



Summer Update from Yoga with Susanne

It certainly has been a busy year for me between teaching, completing my Thai Massage courses (yes, I am now certified and insured), as well as all of the special seminars and restoratives we've held over the past months.

"I've learned that the great challenge of life is to decide what's important and to disregard everything else."

Anonymous

For the first time, a summer session of yoga is currently under way. Each class has been focusing on a particular theme ~ hips, posture, digestion, etc. For those of you not attending, you can think of ways to introduce some home practice into your time off. What about using the summer to "explore" one pose each week? Choose a pose and practice it once a day. Your home practice does not have to be long to provide you with benefits. In the bestseller, "You, The Owners Manual" by Dr. Roizen and Dr. Oz (Oprah's favourite doctor) they state that "you can gain benefits from as little as five minutes at a time with a simplified yoga plan." And they go on to ask, "Are you willing to admit that your life is so out of control that you can't spare five minutes?" Renowned teacher Vanda Scaravelli said, "in the beginning you have to make room for yoga in your daily life, and give it the place it deserves. But after some time yoga itself will pull you by the hair and make you do it." So, start small and eventually you too will be addicted just like those attending the summer session because they cannot bear the thought of a whole summer without their yoga class.

"Telling ourselves it ain't so doesn't make it not so."

Eloise



Special Seminars

"To love oneself is the beginning of a lifelong romance."

Oscar Wilde

I'd like to take this opportunity to thank all of you who attended our special seminars, especially the Yoga for Athletes and the Yoga for Women's Issues. Thank you for your feedback. Kim and I are always looking for ways to improve and for ideas for new topics. We would like to offer topics that interest you. Please e-mail me with your suggestions, and we will see what we can do about presenting them in the next session.

"A closed mind is always fighting to keep everything at arm's length."

Richard Carlson



Thai Massage Therapy

As mentioned earlier, I have now completed all courses and licensing requirements for my Thai Massage Certificate. I have set up shop (rented a room) at the Yoga Centre of Burlington on Brant Street. If you or someone you know would like to book an appointment please do so through the Yoga Centre at (905) 639-6138, email ycob@yogaburlington.ca or directly with me at (905) 315-8185, email yogawithsusanne@aol.ca.



If you are not familiar with Thai Massage it is both relaxing and rejuvenating. It involves taking the joints of the body through their full range of motion while stimulating energy lines (meridians) throughout the body. The practitioner positions the client into yoga-like poses and then massages the areas affected by that stretch. It combines shiatsu, acupuncture and yoga to help the client release tension and stress in the muscles being worked as well as in the overall body.

Thai Yoga Massage:

Has all the benefits of yoga ~ Increases flexibility and circulation ~ Increases energy and blood flow ~ Encourages your body to heal ~ Increases your range of motion ~ Relieves muscular and joint tension ~ Relieves back pain ~ Relieves frozen shoulder ~ Helps alleviate pain from headaches ~ Helps the individual deal with stress related difficulties and soft tissue disorders.



One hour session ~ \$65.00

An hour and a half session ~ \$97.00

I am offering a 10% discount as an introductory special for all new clients during July and August.

Please visit my web site www.yogawithsusanne.com for more information on Thai Massage and up coming classes and seminars.

Have a safe and enjoyable summer.

Namaste,

Susanne

"I believe that Thai traditional massage reaches those parts of the body and mind that other forms of massage fail to reach."

*Mana Mercati,
owner of Body
Harmonics*

"If your eyes are blinded with your worries, you cannot see the beauty of the sunset."

Krishnamurti

