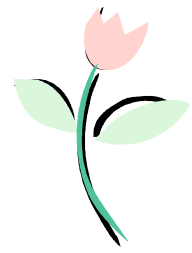


Spring Newsletter from Yoga with Susanne



When I first started teaching yoga, my mandate was to convince my students that "one cannot live without yoga". I still have not met a person who could not benefit from having yoga in their lives. In fact, my friends and family will tell you that I probably say "you need yoga" more than I say, "Namaste". One of the most rewarding and enjoyable parts of my job is when I hear my students expressing their passion, need, love, and addiction for yoga with the same enthusiasm as I have. When I hear you speak about your yoga, I hear myself. I am grateful that you come to class, that you refer your friends and that you promote yoga and my classes to your friends and family.

Quote:
"Most people are about as happy as they make up their minds to be."

By:
Abraham Lincoln

Seminars:

Yoga for Women's Issues – Menopause, PMS
Date: TBD

Restorative Yoga
May 1st & June 12th

Yoga for Athletes
May 15th

Please Call Susanne to Register:
905.315.8185

Limited Enrollment

What's New: Monday morning's class moved to Sundance Studios in January. We basically have the building to ourselves and as a result this has turned out to be a great move. Restorative seminars have been very popular and we will continue to offer these workshops through the year. Please enroll early to avoid disappointment as there is limited space.

Emphasis for the Spring:

Awareness

Strength

and

Balance

The spring yoga session is now underway with classes offered at the following times:

Monday Mornings: 9:30 to 11:00 a.m. at Sundance Studios

Monday Evenings: 7:00 to 8:30 p.m. at Sacred Heart of Jesus School

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

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

Quote:
"Life is what happens to you while you are busy making other plans."

By: John Lennon

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

Thai Massage: By the time you receive this newsletter, I will have finished the last stage of my Thai Massage Therapist courses. I hope to be fully certified and practicing by the end of May. Thanks to those of you who have



Quote:
We don't see things as they are, we see them as we are.

By: Anais Nin

Quote:
"The essence of yoga is not what we see from the outside but what it feels like from the inside."

Source:
Yoga Journal,
Feb/05

volunteered as my "guinea pigs" and let me manipulate your bodies. I will also be taking a Thai Hot Herbal Massage course in May. These hot herbal compresses ease muscle tension and are totally decadent.

Spring Health: Spring is a time of renewal and rebirth but sometimes our bodies are stuck in the "winter mode" (heavy and sluggish) and need a nudge to move forward. Because we tend to eat, sleep and stay inside more during winter we may be more vulnerable to seasonal allergies, head colds and weight gain. Ayurvedic theory suggests that allergies are caused by an accumulation of ama in the body. Ama is a sticky, toxic residue that is a result of a poor diet high in white sugar, flour, etc. Ama not only affects digestion, it moves into various bodily tissues thus clogging pathways. To rid the body of ama we can introduce a vigorous round of Sun Salutations to our morning practice, drink plenty of hot water between meals (you can add ginger, lemon juice and honey), and avoid heavy foods, especially cold dishes. Try to eat foods that are easy to digest, such as fruit and vegetables, and try a $\frac{1}{4}$ tsp of triphala (an herb made from 3 types of peppers available at health food stores) mixed with 1 tsp of honey to rid the body of ama. Lastly, to ease the symptoms of allergies try organic sesame oil or ghee inside your nostrils to increase lubrication and soothe the mucous membranes.

Namaste,

Susanne



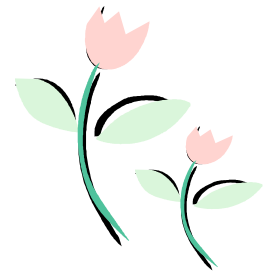
Quote:
Happiness is when what you think, what you say, and what you do are in harmony.

By:
Mahatma Gandhi

Quote:

Although gold dust is precious, when it gets in your eyes it obstructs your vision.

By: His-tang



Yoga, Just Exercise?

By

Susanne Jakubowski

Last month's article in the Yoga Journal, "Get Healthy, 38 Ways Yoga Keeps you Fit", was written to encourage one to start practicing yoga or to deepen ones commitment to ones practice. While reading this article, I was thinking that anyone who read it could not help but recognize that yoga is so much more than a physical exercise.

The need to be more flexible leads a lot of people to their first yoga class. As our limbs begin to loosen we are overjoyed to be able to touch our toes or straighten our legs fully. Aches and pains we may have been living with for years begin to lessen. Over several sessions, we notice an improvement in our posture and our overall health. At the same time, we seem to be able to handle life's little stresses a little better.

Even in our very first class we are surprised that yoga has as much to do with strengthening as it does with stretching. As we progress, our overall strength improves and strong muscles begin to appear; we begin to look better and feel better. Strong muscles help protect us from arthritis, osteoporosis and back pain.

At this point, we are thrilled with the physical aspect of yoga and yet we have barely begun to scratch the surface of the true depth that yoga possesses. It is the recognition of the deep connection between our emotional and mental life that takes yoga beyond the physical. Yogis recognize that each stressful and emotional experience we have is stored in some part of our body. In other words, yoga addresses the belief that we carry stress and tension in both our physical body and in our mind and recognizes that we need to sweep clean both the tensions of the mind and the body.

How does yoga "clean house"? Yoga rids the body of tensions by fusing the mind and body while performing asanas. This is accomplished when we focus on technique - keeping the body aligned throughout the pose - and by following the basic principles of yoga: grounding, elongating and breathing.

B.K.S. Iyengar states that yoga is in fact meditation. Following Iyengar's instructions for asana will result in the mind staying in the present, in the here and now. Personally, the more I have to focus on the elements of asana, the less likely my mind is to wander. Iyengar says to focus on one point is concentration but to focus on all points is meditation. For example, if we are in headstand, we need to keep our whole body in alignment at all times. If we ignore our arms to focus on our legs, chances are we will fall or feel uncomfortable in our neck or our back. We must give equal attention and awareness to all components of the pose. In doing so we have gone beyond the mere physical action involved in doing the pose. Eventually, we become totally aware of our self from our inner self to our outer skin. It is this integration of the mind and body together which is yoga.

Yoga's focus on breathing and meditation both while practicing and as a separate discipline within the practice is another way that yoga clears the body of built up stress. Focusing on your breath and the present results in a shift from the sympathetic nervous system, fight or flight, to the parasympathetic nervous system, the relaxation system. Studies show that yogis take fewer breaths with greater value, which is both calming and more efficient, especially for athletes.

Yoga does not work by some unknown magic and it certainly does not "cure" every disease or ailment known to man. Yoga, however, does affect each system our bodies possess from internal organs to muscles and bones and therefore, it is much more than just exercise. If fitness can be defined as good health and wellness inside and out, then yoga certainly fits the bill and then some.