

YOGA for Health & Healing

Yoga Heals Us News

Celebrating Ten Years!

WINTER 2006

DECEMBER 7, 2005

Dear Friends,

This fall marked my tenth year of teaching Yoga for Ledyard Parks & Recreation. What began as one class ten years ago has grown into my life's work. I am so very grateful to the many students, friends and colleagues who continue to make this possible.

As I was preparing for a recent workshop, Yoga and Ayurveda, I came across a reference about the three basic forces in existence. They are: Prana, the energy of life; Jyoti, the energy of light or radiance; and Prema, the cohesive energy of love. These three forces — life, light and love — are our essential nature. Therefore, it is the essential nature of all beings everywhere and indeed the universe itself. The cohesive energy of love binds us together and creates unity. Together we are much stronger than in isolation. When we practice Yoga together our practice grows stronger. When we meditate together the power of the love we generate multiplies to benefit the whole universe. The Beatles had it right "All you need is love —love, love is all you need!"

So, at the end of a Yoga class, when we chant "Lokaha Samastaha Sukhino Bhavantu" we are sharing our bliss with others by intentionally sending our healing energy into the world,

wherever it is needed. And when we join our voices in OM we become one voice as our energies vibrate together.

As part of my 10 year celebration I designed a logo that for me symbolizes the gifts of Yoga. The design of the logo begins with the symbol of OM in the center of a circle. OM has many meanings but the one that resonates most with me is that OM is the vibrational sound of creation and unity. OM rests inside the circle of life that rests inside the intersection of ascending and descending triangles. These triangles symbolize the intersection of downward and up ward flowing energy at the heart chakra. The lotus flowers on either side symbolize polar energies of masculine and feminine as well as light and dark. The outer layer of 12 lotus petals symbolizes the heart chakra and the 12 signs of the zodiac. The words "Breathe, you can relax now...Yoga Heals Us" refers to my belief that Yoga can heal us and ultimately the world. Fellow yogini, Lisa Myerson, took my idea for the logo and made it look good. I hope you enjoy it.

Blessings for love and peace this holiday season. OM shanti, shanti, shanti, peace, peace, peace.

Jai bhagwan, Karen

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Holiday Yoga

Mondays at Ledyard Center School

December 12 & 19

5–6:30 Gentle

7–8:30 Intermediate

Wednesday at Gales Ferry School

December 14

5–6:30 Mixed Levels

7–8:30 Stress Management

All welcome!

Please pre-register with Karen

\$10 each class

Minimum enrollment required

to ensure that the classes will be held.



New Release: Yes, You Can Yoga Video

In October 2004, filming began on a new Yoga video produced by the MS Awareness Foundation (www.msaf.org) for people who have multiple sclerosis and other challenging health conditions. This video is the 5th in a series of mind body exercise videos produced by the MS Awareness Foundation. This is a beautiful, professionally produced video that offers 40 minutes of instruction including seated poses, table poses, standing poses using a chair, belly down poses and poses on the back. Variations are included for people who wish to remain seated in a chair.

Because of my work with the NMSS and people who have MS, I was recruited to be the instructor on this video. The video features an adaptive Yoga class with 4 participants and the instructor, all of whom have MS. Many of you know that I have an interest in adaptive Yoga and in particular, Yoga for MS. What you may not know is that I had my first MS episode in 1997. Since then MS and Yoga are forever linked for me. I'm convinced that stress is a big factor in MS and many other health conditions. My yoga practice keeps me healthy and mitigates the effects of stress, which really aggravates MS. Through some mechanism not yet understood, exercise can rewire the brain and restore function. Yoga is widely regarded as one of the best forms of exercise for people with MS, a view confirmed by recent studies.

Kripalu Yoga has not only kept me healthy, it has given me tools to help others. In 2001, a lay-off gave me the opportunity to leave my social services job to teach yoga full-time. I began working one-on-one with people with MS, several of whom were disabled and homebound. That led to a partnership with the

Global Yoga Journeys

Looking for a Yoga vacation? Kathleen Knipp and Sudhakar Ken McRae are amazing Yoga teachers who organize and lead Yoga vacations.

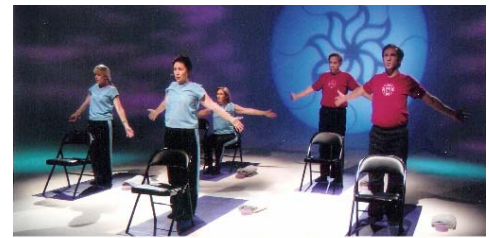
Check out their website at www.globalyogajourneys.com.

This year join their yoga retreat, Awakening: A Kripalu Yoga Retreat, **February 4-11, 2006** held at the exquisite **Pura Vida spa**, a private 12-acre mountainside yoga sanctuary located only 20-minutes from the international airport! Truly, a wonderful place!



Greater Connecticut Chapter of the National MS Society to provide specialized yoga classes for students with MS. The specialized knowledge I gained from personal experience, research and working with people who have disabilities into lead to the development of *Teaching Adaptive Yoga for MS*, a program that trains yoga teachers to work with people with MS. Over 50 Yoga teachers have taken this training and over 80 teachers participated in *Adaptive Yoga* workshops that I've presented at KYTA conferences.

