

WELKIN WORDS

Namaste,

How is everyone? Many thanks to those of you who reply to the newsletters; I love the feedback!

I have exciting news! Some of you have already heard the buzz about this, but for those who have not: I am opening a studio in my home. I recently purchased a condominium and will be running **semi-private classes and workshops** out of it. These special interest series will benefit anyone interested in deepening his/her yoga practice. Although I love running the all-levels classes at the fitness centres, there is something wonderful about having the freedom to build upon the lessons class-by-class. I am open to all suggestions about what you would like to learn more of, either in the form of a 10-week yoga session or a one-day workshop. I'll keep you posted with more details as they come...I don't move until August 23rd (wanna help carry boxes?) and expect these new classes to come together in late September.

I have just returned from lunch with Jane Stockdale, where we discussed our yoga retreat. We will be hosting this **mind/body healing getaway November 4-6** in Port Rowan. Space is limited to only ten people, so if you are interested, please let me reserve your spot right away.

The Fitness Centre on Paris Road has begun the **yoga classes for children!** The kiddies are responding very positively to their own classes, as well as the classes run with mom. The feedback about the Mom and Child yoga is that these busy mothers are loving the opportunity to relax and find it profoundly moving to connect with their children this way. Nonmembers are welcome to these classes, which are offered on a drop-in basis.

Be well,
Erin

There is only one time that is important: NOW! It is the most important time because it is the only time that we have any power. ~ Leo Tolstoy

Life is What Happens While You're Making Other Plans

During one of my opening talks, I spoke of resistance to growth. As an example, I mentioned how challenging it can be to land on the mat regularly, even though we know it sets a peaceful tone for the entire day. Similarly, schoolteachers in the room spoke of how hard it is to enjoy summer vacation due to guilt about not working.

After class, Fleur-Ange approached me and aptly observed that although the examples were complete opposite circumstances, one about not enjoying work and the other not enjoying vacation, they spoke to the same thing: not living in the moment. Haven't you *planned* your home yoga practice down to the finest detail, only to find every reason not to implement that plan? Have you ever pushed through the excuses and taken time for yoga? Did it make a difference in your day's mental and emotional experiences?

Although a part of us resists growth and change, Spirit knows better and will support us in facing these challenges. When we are in the moment, breath by breath, we experience Life. Instead of spending time analyzing, remembering, and planning, which creates stress, why not create relaxation by allowing ourselves to connect with life through all of our senses? Exploring the senses is a method of keeping ourselves in the moment. This moment is Peace.

To dream of the person you would like to be is to waste the person you are

Application of Yamas and Niyamas

Remember that *yamas* are restraints of negative behaviours, driven by nonviolence. *Niyamas* are observances of positive behaviours and are rooted in purity. Those of you attending class regularly often hear of these yoga fundamentals...so much that I'm sure your desire to learn more has led you to your own copy of the *Yoga Sutras*. A fun exercise to help apply these principles to daily life is to list a relationship that is causing pain or stress and think of concrete ways to apply each *yama* and *niyamas* to the situation.

Featured Asana

Baddha Konasana Bound Angle Pose

This pose promotes external rotation at the hips. It channels energy up the spine through the major chakras. When performed lying down, it is highly restorative.



Bring soles of feet together and towards pelvis. Feel tailbone rooting to floor as spine extends. Feel groin opening. Hold ankles, shins, or big toes

Love is something eternal—the aspects may change, but not the essence. There is the same difference in a person before and after he is in love as there is in an unlighted lamp and one that is burning. The lamp was there and it is a good lamp, but now it is shedding light, too, and that is its real function.

~Vincent Van Gogh

The following is from an email a dear yogini friend of mine sent:

The Seven Wonders of the World

A group of students were asked to list what they thought were the present Seven Wonders of the World. Though there were some disagreements, the following received the most votes:

1. Egypt's Great Pyramids
2. Taj Mahal
3. Grand Canyon
4. Panama Canal
5. Empire State Building
6. St. Peter's Basilica
7. China's Great Wall

While gathering the votes, the teacher noted that one quiet student hadn't turned in her paper yet. So she asked the girl if she was having trouble with her list. The girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many." The teacher said, "Well, tell us what you have, and maybe we can help." The girl hesitated, then read, "I think the Seven Wonders of the World are:

1. to see
2. to hear
3. to touch
4. to taste
5. to feel
6. to laugh
7. to love

The room was so quiet you could have heard a pin drop. The things we overlook as simple and ordinary and take for granted are truly wondrous! A gentle reminder: the most precious things in life cannot be bought.

May you all enjoy these wonders, moment by moment.

Recommended Reading

The Power of Now, Eckhart Tolle

Hatha Yoga Pradipika, Swami Swatamarama (trans: Swami Goraknath)

The Yoga Sutras of Patanjali, (trans: Sri Swami Satchidananda)

Erin Byron 519-751-1368
Park Fitness 519-756-3220
The Fitness Centre 519-751-2500