

YOGA for Health & Healing

Yoga Heals Us News

Celebrating Ten Years!

Dear Friends,

It's January 2006 and it's snowing! This is great news for snow lovers. Not a snow lover? Well, you know what they say about New England...stay around awhile, it's bound to change!

Impermanence...this moment is gone and yet we cling to it. Perhaps it's a desire to anchor our minds to the known even if the known is not what we want for ourselves. I started to think about this in the context of New Year's resolutions—even though I gave those up years ago—the idea of new beginnings at the start of the new year or on Mondays or on some other “event” day.

Instead I think about being present, every moment is a new beginning and, something we don't think about much, an ending. However, most of the time I miss it because my mind is either in the past or more often in the future. That's what makes the power of intention so intriguing. The power of intention is really about being present now so that the future is in alignment with our intention. For example, if my intention is to be a steward of this body then every choice I make reflects that, right down to how much sleep I get, what foods I eat and drink, regular medical check-ups, a healthy home environment, and so on. Being present to this one commitment can be full time job! If being steward of the body is the intention, then what about the planet? This can quickly become complicated and overwhelming!

So, is there a way to living as consciously

as possible without going crazy? Do you find that even with the best of intentions there are times when your mind doesn't stay still long enough to finish a thought, or remember your drive to work or to really experience yoga posture?

What if there was a way to calm the mind's chaotic thought patterns so that you could be present to the moment, so that you could appreciate the life you are living, so that you could accomplish your goals?

Mantra meditation offers a way. “Mantra” is a sanskrit word that means “the thought that liberates and protects.” Said another way, “a mantra is first of all a combination of sacred syllables, which, when articulated...creates certain vibrations and a have a certain effect. Faithfully and lovingly repeated, it leads us to discover our true selves.”

Even though mantra involves a sacred utterance, we use mantra-like thoughts all the time. Sometimes these are called “self-fulfilling prophesies.” Modern psychology says that whatever you tell yourself is true, is true for you. Another saying is that you are what you repeatedly do. Whether you want to be a positive force in the world or simply sleep better at night, try the mantra meditation described on the next page. Let it become the screen saver of your mind instead of some other less positive mantra.

Blessings for being present to each moment, Karen

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**We're Having a Party!!!
Save the Date!
February 6, 2006**

Join me as I celebrate
50 orbits around the sun with
50 Sun Salutations!

Where?
Ledyard Center School

Time? 7–9:00 p.m.

**Come for some or all!
Refreshments after.**

All are welcome to participate at your comfort level. Students who are not enrolled in this regularly scheduled class are asked to make a donation at the door. The cause will be announced before the class.

Mantra for New Beginnings

Do you plan a fresh start for your career, your health, your relationships, your life? The February 2006 edition of Yoga Journal Magazine offers this suggestion from Thomas Ashley-Farrand for mantra meditation for new beginnings.

Om Gum Ganapatayei Namaha

(Om Guhm Guh-nuh-puh-tuh-yea
Nah-mah-ha)

Translation: Om and salutations to
Ganapati (Ganesha)

Try this: For the next 40 days repeat the mantra as often as you can. Let it become the background sound of your mind. Repeat it out loud when you're alone, silently when you're with others. Do it while you are preparing meals and doing chores, falling asleep and waking up. Notice how you feel doing it. Notice if the rhythm of the mantra penetrates your consciousness. And then notice if things start to change in your life, actual changes or changes in the way you feel about or approach your life.

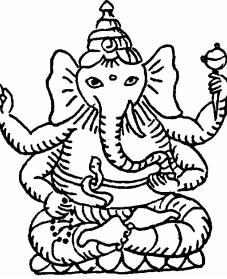
"The new year offers a chance to bring

your deepest desires to life. But first you have to find a path around the obstacles standing in the way. Although they may manifest as external problems—you may think a lack of time prevents you from meditating every day, for example—it is often emotions or thought patterns that hold you back. Yet if your internal state is unified with your desire, you can

achieve anything.

The mantra above is traditionally chanted to start new endeavors with positive energy and to remove obstacles."

