



YOGA COMMUNITY NEWSLETTER – October 2009

Close your bodily eye, that you may see your picture first with the eye of the spirit. Then bring to light what you have seen in the darkness, that its effect may work back, from without to within.

~ Caspar David Friedrich

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.

The above paragraph is a piece from the last OM Newsletter that I wrote, and a year later, it is amazingly powerful to have fully felt how much energy it takes to parent consciously, consistently and with steadfastness. I am tremendously grateful for the path that parenting has taken me, and to be able to celebrate the end of a very difficult 2 year journey of discovery, expansion, contraction, highs, lows and *EVERYTHING* in-between.

I would also like to openly express tremendous gratitude to the amazing students and friends that have helped me move through this long, arduous cycle. Your constant efforts and positive insights have helped me to keep my head above water, and given me the hope needed to keep moving one foot in front of the other when I so wanted to pack it all in and move away. It has also been very clearly identified to me that whatever energy I was experiencing had a direct impact on the studio. So with that awareness, it is particularly important for me to thank you for your patience as my energies were significantly divided. It is certainly challenging to be divided between an emotional pull (family) and a practical-mental pull (business), and I feel that even with the fumbling that I was doing over the last 2 years, things are still standing, including me! So, as we are today in the new-moon phase, *I celebrate this re-birthing process!*

Now, on to some updates, announcements, and things worthy of mentioning ...

ASTROLOGY:

Last evening, local astrologer Richard Malette of *INSIGHT Astrology* gave an informative talk on astrology to a small, but intimate group. I have offered Richard another opportunity to speak at the studio in about a month, so please, if you are wondering what's going on with the energies of late, as well as we move towards the year 2012, you will want to hear this gifted man share his insights.

YIN YOGA SESSION:

Starting Sunday October 18th and running until November December 6th, Willa will be facilitating an 8 week YIN Yoga session from 10 - 11:30 am. There are still spaces available, so if you are interested, please be at the studio by 9:40 am October 18th. Cost is \$108 + gst (if paying with cash/cheque).

LUNCH YOGA CLASSES:

After a lot of debating about what is the best way to continue to offer all-level lunch yoga classes, it has been decided that the **Monday & Wednesday** 12:15 - 1 pm classes **will remain as they are** (drop-in), and **Friday lunch classes will end on October 23rd.**

Please note that *effective immediately*, lunch class passes will increase in price (existing passes will be honored). This long overdue decision was made in order to continue to offer you lunch classes. I am confident that all students attending these classes will recognize that the quality of instruction you receive can certainly warrant a price increase. For those that have yet to step out of our city and experience high-quality teachings in other centers, just ask those that have ... OM is a gem in the core of the city!

"I started to learn yoga about 3 years ago, and have tried classes in gyms and private studios in Oakville, Sudbury, Toronto, Guelph and even New Delhi. Some of my best yoga experiences have been at the OM Yoga Space, where classes are just the right balance of useful instruction and peaceful, harmonious atmosphere for me. The instructors inform students of the physical and spiritual holistic healing that can take place through yoga practice without entering into too much disciplinary doctrine. The instructors' beautiful voices and the great choice of music also make these classes flow smoothly. I believe I am gaining physical and mental strength and flexibility, reducing stress and feeling generally more happy by practicing yoga at OM Yoga Space." **Madhur Anand, PhD**

"THE AGE OF STUPID" SCREENING - Friday October 23rd

My dear friend, Cathy Orlando-Mathur has just sent this to me with hopes that I would pass it along to my students. Please, take a moment to view the trailer and do consider attending this important viewing.

The Climate Change Blockbuster of 2009

FRASER AUDITORIUM, LAURENTIAN UNIVERSITY

DOORS OPEN AT 6:30 PM, seating on a first come basis

NOT STUPID AWARDS 7:00 PM / MOVIE AT 7:15 PM / DISCUSSION 8:45 PM

FREE but we are collecting money for a charity, so please bring open wallets View the trailer here:

http://www.lu-ltspp.ca/upcoming_age_of_stupid.html

SUDBURY FOODBANK - On Saturday October 24th, November 14th & December 12th, I will be donating ALL monies from these morning class to the Sudbury Foodbank. As well, there will be a very large basket (which I hope to fill) for practical foods that will be collected until December 19th which will also be delivered to the Foodbank. During the above mentioned 3 classes, a *minimum* suggested donation of \$15 is requested. ***Your 90 minute class passes WILL NOT be applicable on these days.***

PARTNER YOGA - November 14th

Partner Yoga is NOT just about doing poses with your partner. This guided exploration, focused on synchronized breathing, chakra-energy awareness, wordless communication, aromatherapy massage, yoga postures and sensual foods, will give couples an opportunity to reach a deeper level of intimacy and connection that is safe and sacred. There are still a few spots available for this amazing evening.

Wishing you all tremendous peace in your hearts!

Namaste, Lana