



# Yoga Heals Us News

## New CD Release

Dear Friends,

Several weeks ago my second CD, *Healing Yoga for Every Body*, was shipped to me, duplicated and packed for sale and distribution. During the process that began just one month earlier with me sitting at the computer writing the script to holding the finished CD in my hand, I marvel at the connections and interactions necessary to the success of this project.

It all began with YOU, the student. As I wrote the script, I visualized you. I literally visualized YOU, your face, your class, your class location. I felt connected to you. Then I recorded the CD, several times. Again, thinking about you and how this CD would work for you. I found the perfect music, on the internet. When I called Marina about using her music, she answered the phone! By then, I had already seen her website with photos from her home. She loved the idea of the CD and licensed me to use her music.

Then I turned it over to Gillian for mastering. Gillian pieced the music and my recording together, skillfully editing my mistakes and matching the music to the spoken words. Without much advance notice, Lisa dove into this project to create the artwork and graphic design that was inviting and representative of the CD. Gillian and Lisa did a beautiful job

with this CD. I can't thank them enough.

The next step in the process was DiscMakers. They worked with us to manufacture the CD including the duplication, printing and packaging. Every step along the way involved people using their talents.

My goal was to have the CD available for the *Teaching Adaptive Yoga for Multiple Sclerosis* that I presented in Rochester in April. The inspiration for the CD came from a friend who has physical limitations due to multiple sclerosis. I wanted a CD that she could do that would benefit others as well. The focus of this CD is stress reduction and relaxation with a 20 minute seated movement segment. Other segments include: Body Scan Visualization, 3-Part Breath, Guided Healing Meditation, Short Yoga Nidra, Breath Counting Meditation and Relaxation.



So far, the CD is available from me, through my website and at Blissworks Yoga & Healing Arts and Greene's Books and Beans in New London and Puritan & Genesta Natural Foods in Mystic.

I wish you a wonderful spring filled with a renewed spirit, peace and joy. In yoga, Karen

"And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom." -Anais Nin

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### Special points of interest:

- Cover photo from Innisfree Garden in Millbrook, NY. 2.5 hours away. Worth the drive! Beautiful cup gardens. Off Route 9, near the Hudson River. [www.innisfreegarden.org](http://www.innisfreegarden.org)
- The National Multiple Sclerosis Society depends on donations to fund research, education and client programs. More than 62 local chapters provide resources and information for people who have MS and their families. Your generous donation provides much needed support for more than 6,000 Connecticut residents. To donate: Contact the Greater Connecticut Chapter of the NMSS at (860) 953-0601 or [www.ctnmss.org](http://www.ctnmss.org).
- Summer reading: *The Omnivore's Dilemma* by Michael Pollan. In his new book the journalist and writer argues that many Americans suffer from a national eating disorder based on super-sized, corn-fed diets.

## Teaching Adaptive Yoga for Multiple Sclerosis Professional Training for Yoga Teachers



You may come to yoga to learn from me but did you know that I learn as much, if not more, from you? Every week I learn something new from you that I share with other students and teachers. In fact, most of the adaptations that I include in *Teaching Adaptive Yoga for MS* came from working with you!

Almost everyone has something that needs special attention at some time in our lives. We may need to modify our postures because of injury or to prevent injury. We may need to modify because of challenges with balance or strength. The beauty of yoga is that it has something for everyone.

On April 21 & 22, I facilitated *Teaching Adaptive Yoga for MS* in Rochester, NY. This 15 hour training was sponsored by the Upstate New York Chapter of the NMSS. We spent two days together learning about MS and the many ways that yoga can help people with MS and other health conditions.

One of the most meaningful parts of this training is the Friday

evening program where people who have MS are invited to learn about the healing path of yoga and where yoga teachers can learn first hand some of the challenges that people who have MS may experience. As part of the evening, teachers meet individually with people who have MS to develop a short take-home yoga practice designed to help with specific symptoms or concerns.

This was an especially meaningful evening for me because my aunt and uncle, who I stayed with in Rochester, came to the program. My uncle had a stroke in October and another one in January. He's doing great after some quick rehab. My aunt had breast cancer a few years ago. They worked together with two yoga teachers who gave them some stretching and balancing poses to work on at home. This was their first experience with yoga except for some chair yoga that I did with them a few times. One of the teachers that they worked with teaches a chair yoga class not far from their home. They're planning to sign up for classes! Isn't that wonderful!