According to Thomas Ashley-Farrand,



author of *Healing Mantras* and *Shakti Mantras*, "chanting a Sanskrit mantra helped me to approach new possibilities and a new career with positive expectations...mantras help to maintain a calm and peaceful state of mind and body so that we are receptive to insights about how best to work through that challenges that present themselves."

More information at

www.sanskritmantra.com

Thoughts on Meditation

"When you focus on the moment, everything that is not comes at you."

"To the degree that you are attached is the degree that you will suffer."

"Rejoice in waking up instead of beating yourself up for being asleep."

"A moment of wakefulness wipes out hundreds of moments of being asleep."



"To perform every action artfully is yoga."

—Swami Kripalu

On Meditation from the Sayings of Swami Kripalu

Edited with Introduction & Commentary by Richard Faulds, Quotes compiled by Danna Faulds

"In the West, meditation is often viewed as sitting quietly in stillness. Swami Kripalu's view and personal practice was considerably broader than this. Meditation is an inner state that also occurs in the flow of yoga postures, in spontaneous movements of dance, the ritualized acts of worship, and the deep concentration of musicians and artists. Swami Kripalu's practice included all these activities. Even everyday acts like cooking, eating, driving and working at your desk are meditative if done consciously...The primary benefit of meditation is to bring steadiness to

the mind, which is essential to both success in life and spiritual progress. An agitated mind squanders a tremendous amount of energy by running in circles, fighting with itself, and hankering after relief from its disturbed state. As the mind grows relaxed and focused in meditation, Swami Kripalu taught that wisdom naturally arises in the heart. A wise person can act skillfully to pursue the four aims of life recognized by yoga: material security, the fulfillment of desires, a virtuous character, and spiritual freedom." This gem of a book is available by contacting Danna Faulds by email at yogapoems@aol.com.



CHAKRA YOGA INTENSIVE

Saturday, January 28, 2006

1 – 4 p.m.

at Blissworks Yoga & Healing Arts
253 State Street, New London

This workshop is an opportunity to deepen your yoga practice and experience the transformative work of self-discovery and personal growth as we journey through the chakras using postures, breathwork, chanting, visualization, affirmation and meditation. Students are invited to bring a journal and water. Dress in layers.

This yoga intensive is lead by Karen O'Donnell Clarke, RYT who has studied the chakra system as a model of human development & transformation with Anodea Judith, director of Sacred Centers and author of "Wheels of Life."

\$30 paid by 1/21, \$35 after

Blissworksyoga.org * (860) 448-YOGA(9642)

Karen is a professional yoga teacher certified at the 500-hour level by Kripalu Center for Yoga & Health. She has taught yoga classes and workshops since 1996. Her inclusive teaching style acknowledges the teacher within and emphasizes compassionate self-awareness.

Karen believes the practice of *yoga heals us*.

(860) 204-0797 * yogahealsus.com * yogahealsus@yahoo.com

New Kripalu Book

What is Kripalu Yoga? That's a questions that Kripalu Yoga teachers often hear. Now there's a definitive book on Kripalu Yoga to answer that question and much more.

From the book: Although yoga traditions vary widely in their approaches, most teach the same basic yoga postures. Here are some attributes unique to Kripalu Yoga.

- Practice begins gently with an emphasis on being present in your body, sustaining a flowing breath, and warming up.
- It allows you to choose the level of physical intensity right for your body.
- It recognizes that every body is different.

- It activates the life force of the body that yoga calls *prana*.
- It encourages you to create a lifestyle supportive of your health by listening to your own body.
- It's a yoga you can practice "off the mat."
- It offers practical tools to foster psychological and spiritual growth.
- It acknowledges that regular yoga practice is designed to initiate a process of personal transformation.

Students who want to know more about the Chakras will be interested in Chapter 13, Pathways of Energy. The book is available from Kripalu.org, your local bookstore and from your yoga teacher.



