

*Newsletter - Fall 2005*

***Fall session***

*It is hard to believe that the summer is over and that school and the fall yoga sessions will begin soon!*

*Classes for the fall will follow the schedule below:*

*Monday 9:30 a.m. - Sundance Dance Studios (10 weeks starting Sept. 12)*

*Monday 7:00 p.m. - Sacred Heart of Jesus School (10 weeks starting Sept. 19)*

*Wednesday 9:30 a.m. - Tansley United Church (10 weeks starting Sept. 14)*

*Thursday 1:30 p.m. - Spine, Body and Soul (8 weeks starting Sept. 22)*

*Thursday 7:30 p.m. - Tansley United Church (10 weeks Sept. 15)*

*New!!! The Thursday afternoon class is a Gentle Yoga class geared to seniors, beginners or those recovering from injury. It is 75 minutes long.*

*All other classes are suitable for beginners to intermediate level students and are 90 minutes. Drop in fees for all classes are \$12.00.*

*New!!! This session, we will be taking an in-depth look at the basic poses so that we totally understand the dynamics of the pose from the position of our little toes to the top of our heads. This will take 5-10 minutes and will be incorporated into the flow of the hour and a half class. A handout will be given illustrating each posture to facilitate your home practice. At the end of the session, you should have your own home practice session and a deep understanding of the basic poses. The structure of the class will be the same as always with a combination of pranayama, asana, and relaxation.*

***Registration:***

*To register for the fall session and any seminars please contact Susanne by e-mail at [yogawithsusanne@aol.com](mailto:yogawithsusanne@aol.com) or by phone at (905)315-8185. Please indicate which class you are interested in. Be sure to include a phone number where you can be reached.*

***Thai Massage***

*Thai Massage sessions can be booked through the Yoga Centre at 905-639-6138 or through Spine, Body and Soul at 905-633-9409. To learn more about Thai Massage, visit [www.yogawithsusanne.com](http://www.yogawithsusanne.com).*

## ***Restorative Workshops***

*Restorative workshops will take place on the following Sunday evenings:*

*November 6, 2005 , January 29<sup>th</sup>, 2006 and April 2, 2006*

*All restoratives will take place at The Yoga Centre of Burlington on Brant Street. They start at 6:30 p.m. and end at 9:30 p.m. The cost is \$25.00.*

*If you have never attended a restorative it's like a mini-vacation for the mind and the body. It involves relaxing in a totally supportive environment with the use of yoga props. These gentle yoga poses move the spine in all directions, soothe and stimulate the organs of the body, balance the fluid system and rests the heart improving it's functioning. Restorative yoga boosts our immune system and promotes healing.*

*No experience is necessary so you can bring a friend or significant other. These classes fill up quickly so reserve your spot early.*

### ***Seminars:***

*Our annual Partners Yoga workshop will be held on Friday, February 17<sup>th</sup>, 2006. Reconnect with your partner while learning how to using a partner can enhance your yoga postures. Some partner Thai massage techniques will be presented to help you and your partner de-stress. More news to come...*

*Watch the web site for more news about seminars.*

### ***Staying In Savasana***

*During Savasana (deep relaxation) students often tell me about their mind wandering or an inability to let go. Savasana is a learned technique that takes more than a few tries to master. Firstly, know that a wandering mind is normal and don't be too hard on yourself. Secondly, make sure you are comfortable and lying straight with your spine lengthened, your hipbones level and your legs hip-width apart. Arms should be equal distance from your body. Gently roll your head from side to side until your neck releases and then find your natural center. While there try these techniques to stay focused:*

- ❖ repeat a mantra such as peace, or calmness*
- ❖ mentally say inhaling while inhaling and say exhaling on the exhale*
- ❖ count your breath*
- ❖ place your hands on your belly or ribs and feel the breath*
- ❖ use an eye pillow or eye bag to help yourself turn inward*

*If you are still tense perhaps you are forcing your breath during your practice or trying too hard. On the other hand, if you fall asleep during savasana you may use the same methods as above to keep yourself present. Also, you can try keeping one arm bent at the elbow so the forearm and hand are raised. If you start to fall asleep the arm will drop and the movement will awaken you. Another method is to keep one small muscle group tight such as keeping your thumb and first finger touching. You can try keeping your eyes slightly open or do savasana in a chair. If you still find yourself falling asleep after practicing this pose for several months maybe you really need the sleep and it is time to explore why you are so tired. Remember the practice of relaxation is one of the safest and effective ways to manage stress, pain, health and your peace of mind so the effort put into this special asana is well worth the time.*

### ***Thoughts to ponder***

*What doesn't kill me makes me stronger -Albert Camus*

*The past is never where you think you left it - Katherine Anne Porter*

*Yoga is the stilling of the restlessness of the mind - Yoga Sutras*

*Yoga is a spiritual strip tease - Iyengar*

*Anger is like a chariot  
Wildly careening.  
A person who can curb her anger  
Is a true charioteer  
While  
The rest of us merely hold on to  
The reins of the chariot.  
Overcome anger with loving kindness.  
Overcome evil with good deeds.  
Overcome stinginess with generosity.  
Overcome lies with truth.  
Don't give in to anger.*

*The Still Point Dhammapada*

### ***Staying Supple***

*Athletes - the ones who last for very long, anyway - eventually come to understand the single physical asset most critical to continued and successful hard use of the human body isn't strength or speed or endurance, but suppleness.*

*John Jerome, Staying Supple*

*When I read this quote that came out of a book by Joan Johnson, called *The Healing Arts of Sports Massage*, I immediately thought this is what yoga has been telling us for years and what Thai massage can help us to achieve. Yoga asanas help us to develop our strength and our flexibility helping us to achieve balance in our body and allowing us to move without any restrictions. Thai Massage helps us take things a step further by helping us regenerate our muscles and increase our range of motion especially in the area of the hips and shoulders.*

*Our muscles should look long and lean and be pliable. A stiff muscle cannot perform as well and being too tight often leads to eventual injury. If a muscle has a "tight spot" in it the area above and below that area must work harder because less muscle is being asked to do the same amount of work. Often a muscle pull or spasm will occur above or below the lump. Thai Massage helps us to find these tight areas and work them out. It is helpful for both prevention and therapeutic purposes.*

*Both yoga and Thai Massage can help us to lessen our chances of being injured. A regular practice helps us to stay in shape, which helps us to prevent injuries. People who practice yoga are generally more "in tune" to their body and more aware of where tension areas exist. This helps them to know when to back off or slow down and yogis learn the benefits of rest, relaxation and giving the body some recovery time. (Savasana is part of the recovery plan). "Our bodies are intricate feedback mechanism, consciously and unconsciously measuring your level of stress, effort and response (Johnson, pg. 136) and to prevent injury we need to pay attention to those twinges or little pains that can be a result of overuse and lead to bigger problems down the road. The trick is to listen to your body and stay one step ahead of its needs - - an ounce of prevention is worth a pound of cure.*

*The combination of stretching and massage will help us stay supple and prolong our ability to stay active and athletic.*

*See you soon,*

*Susanne*