## Yoga Students in the News

In September, Jeanne Gilbert realized her dream of starting her own physical therapy business when she transformed the former Ledyard Center Pharmacy space into her business, **Independence Physical Therapy**. The space is light and inviting. Jeanne is just the right person the next time you need physical therapy. She has almost 20 years experience in evaluating and developing individual programs specializing in sports medicine, orthopedic and neurological rehabilitation, neck and back injuries, geriatric exercise programs and balance problems. Call Jeanne at 464-9777.

Carolyn DeMaio is another enterprising Ledyard resident. After working for many years in spas and salons, she recently launched a mobile spa service. She will bring spa services to you at your home or office!

**Portable Princess** is a mobile spa that offers beauty services in the privacy of your home or business. Catering to individuals and small groups, the mobile spa offers manicures, pedicures, and waxing services. For more information or to make an appointment, call Carolyn at 235-5878.

Along with all the other graduating Ledyard High School seniors, **Caitlin Gwin** and **Erin Jones** have a lot to be excited about. They have been accepted by the school of their choice. Caitlyn will be attending The Julliard School for dance and Erin will be attending Southern Connecticut State University to pole vault and become a physical education teacher. Congratulations to Erin and Caitlyn and all the other graduating seniors! You did it!

## Free Yoga Classes June 19th at Ledyard Center School

**Save the Date!** June 24th marks the completion of my 10th year teaching yoga and the 10th season for yoga with Ledyard Parks & Recreation.

On **June 19th** we'll be celebrating with Free yoga classes. Gentle Yoga from 5—6:30 and Intermediate Yoga from 7—8:30. There will be refreshments and door prizes as well as recognition for students who have made yoga part of their healthy

lifestyle and who continue to be students of yoga year after year.

**You are invited!  
Please join us!**



Angie: Upward Facing Dog

## Making Conscious Choices

Do you remember when you were young and discovered a painful truth for the first time. I remember when my younger sister discovered that milk came from a cow before it was put into bottles and delivered to our door. (Yes, it was delivered to our door in bottles with a thick layer of cream on top.) After that discovery, my sister refused to drink milk.

That image came back to me recently as I struggled with the idea of purchasing low cost goods that are easy on the wallet but have a history of their own. For example, I buy fish at the grocery store or fish market because it's good for me. However, since it's good for all of us, the oceans are being over fished. In order to keep the costs down and profits up, destructive fishing techniques are used that deplete the oceans and interrupt the natural cycle of growth and reproduction. Everyday we hear about endangered species caused by our need to have more land, more wood for houses and furniture, more space for mega stores and parking lots, and so on.

I prefer microfiber to leather but I do have leather shoes, purses and a jacket. I rationalize that the beef industry is so strong that not to use the leather would be wasteful. However, leather and fur products give the constant reminder that an animal died and that part of that animal is now being used with no regard for its life and contribution. In fact, chances are good that the animal had no life at all outside of a feedlot. Feedlots can have dozens of animals to thousands of animals, even a million. Some are on family farms with grazing space but most are wall to wall animals with no grass in sight. This can cause all sorts of health problems for the animals. Animals need room to roam. The more beef we consume the more supply is needed. Land and water resources are becoming

more scarce. Both are needed to grow cattle. In addition to the obvious quality of life issues for the animals, manure is a big problem for ground water, streams, ponds, lakes and rivers.

Then there's everyone's favorite bird, the chicken. Unless you're getting your chicken and eggs from the local farm chances are you're getting a dose of antibiotics every time you choose lean chicken for your healthy meal. And the problems with chicken manure are at least as challenging and hazardous to the environment as cow manure. Fueled by an increased human population with an insatiable appetite for meat, factory farming techniques have reduced animals such as cows, pigs and chickens from sentient beings to disposable commodities.

But you can have your meat and eat it too. Eat less of it. Use it as a side dish instead of the main meal. Buy from local farmers and fishermen. Choose the more expensive grass fed and grazed beef. At least you'll know that the animal had a natural life before it ended. Choose free range chickens and eggs. Eat more veggies – local, organic. Grow your own.

Every choice we make is part of a chain that connects us back to our source, to the mother, to the earth. Everything is connected. If we make all of our choices with this awareness, our choices will be more mindful and less consumer driven.

Think global,  
buy local!

*Sulfites give you a headache? Buy organic wine. Gales Ferry Spirits Shop now carries "Badger Mountain" Chardonnay, Merlot and Reisling. Great tasting!*

## Sue Jones Runs the Boston Marathon!



The Boston Marathon was the **fifth** marathon for Ledyard Parks & Recreation yoga student and Gales Ferry resident Sue Jones.

