



YOGA COMMUNITY NEWSLETTER – August/September 2008

Relating with another, and accepting that the greatest gift that that “other” can offer us, is them being the biggest, boldest and most authentic mirror possible, is where huge growth happens.

~anonymous

LOVING WHAT CAN SOMETIMES FEEL OVERWHELMINGLY UNLOVABLE ...

We are in a constant state of evolution - cycles within cycles, and some of those cycles can bring us tremendous pain and sorrow, particularly when we get real about what the pain and sorrow are.

As I write this, I am in one of the most difficult challenges of my parenting lifecycle. Within this cycle of tremendous pain and suffering, I am fully engaged in the reminder of learning to let go and allow Spirit to guide me. There reaches a point where what we depended on as being familiar and constant in our lives, suddenly shatters, and we are forced to choose to suffer, or allow another perspective to be birthed. When we can humbly show up, be open, exposed and vulnerable, what enters is a deep sense of inner calm, certainty and absolute faith.

As we enter into the cycle of death and decay which Autumn offers, we enter into a truly magnificent space of “what is causing death and decay in my own life?” Quite often, we are carrying around deep wounds that have yet to be nurtured and released, so we create pain-stories that manifests in our present day lives. For myself, the pain I am in with my son is bringing up deep grief from my own unresolved childhood. Throughout our lives, we will have the opportunity to experience teachings that will give us *yet another chance* to heal the deeply rooted pains WE ALL CARRY. Or, once again we suppress and move on, blindly through the darkness that clouds our soul, creating lethargy, depression and detachment.

Look at where in your life you might be having your buttons pushed. What really gets you upset and irritated, and then see what the deeper message is – the teaching. You may begin by exploring where in your physical body you are feeling resistance and restriction, as in which of your energy-centers (chakras) are imbalanced. There are so many ways your body will communicate to you, and your job is to learn how to understand “its” language, and respond accordingly. You may find that learning how to breathe more deeply enables you to react less and respond more to the triggers in your life. Maybe doing some chest opening postures will help to get you past the emotional edge stored within your heart, or, some forward folds to assist you in being able to quiet the madness of your day/life, and slip into a deep state of introspection and slumber.

Whatever it is that causes us our pain and suffering, and at whatever magnitude, is there to offer us glimpses in to where our greatest healing needs to happen – be it engaging actively in the process, or putting our hands up and asking for help. We decide.

I invite you to bravely look at what you might like to let go of, commit to how you will do it, and ask for the help you need to do it. What a profound way to say “yes” to loving YOU!

Namaste,
Lana

UPCOMING EVENTS & WORKSHOPS - Please visit www.yogasudbury.com for more details

7-Week Beginner Yoga Session: *These are pre-registered 7-week sessions.* **Cost:** \$104 (cash/cheque)
Session Three: Wednesday October 29th – December 10th **Time:** 7:00 – 8:30 pm
Session Four: Thursday November 6th – December 18th **Time:** 7:30 – 9:00 pm

Build a healthier relationship with your physical body, mind and emotions. This 7-week session will introduce you to a yogic lifestyle, with focus on: postures, body-awareness, breath, chakras, mantras, mudras, and more, so that you feel confident stepping in to your next all-level yoga class.

Special: Pay for a 7-week session, and, at the same time, **save 40%** on a 10-class (90 minute) yoga pass.

Prenatal Yoga Session: **Date:** Wednesdays **Time:** 5:30 – 6:30 pm **Cost:** \$15 drop-in

Prenatal Yoga encourages you to be in the moment – to be fully present and attuned to your body and your growing baby within. Enhance your body's natural restorative energies through gentle yoga postures, meditation and breathing.

Partner Yoga – Merging With the Beloved

Date: Friday October 10th **Time:** 6:30 – 8:30 pm **Cost:** \$45/couple
Space is limited to 9 couples. **Pre-registration is necessary.**

Merge with your Beloved during this guided exploration. Couples will focus on synchronized breathing, chakra-energy awareness, wordless communication, aromatherapy massage, yoga postures, and sensual foods. Experience the opportunity to reach a deeper level of intimacy and connection that is safe and sacred.

Authentic Sensuality Intensive for Women

Date: October 24-26th **Cost:** \$260/ \$220 (if booked by October 7th)

Living in an authentically sensual way has a powerful impact upon the healing of your deeply imprinted patterns and beliefs. Learn how to honor and express your Self as a perfect, unique, beautiful, creative and intuitive woman. With instinctual wisdom, intention and supported guidance, you will remember your ability to create and manifest sensuality in all areas of your life – so as to live with pleasure, delight and inspiration – WITHOUT GUILT!

Ecstatic Dance of Shakti for Women

Date: Saturday October 25th **Time:** 6:00 – 9:00 pm **Cost:** \$39/29 students

During this evening, we will utilize the vitality of *Kundalini Yoga, breath work & Ecstatic Dance to awaken, liberate and help to sustain YOUR Kundalini-Shakti power energy!* * *Lana has recently been certified in TranceDance by Shiva Rea* *

Illuminating the Chakras Workshop

Date: November 1-2nd **Cost:** \$156/ \$135 students

This workshop, takes you deeper into the inner workings of the human energy system, offering you greater insight and awareness with tools that restore the full spectrum of aliveness that is your souls true expression. You will immerse yourself in each level of consciousness with a myriad of tools.

Sacred Intimacy Intensive for Couples & Individuals

Date: November 28-30th **Cost:** \$260/ \$220 (if booked by November 7th)

This courageous route is for individuals or couples who wish to move beyond perceived limitations of a relationship (eg. constraints, power-struggles, self-absorption, separation) and, ultimately connect in much more loving and respectful ways.

*** Note:** *This intensive will make you re-think what you thought you knew about relationships & the opposite sex.*