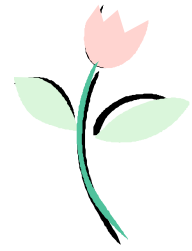
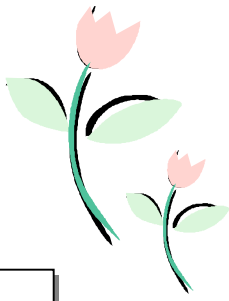


Spring Newsletter



Quotes:

Life is not measured by the number of breaths we take but for the moments that take our breath away."

George Carlin

"True success is overcoming the fear of being unsuccessful"

Paul Sweeney

True Affluence is not needing anything.

Gary Snyder

To shake off the Winter blahs how about starting the day with 3 or 4 sun salutation?

In Eckhart Tolle's book *A New Earth, Awakening to Your Life's Purpose* he writes that taking one conscious breath several times a day will be more transformative to your life than a slew of self help books or courses. He advises that focusing on the sensation of the breath interrupts our succession of endless thoughts and allows us to put space in between which leads to consciousness, and creativity. Imagine how much "space" we are creating in our minds when we do a yoga class or practice especially when we access the breath to help us focus. He states that just one conscious breath can change our lives so even if we only focus some of the time we are benefiting greatly from our practice. So for those of you who say your mind wanders during the postures or particularly during end relaxation it is okay because we are still benefiting just by beginning. Patanjali says the same thing in the Yoga Sutras. He says that whatever practice you do, no matter how small is beneficial. The point is that it is a beginning. A starting point, and once you feel the benefits of one breath, one yoga class or session your body and mind will want more. The question is will you heed the call?

The spring yoga session starts this week with classes offered at the following times:

Monday Evenings: 7:00 to 8:30 p.m. at Mainway Auditorium

Wednesday Mornings: 9:30 to 11:00 a.m. at Tansley United Church

Thursday Mornings: 9:30 to 11:00 a.m. at Brant Hills Community Centre

Thursday Evenings: 7:30 to 9:00 p.m. at Tansley United Church

Cost for this session is \$126.50/11 weeks. Drop-in fee - \$14.00

My website is: www.yogawithsusanne.com Log on for class schedules, seminars, and newsletters.

Restorative Yoga Workshop: Our next workshop will be on **Sunday, April 20, 2008 starting at 6:00 p.m.** at the Yoga centre of Burlington. Cost will be \$35.00 and enrollment is limited.

Yoga for Woman's Issues- PMS, Perimenopause and Menopause – This will be an active practice with emphasis on yoga practices that help us deal with the different issues woman deal with during the different hormonal stages of life. For example, postures that help alleviate cramps or hot flashes will be taught. Michelle Benoit of Applied Nutrition will be our guest speaker. She will give us some ideas on how nutrition and life-style effect these times in our life and how supplements and homeopathics may help. Come ready to ask questions.

Date: Tues, May 13th, 2008, 7:00 p.m. – 9:30 p.m.

Location: Tansley United Church

Emphasis for the Spring:

Holding the poses for longer and preparing for summer practice

Quote:

"As a man thinketh, so will he be.:"

The Bible

Quote:

"Having it all doesn't necessarily mean having it all at once."

Luetkehans



The sun salutation creates heat in our bodies which opens our joints, flushes out toxins, and makes our muscles pliable. Try exploring different styles of salutes.
Try www.yogajournal.com for info.

The real measure of our wealth is how much we'd be worth if we lost all of our money.
John Henry Jowett

The Yoga Conference and Show is **April 24-27th** at the Metro Toronto Conference Centre. As always, there are great teachers attending and the classes are all rated from beginners to advanced or labeled as meditative or therapeutic meaning that they are more about theory than asanas. So there is something for everyone! Check out their web site for more info. www.theyogaconference.com

Summer Session

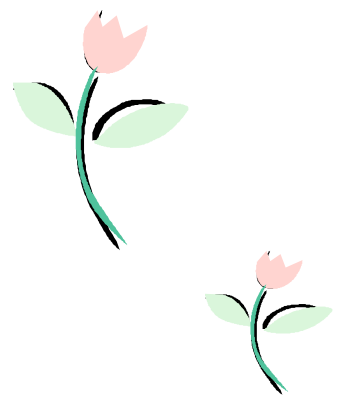
I will be sending around a sign up sheet for the summer session to see if there is interest. As in the previous summers, it will be a flow yoga class which means that we will be moving from pose to pose. It is beginner level and is lots of fun and a great way to stay in shape. The session will be from **June 19th to July 31st** and will take place on Thursday evenings at 7:30 p.m.

Yoga with Hand Weights

The last class in the Monday night session will be a charity class. All proceeds from this class will go to charity so bring a friend or family member and come and learn something new. More details to come.

Thai Massage and Indian Head Massage – How about treating your Mom to one of these great treatments for Mothers' Day? Book her an appointment or surprise her with a gift certificate. We have a great special on Indian Head Massage and Reflexology (yes, done at the same time!). This is a truly decadent treatment and we are offering it at \$20.00 off the regular price of \$90.00. Book before Mothers' Day to take advantage of this special. For more information on these treatments, check out www.yogawithsusanne.com. To book an appointment or purchase a gift certificate call **Spine, Body and Sole at 905-633-9409**.

**Thank you once again for a great session,
Namaste,
Susanne**



Quote:
Happiness is when what you think, what you say, and what you do are in harmony.

*By:
Mahatma Gandhi*