She qualified for Boston by completing the Philadelphia marathon within the required time (check the clock in the photo!)

“For my age group (35-39) I needed to run a marathon in under 3:45. As you get older the time gets greater, the 40-44 age group can run in under 3:50.” Wow! She ran 26.2 miles—in under 3 hours and 50 minutes! Pretty good, huh? As for training Sue said, “it requires a grad-

ual building of mileage each week over anywhere from 12-16 weeks. I don't really modify my weekday running but do gradually increase a weekly long run. Prior to the race I will run 3 or 4 runs of 20 miles each to get ready for the race. The long run is really what gets me ready for the race both mentally and physically. It becomes a great time to reflect.”

So how was it to run in Boston with runners from around the world? “Running Boston was a great experience. I found it absolutely amazing how many diverse the runners are; literally from all over the world. Even more amazing is the number of volunteers and people who turn out to cheer the runners.”

Congratulations, Sue!



**KAREN O'DONNELL CLARKE, ERYT**

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*Breathe, you can relax now...*

# YOGA HEALS US

"Yoga is a light; which, once lit, will never dim. The better your practice, the brighter the flame."  
~BKS Iyengar

"If there is light in the soul,  
There will be beauty in the person.  
If there is beauty in the person,  
There will be harmony in the house.  
If there is harmony in the house,  
There will be order in the nation.  
If there is order in the nation,  
There will be peace in the world."  
~Chinese Proverb

"The World is what you are."  
~Thomas Dreier



## Late Spring and Summer 2006 YOGA Schedule:

### Mondays:

#### **Midsession: Ledyard Center School**

5 – 6:30 p.m. Gentle Yoga  
7 – 8:30 p.m. Intermediate Yoga  
2 classes \* 6/5 & 6/12 \* \$10 each class in advance / \$13 at the door  
Register with Karen

#### **Free!!! June 19th at Ledyard Center School**

5 – 6:30 p.m. Gentle Yoga  
7 – 8:30 p.m. Intermediate Yoga  
Special Classes celebrating Karen's 10th anniversary teaching Yoga

#### **Summer session: Ledyard Congregational Church (registration starts May 22nd)**

5 – 6:30 p.m. Gentle Yoga  
7 – 8:30 p.m. Intermediate Yoga  
8 classes \* 6/26—8/21/06 \* \$80 \* Register with Karen 204-0797 \* Checks payable to "Preston Parks & Recreation" \* Register early! Maximum 14 registrations.

### Tuesdays:

#### **Montville Senior Center, Uncasville**

9:15 – 10:15 a.m. Chair Yoga for Seniors \* Ongoing \* Call Montville 848-0422

#### **St. James Church, Preston**

5 – 6:15 p.m. Gentle Mixed Levels Yoga  
9 classes \* 5/1—6/27 \* \$67.50 Preston residents & seniors (65+) / \$81 non-residents  
7 classes \* 7/11—8/22/06 \* \$52.50 Preston residents & srs (65+) / \$63 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

### Wednesdays:

#### **Midsession: Gales Ferry School**

5 – 6:30 p.m. Mixed Levels Vinyasa (energetic) Yoga  
7 – 8:30 p.m. Stress Management Yoga  
2 classes \* 6/7 & 6/14 \* \$10 each class in advance / \$13 at the door  
Register with Karen

#### **Summer Session: Ledyard Congregational Church (registration starts May 24th)**

(register early! Minimum 8 registered students in each class, maximum 14)  
5 – 6:30 p.m. Mixed Levels Vinyasa (energetic) Yoga  
7 – 8:30 p.m. Stress Management Yoga  
10 classes \* 6/21 - 8/23/06 \* \$100 \* Register with Karen 204-0797 \* Checks payable to "Preston Parks & Recreation" \* Single class \$13, current registered student \$11

### Thursdays:

#### **Lincoln Park Community Room, Preston**

9 – 10:00 a.m. Chair Yoga \* Ongoing \* Call 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 (no class 4/20, 6/1) \* Fee: \$120 \* call (860) 434-1394

### Fridays:

#### **Ledyard Senior Center, Gales Ferry**

9:15 – 10:15 a.m. Mat Yoga for Seniors \* Ongoing \* Call Ledyard Sr. Ctr. 464-0471

### Saturdays:

#### **St. James Church, Preston**

9 – 10:30 a.m. Mixed Levels Vinyasa (energetic) Yoga  
8 classes \* 5/6—6/24 \* \$60 Preston residents & seniors (65+) / \$72 non-residents  
8 classes \* 7/1 - 8/19/06 \* \$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