

Welkin Words

June 21, 2007

Namaste,

Hello, all. I hope that you are making special efforts to absorb some sunshine. I was out to Brantwood Farm at 7am today to pick myself a breakfast of strawberries and peas. We can taste the vitality of food plucked and eaten within the same hour. Mother Earth also appreciates us buying locally as it limits the noxious fumes involved in transporting food long distances. Read more about this at

http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20070413/eating_local_070413

Our Fifth Annual Yoga Retreat begins tomorrow. We have **one spot left** so if anyone out there is interested in a last-minute getaway, contact me before 3pm tomorrow!

Unfortunately, **Ashtanga Yoga Classes will not be running** through the summer. We are looking into finding a replacement teacher however at this time have had to cancel the class. Sorry for any inconvenience or disappointment.

May you enjoy all that the season has to offer.

We are currently forming the workshop schedule for the autumn. If you have any suggestions/yearnings for exploration, please contact me and I will ensure workshops with requested content are provided.

Happy Solstice!
Erin

*"You only lose what you cling to."
~Buddhist saying*

Summer Solstice

Sol + stice derive from a combination of Latin words meaning "sun" + "to stand still." As the days lengthen, the sun rises higher and higher until it seems to stand still in the sky. As a major celestial event, the Summer Solstice results in the longest day and the shortest night of the year. The Northern Hemisphere celebrates in June, but the people on the Southern half of the earth have their longest summer day in December.

Early Celebrations

Awed by the great power of the sun, civilizations in the northern areas have for centuries celebrated the Summer Solstice. The Celts & Slavs celebrated with dancing & bonfires to help increase the sun's energy. The Chinese marked the day

by honoring Li, the Chinese Goddess of Light. Perhaps the most enduring modern ties with Summer Solstice were the Druids' celebration of the day as the "wedding of Heaven and Earth", resulting in the present day belief of a "lucky" wedding in June. Today, the day is still celebrated around the world - most notably in England at [Stonehenge and Avebury](#), where thousands still gather to welcome the sunrise on the Summer Solstice. Pagan spirit gatherings or festivals are also common in June, when groups gather to light a sacred fire, and stay up all night to welcome the dawn.

Summer Solstice Fun Facts

- Pagans called the Midsummer moon the "Honey Moon" for the mead made from fermented honey that was part of wedding ceremonies performed at the Summer Solstice
- Ancient Pagans celebrated Midsummer with bonfires, when couples would leap through the flames, believing their crops would grow as high as the couples were able to jump
- Midsummer was thought to be a time of magic, when evil spirits were said to appear. To thwart them, Pagans often wore protective garlands of herbs and flowers. One of the most powerful of them was a plant called 'chase-devil', which is known today as [St. John's Wort](#) and still used by modern herbalists as a mood stabilizer
- Several Native American tribes marked the Summer Solstice. The Natchez tribe in the southern U.S. held a "first fruits" ceremony during the summer. The corn harvest was not permitted until after the feast
- Males in the Hopi tribe dressed up as Kachinas, spirits of rain and fertility who were messengers between mortals and the gods. At Midsummer, the Kachinas were believed to leave the villages to spend the next six months in the mountains, where they were believed to visit the dead underground and hold ceremonies on their behalf
- On June 21 (and for several weeks before and after), the North Pole is bathed in light. The sun doesn't set.

Courtesy: <http://www.chiff.com/a/summer-solstice.htm> ;
<http://www.summersailstice.com/content2.php?id=136>

*As the sun spirals its longest dance,
Cleanse us
As nature shows bounty and fertility
Bless us
Let all things live with loving intent
And to fulfill their truest destiny
~ Pagan Blessing for Summer*

Recipe: Strawberry Soup

1 c. nonfat plain yogurt

2 T orange juice

1 c. sliced fresh strawberries 1 T honey
GARNISH: fresh strawberry slices, mint sprigs, or kiwi slices.

In food processor fitted with steel blade, blend ingredients. Serve chilled.
Add garnish to each serving.

VARIATIONS: - Substitute white or red grape juice for orange juice
- Add a hint of cracked pepper
- Substitute almond milk for plain yogurt and decrease honey
Yield: 4 servings.

Contact:

519-751-1368

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Welkin Wellness Centre

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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** is in your contact list. That may help. You could also call your ISP to resolve the issue.