observe pure ones) become more natural when we are established in the later steps (breathing exercises, mastery of the senses, meditation). Find one way today to be a little more compassionate, loving, or responsible. Notice the effect it has on your sense of well-being. If you decide you want to see more moments unfold this way, if *you* want to walk the walk, commit to a series of ten meditation classes and notice their impact on your mental/emotional balance. Take time every day to breathe deeply and remember that there are always things to be grateful for. With commitment, anyone can live a life of unity, peace, and bliss.

**Contact:**  
**519-751-1368**  
**[yoga@welkin.ca](mailto: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.

The condo board has recently started to crack down on parking. Students are encouraged to **park alongside the fence** and use the **back entrance to Unit 13**. 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!

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