Support Local Businesses

Blissworks Yoga & Healing Arts,
253 Bank Street, New London
www.blissworksyoga.org

Felicia's Bakery
Route 12, Gales Ferry

Ginger Root Health Foods
205 West Thames Street,
Norwich. 889-8720

Great Harvest Bread Co.
Route 1, Groton (next to Arrow Party)

Greene's Book and Beans,
140 Bank Street, New London.
www.greenebooksandbeans.com

Many Hands, Many Lands
in Ledyard Center. 464-6334

Natura Medica, Naturopathic
12 Roosevelt Ave, Mystic
572-9566

Puritan & Genesta Natural Foods
2 Holmes Street, Mystic
536-3537

Spa in the Woods
Massage Therapy in Ledyard.
Lee Moore, 572-4957

Spirit Moves Yoga & Pilates
North Stonington
Anne Nelson, 535-0565

Stonebridge Herbarry
Old Mystic Village
www.stonebridgeherbarry.com

Organic produce at the **White Gate Farm** in East Lyme.
paulinelord@earthlink.net

Yoga Heals Us Boutique
Yoga & Music CDs, Videos,
Tee-shirts, Om jewelry,
Kripalu Book, eyebags
www.yogaforhealthandhealing.com



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*Kripalu Yoga does more
than scratch the surface
of your life.*

*It has the power
to transform
the whole of your life.
—Yogi Amrit Desai*

*Breathe, you can relax now...
Yoga Heals Us*

www.yogaforhealthandhealing.com



Winter 2006 YOGA Schedule: Classes begin January 6, 2006!

Mondays:

Ledyard Congregational Church

10—11:00 a.m.

Begins soon. Contact Karen for more information.

Ledyard Center School

4:00 – 4:30 p.m. Storybook Yoga for Kids & Caregivers

6 classes * begins 1/23/06 (no class: 2/20) * Fee: \$30

5 – 6:30 p.m. Gentle Yoga

7 – 8:30 p.m. Intermediate Yoga

8 classes * begins 1/9/06 (no class: 1/16, 2/20) * Fee: \$40 Ledyard residents / \$60 non-residents

Registration begins Dec. 8th with Ledyard Parks & Recreation 464-9112 * www.ledyardrec.org

Single class \$13, current registered student \$11

Tuesdays:

Montville Senior Center

9:15 – 10:15 a.m. Chair Yoga for Seniors

Begins January 10th * Ongoing

Register with Montville Senior Center 848-0422

St. James Church, Preston

5 – 6:15 p.m. Gentle Mixed Levels Yoga

8 classes * 1/10 – 2/28/06 * Fee: \$60 Preston residents & seniors (65+) / \$72 non-residents

Registration begins December 20th with Karen 204-0797

Checks payable to “Preston Parks & Recreation” * www.prestonparksandrec.com

Single class \$13, current registered student \$11

Wednesdays:

Location to be determined

10:30 – 11:30 a.m. Adaptive Yoga for People with Health Challenges

Gales Ferry School

5 – 6:30 p.m. Mixed Levels Vinyasa (energetic) Yoga

7 – 8:30 p.m. Stress Management Yoga

8 classes * begins 1/11/06 * Fee: \$40 Ledyard residents / \$60 non-residents

Registration begins Dec. 8th with Ledyard Parks & Recreation 464-9112 * www.ledyardrec.org

Single class \$13, current registered student \$11

Thursdays:

Lincoln Park Community Room, Preston

9 – 10:00 a.m. Chair Yoga

Begins January 19th * Ongoing

Register with Preston Parks & Recreation 889-2482

L&M Therapeutic & Personal Fitness Center, Old Lyme

5:45 – 7:00 p.m. Gentle Mixed Levels Yoga

12 classes * begins 1/12/06 * Fee: \$144 * Registration begins Dec. 15th * Call (860) 434-1394

Single class \$15

Fridays:

Ledyard Senior Center, Gales Ferry

9:15 – 10:15 a.m. Mat Yoga for Seniors

16 classes * begins January 6th * Register with Ledyard Senior Center 464-0471

Saturdays:

St. James Church, Preston

9 – 10:30 a.m. Mixed Levels Vinyasa (energetic) Yoga

8 classes * 1/7 – 2/25/06 * \$60 Preston residents & seniors (65+) / \$72 non-residents

Registration begins December 17th with Karen 204-0797

Checks payable to “Preston Parks & Recreation” * www.prestonparksandrec.com

Single class \$13, current registered student \$11

Check the website for class descriptions and cancellation policy. Please be aware of fragrances. Many people are sensitive to scents. Please leave the scents at home including cigarette smoke.
Om Shanti, Peace