



# Yoga Heals Us News

Dear Friends,

50 Sun Salutations have come and gone! Thank you to everyone who participated, in person and in spirit. We had a great time. Of course, upbeat chanting music helped!

New classes begin soon! Check the schedule on page 2. Sign-ups have begun for Ledyard Parks & Recreation. Some classes may fill quickly, so don't delay in signing up! And if you do miss the sign-up or the class that you want is full, call me. There may be another class or option available to you. ***Remember, company is stronger than will power!***

There was a recent article in The Day featuring a study on our aging population. The study found that disability among older Americans is on the decline. The study cited two primary factors that suggest a growing trend toward healthy aging. "The future older population is likely to be better educated than the current older population, especially when baby boomers start reaching 65. Their increased levels of education may accompany better health, higher incomes and more wealth, and consequently higher standards of living in retirement."

No matter what your current age, a healthy lifestyle that includes Yoga improves quality of life. When you connect with your deeper self through Yoga, life changes.

### ***Karen goes on the road!***

As many of you know, I created a continuing ed program for Yoga teachers that focuses on Adaptive Yoga for MS and other specific health conditions. This program has been embraced by several local chapters of the National Multiple Sclerosis Society as a professional training that benefits their constituents. In April, I will be going to Rochester, NY for a 2-day training and in June, I'll be going to Baltimore, MD. I am very excited about this new adventure. Yoga teachers who attend this pro-

gram will learn more about MS and how to teach Yoga to students with a wide range of symptoms and experiences. As part of this training, there's also a community ed program that brings people who have MS together with the teachers to learn from each other. This approach was really well received at the training in Groton last June. No matter what your situation, there is a Yoga practice that can improve health and well-being.

### ***Yoga Heals Us Boutique***

I still have tee-shirts, eye bags, and a few music CDs. Several of you have requested *Bhagavan Das Now!* I will be placing a music order soon. *Deva Premal* has a new CD that a few of you asked about—*Dakshini*. If there is any other CD that you are interested in, let me know.

There's lots of Yoga and wellness programs going on in southeastern Connecticut. Check out these studios and centers:

- Blissworks Yoga & Healing Arts, New London  
[www.blissworksyoga.org](http://www.blissworksyoga.org);
- Red Lotus Healing Center, Bozrah;  
(860) 859-9974
- Mystic Yoga Shala, Stonington  
[www.mysticyogashala.com](http://www.mysticyogashala.com);
- Niantic Healing Arts Studio, Bridal Mall, Niantic  
(860) 691-0491

And of course:

- [www.yogaforhealthandhealing](http://www.yogaforhealthandhealing)

***2 Workshops this Wednesday,  
March 15th at Gales Ferry School  
5—6:30 p.m.***

### ***Yoga and Ayurveda:***

***Why you do the things you do!***

***7—8:30 pm***

***Koshas: Doorways to Body, Mind & Spirit***  
Integration of body, mind & spirit is the basis of body / mind health.

***\$10 each, please register by phone or email***

***Blessings for health and healing, Karen***



**KAREN O'DONNELL  
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**REGISTERED YOGA  
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*The purpose of Yoga is  
to silence the mind.*

*Still the mind,  
then miracles happen.*

*Life gives you no more  
than you bring to it.*

*Whatever your aim is,  
that's what your life is all  
about. Aim low and you  
get low. Aim high and  
you get high.*

*—Yogi Amrit Desai*

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

[www.yogaforhealthandhealing.com](http://www.yogaforhealthandhealing.com)



## Spring 2006 YOGA Schedule:

### Mondays:

Ledyard Congregational Church, Ledyard  
10—11:00 a.m.

6 classes \* begins 3/27/06 (no class 4/17) \* Fee: \$47.70 inc. tax \* Register with Karen

Ledyard Center School

5 – 6:30 p.m. Gentle Yoga

7 – 8:30 p.m. Intermediate Yoga

8 classes \* begins 3/27/06 (no class: 4/17) \* Fee: \$40 Ledyard residents / \$60 non-residents  
Register with Ledyard Parks & Recreation 464-9112 \* [www.ledyardrec.org](http://www.ledyardrec.org)

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

### Tuesdays:

Montville Senior Center, Uncasville

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

Ongoing \* Register with Montville Senior Center 848-0422

St. James Church, Preston

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

7 classes \* 3/7 – 4/25/06 (no class 4/18) \* Register with Karen 204-0797

Fee: \$52.50 Preston residents & seniors (65+) / \$63 non-residents Checks payable to “Preston  
Parks & Recreation” \* [www.prestonparksandrec.com](http://www.prestonparksandrec.com)

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

### Wednesdays:

Gales Ferry School

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

7 – 8:30 p.m. Stress Management Yoga

8 classes \* begins 3/29/06 \* Fee: \$40 Ledyard residents / \$60 non-residents  
Register with Ledyard Parks & Recreation 464-9112 \* [www.ledyardrec.org](http://www.ledyardrec.org)

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

### Thursdays:

Lincoln Park Community Room, Preston

9 – 10:00 a.m. Chair Yoga

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

10 classes \* begins 4/6/06 \* Fee: \$120 \* To register call (860) 434-1394 \* Single class \$15

### Fridays:

Ledyard Senior Center, Gales Ferry

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

Ongoing \* Register with Ledyard Senior Center 464-0471

### Saturdays:

St. James Church, Preston

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

8 classes \* 3/4 – 4/29/06 \* \$60 Preston residents & seniors (65+) / \$72 non-residents

Register with Karen 204-0797

Checks payable to “Preston Parks & Recreation” \* [www.prestonparksandrec.com](http://www.prestonparksandrec.com)

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

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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