Since then I've branched out to help people with all sorts of health conditions, from children with autism to people recovering from surgery and cancer to seniors who want to hold on to their flexibility. The message all receive is to honor what's happening in your body, to know that there is no right way to be other than the way you are, and to treat yourself with compassionate self-awareness.



Yes, You Can Yoga!

a Yoga video for people who have MS and other health challenges with Karen O'Donnell Clarke, RYT Certified Kripalu Yoga Teacher

Yes, You Can Yoga! is a gentle Yoga video that can be used by people new to Yoga or people who need a gentle Yoga practice. The postures include variations and modifications for different levels of ability.

Available for \$14.95 plus sales tax and shipping from Karen or online at www.yogaforhealthandhealing.com.

Other upcoming Kripalu Yoga Retreats with Sudhakar Ken McRae & Kathleen Knipp:



June 2-9, 2006: Celebrate the Senses: Yoga in Tuscany at Ebbio Villa in Tuscany, Italy

June 10-16, 2006: Yoga in the Swiss Alps: Walking, Wildflowers & Waterfalls in Murren, Switzerland

June 17-24, 2006: Settling into Stillness: A Greek Island Retreat in Corfu, Greece

*"Don't hide your heart,
but reveal it,
So that mine might be
revealed,
And I might accept
what I am capable of."
—Rumi*



*"I give you one secret.
Whatever you seek in life, you
will find through this practice.
Just learn to do self-
observation. By this practice,
you will be able to master
your mind, your intellect, and
your ego. It is the surest and
easiest way to progress."*

—Swami Kripalu

Yoga Heals Us Boutique

Introducing Yoga related products for practice, enrichment and enjoyment.

- ॐ Kripalu Yoga: A Guide for Practice On and Off the Mat by Shobhan Richard Faulds \$23
 - ॐ Gentle Yoga for Every Body Audio CD \$16
 - ॐ Yes, You Can Yoga! Video \$15
 - ॐ Om Sanctuary Music CD \$17
 - ॐ Savasana by Wah! Music CD \$16
 - ॐ 7 Metals Tibetan Bowls Music CD \$16
 - ॐ Eye Bag filled with flax seed & lavender \$10
 - ॐ OM Beaded Necklace 16" \$24
- Necklace colors: red, blue, green, silver/white, lilac and other various
- ॐ OM Beaded Necklace 18" \$27

Add 6% sales tax to non-clothing items.

- Women's Tee Shirts:
 Sizes: M, L, XL
- Short sleeve v-neck Key Lime \$18
 - Short sleeve v-neck White \$18
 - Short sleeve jewel neck White \$18
 - Long sleeve jewel neck White \$22
 - Long sleeve jewel neck Grey \$22
- Men's Tee Shirts:
 Sizes: M, L
- Short sleeve crew neck Mandarin \$16



Special orders available for Small, XL & 2XL



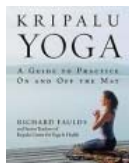
OM necklace detail
5/8" silver



Removable pillow case. Filled with flax seed & dried lavender.

New Kripalu Book

This new book is the only complete resource on Kripalu Yoga. Its 400 pages provide user-friendly instructions for posture practice suitable for beginners, as well as a wealth of guidance and exercises for yoga enthusiasts wanting to deepen their practice. The book also features in-depth consideration of the off-the-mat approaches to emotional, psychological, and spiritual health that make Kripalu Yoga so unique. Author Shobhan Richard Faulds, MA, JD, has practiced yoga and meditation for more than 20 years. A former president of Kripalu (1998-2001), Shobhan currently chairs the Board of Trustees.



(See page 201 for Karen's contribution.) Lots of photos. This will be a great Yoga resource. I have ordered 10 copies. Reserve yours now!

Support Local Businesses

Spa in the Woods Massage Therapy

Fellow yogi Lee Moore has come home to the Ledyard woods. He's created a wonderful healing retreat that offers an assortment of body treatments to enhance your wellness experience, such as Therapeutic Massage, Hot Stone Therapy, a full body sea salt exfoliation (sounds wonderful!), aromatherapy, FAR Infrared Sauna, and more. The setting alone is worth the trip! Woods all around, stone fireplace to greet your arrival, hot tea and soothing music. Call Lee at (860) 572-4957 to book your appointment. Perhaps a gift certificate for a loved one...

Many Hands, Many Lands in Ledyard Center offers unique gifts handcrafted locally and from around the world including jewelry and music.

Check it out!

Greene's Book and Beans, Bank Street, New London. A great source for books, calendars, jewelry, coffee & great homemade cookies!

Buy organic produce at the **White Gate Farm** in East Lyme. Contact Pauline Lord at paulinelord@earthlink.net



*"I don't know Who—or What—put the question, I don't know when it was put. I don't even remember answering. But at some moment I did answer Yes to Some—or Something—and from that hour I was certain that existence is meaningful and that, therefore, my life, in self-surrender, had a goal."
 —Dag Hammarskjöld*



Karen O'Donnell Clarke, RYT

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*"Just as a flower
gives out its
fragrance to
whomsoever
approaches or
uses it, so love
from within us
radiates towards
everybody and
manifests as
spontaneous
service."*

—Swami Ramdas

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

www.yogaforhealthandhealing.com



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

Mondays:

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

7 classes * 1/11 – 2/22/06 * Fee: tbd based on location

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 12th * 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