

I can hardly believe that it is January 2008. It seems just yesterday that I was sitting down writing my goals for 2007. Each January 1st I make a list of all the things that I will improve or change in the coming year and like the majority of the population I am lucky if I accomplish one of those things on my list. This is why gyms are packed the first few weeks of the year and back to normal by the end of November. One of the reasons this happens is because people want a quick fix. People join yoga classes hoping for the same thing. Their sore back, or knee or tension in their shoulders, did not develop over night but they are hoping that one class or one session of yoga will “cure” them. Although, this does happen, it is more likely that you will see a gradual improvement over time and will become a devotee once you have had that first pain free day or week. My hip issues (the reason I started yoga disappeared almost immediately but my back issues took much longer to resolve. Yoga, in my opinion, is a “miracle cure” for many of life’s problems, especially since many of our health issues are caused by stress. However, we need to be patient and have faith that with devotion and practice good will result. The yoga sutras explain, that everything, every little thing, that we do that is yogic in nature is good for our health, our life and our karma.

I would like to take this time to thank you - the best group of yoga students and massage clients in the world – for a great fall session. I am eternally grateful for your support and wish you a fantastic year to come.

Breast Cancer Fundraiser

Thank you to all who helped out with the Breast Cancer Fundraiser. I am always overwhelmed by the support that flows in for our little charity events. Thank you for attending, donating, organizing and helping with clean up. Special thanks to Williams for donating the coffee and cups, to Pam Howcroft for the donation of milk and cream and to all of you who baked those fantastic goodies. Thanks to Joanne Walton and Mary Ellen Sullivan for taking in the early drop offs and organizing them all. A big thank you to the Wednesday morning group for all the work they did putting the event together.

As you may have heard, we raised \$768.11 for Breast Cancer Support Services. More importantly, it was a fun event for those who attended. I am grateful for all the people who pitched in to make this event a success. Special thanks to Judy Sanscartier for liaising with Breast Cancer Support Services. They were thrilled with our donation and we were given a tour of the facilities and assured that the money would be put to great use. They also assured us that they would like to offer their support and contacts for next years event.

Many of us know someone who has had cancer or been effected in one way or another by this disease. It was great to be able to join together in a mission to give back to the community and at the same time build some good Karma. P. S. Start saving your clothes for next year!!!

Reminder

Please note on your calendar that there are no classes during March Break (10th – 14th) or on Easter Monday (March 24th). There will be a class on the new civic holiday Feb. 18th.

Winter Class Schedule (Classes begin the week of January 7th):

Monday 7:00 to 8:30 p.m. - Mainway Arena Auditorium
Wednesday 9:30 to 11:00 a.m. - Tansley United Church
Thursday 9:30 to 11:00 a.m. – Brant Hills Community Centre
Thursday 7:30 to 9:00 p.m. - Tansley United Church

Cost is \$126.50 for the 11-class session or \$14.00 per class for drop-ins.

To register, please call 905-315-8185 or email yogawithsusanne@cogeco.ca. All classes are suitable for beginner to intermediate level students.

News from Spine, Body and Sole

Thanks to all of your bought tickets for the basket we were raffling off in the office. We were able to buy, not only a cow but a goat and some school supplies! How great is that!!! Thank you for your generosity. Congratulations to Kitty McGrail. She won the basket.

Thai Massage is a great treat for your body and a great way to release tension and stress. If you have not tried this great therapy book your appointment through Spine, Body and Sole at (905) 633-9409 or through me at yogawithsusanne@cogeco.ca or (905)315-8185.

SPECIAL!!! Anne Vivash and I also offer the combined Indian Head Massage and Reflexology treatment that is truly decadent. We are offering a fantastic special in January- book a session with us and we will through in a free ion cleanse (value \$35). January is a great time to detox and these treatments will certainly start you on your way. Offer expires Feb. 1st.

Partner Workshop

Our annual *Partner Workshop* will take place on Friday, February 15th from 7:30 to 9:30 p.m. Registration forms will be available at class or please email me. The cost for this workshop will be \$50/couple. This is always a fun event and a great way to get your partner involved in yoga.

Restorative Yoga Seminar

Dates for this popular event will be Sunday, January 27th and Sunday, April 20th. Sign up sheets will be available in class or email me. Cost is \$25 for this 2-hour restorative yoga session. Registration is limited.

Yoga Conference

The annual Toronto Yoga Show and Conference will be held April 25th to 27th, 2007. Rodney Yee, Lilian Folas, and Natasha Rizopoulos are just a few of the great teachers that will be attending. It is a great experience, so come out and enjoy.

Namaste,

Susanne

