

Yoga Matters

Be Yoga Be Happy Breathe Deeply

January 19, 2005

in this issue

Is your new year's resolution on the wane and the winter blues rearing their dreary head? It's time to get out of your windowless, florescent lit offices and get outside for some natural light and fresh air. Just twenty minutes a day can make a big difference!

Workshops, Events, Teacher Training

Now that you are out of the office, head on over to a yoga class at Be Yoga!

Very Special Events THIS weekend!

Studies have shown that yoga, meditation and natural or full spectrum light can all help mild depression and the winter blues. In your yoga practice, make sure to include: kapalabhati (detoxing, stimulating and warming), back bending and inversions (also stimulating), sun salutations (pose of the month) and shoulderstand/plow (to balance the thyroid) to rid the winter blahs.

The Tao of Healing: Meditations for Body and Spirit, A Book Review

Standing poses are also great ways to invigorate. Senior Iyengar Teacher, Genny Kapular will be doing a workshop on standing poses this Friday at the DT studio from 3-5. Sneak out of work if you have to, but if the boss is watching, you can come to Jean Koerner's hip opening workshop on Saturday. The hips hold a lot of emotional baggage -save yourselves years of therapy in just two hours.

Pose of the month-Sun Salutations

The kids are flocking to kids' yoga classes in droves. We have added new classes at our Westchester and Westside studios. On the weekend, we have a parent and child class where you can practice together - cheaper than a baby sitter and more fun.

Quote of the week

If you are having existential angst and need to find more inspiration and meaning in your life, sign up for teachers training and start a new career - the next one begins in February.

Workshops, Events, Teacher Training



WORKSHOPS

As a commuting, working mother of a 5 year old I know how hard it is to fit a yoga practice into a busy life! If you need some motivation call our yoga advisor Libby, at 212-647-9642 to help you design a personalized yoga program. One of the fundamental principles of yoga: it is a practice (not an idea or philosophy) and you must do it to reap the benefits.

Feel the ecstasy of yoga in every moment of your life! Breathe deeply.

Beverley Murphy

Transitioning from Beginner to Intermediate with Carol Demul

Thursdays, Jan 20th - Feb 10th, 7:15-8:45pm, at Be Yoga Downtown

Iyengar Master Class- Standing Poses for Teachers and Advanced Students

with Genny Kapular

Friday, Jan 21st 3-5p at

• **Very Special Events THIS weekend!**

**Beginners Workshop
With Sara Tirner**

Saturday, January 22nd at
Be Yoga Eastside

**Hip Opening Master
Class**

**With Senior Teacher
Jean Koerner**

Saturday, January 22nd at
Be Yoga Downtown
See Featured Information
in this newsletter!!

**Learn Step by Step
with Natasha
Rizopoulos**

Friday Jan 28th 7:00-
8:30pm, Saturday Jan
29th at Be Yoga
Downtown

Please call the studio
where the workshop is
taking place to register

Yoga Day!

Free events at all of our
studios!
Saturday, January 29th
See www.beyoga.com for
details

**Teacher Training:
ISHTA Teacher Training
Open House**

Sunday, January 30th,
6:00pm at Be Yoga
Downtown

- A short asana practice
with Beverly Murphy,
Director of Teacher
Training
- A program overview
- Light refreshments
- 5% Discount for our
February program if you
sign up on the night of
Open House

For more information or to
R.S.V.P. please contact
Amanda at 212-935-9642
or Amanda@Beyoga.com.

**Hip Opening Master Class
With Senior Teacher Jean Koerner**

In this workshop we will practice a wide
range of "hip openers" both standing and
seated. We will explore what exactly it means
to "open the hips", and the importance of
doing so. What are the effects, physical, spiritual and psychological,
of opening the hips?



We will be working very slowly to release tension layer by layer and
to increase vitality throughout the entire hip area. Whether your
hips are open or you feel like they are tight or stiff this workshop
will help you to maintain the health of your hips.

Jean's Bio:

New York based yoga instructor Jean Koerner currently teaches to a
devout group of students at Be Yoga Studio in Chelsea that she
founded 3 1/2 years ago, as well as offering private and group
sessions in clients' homes.

Koerner has been a teacher and yoga student for over 12 years,
having begun her studies with master yogi Alan Finger in New York
City. She began teaching ISHTA (Integrated Science of Hatha,
Tantra, and Ayurveda) yoga in 1992 at Yoga Zone, and has studied
many different aspects of yoga, including Ashtanga Yoga,
Restorative, Prenatal Yoga, Anatomy and Physiology, Breathing
techniques, Sanskrit, harmonium (a traditional Indian instrument),
mantra and more.

When: Saturday, January 22nd , 2:00- 4:00pm

Where: Be Yoga Downtown

Price: \$25.00 pre registered, \$30 at the door

To Register: Please call 212-647-9642 or check out
www.beyoga.com

**Off the Mat and Into the World, a YouthAIDS Benefit with
Seane Corn**

Please join us for this special evening that marks the beginning of a
long-term effort by Seane and Yoga Works to raise money and
awareness within the yoga community for YouthAIDS. This Off the
Mat, Into the World workshop will be challenging vinyasa flow
complemented by the theme of global awareness and service. We
will explore how we can take the principal qualities of our yoga
practice- mindfulness and compassion- off our mats and out into our
global community to facilitate healing and change.

100% of the proceeds from this event will be donated to YouthAIDS

When: Saturday Jan 22nd 7-9p

Where: Be Yoga Westside

Price: \$25

Upcoming ISHTA Teacher Training

Events:

200 Hour 3 month program (Friday nights, Saturdays and Sundays) February 11 - May 22

300 Hour Advanced Program (for those already 200 hour certified) February - November

200 Hour - 4 week intensive (During the day, during the week)- June

Upcoming Yoga Works Teacher Trainings:

May- 2 week Intensive for Yoga Teachers
July Intensive 2005

Continuing Education for Yoga Teachers:

Feb 5-6-Prenatal Yoga Teacher Training with **Carrie Parker Gastelu**
April 2-3 Yoga Mom, Buddha Baby - Baby and Me Teacher Training with **Jyothi Larson**

April 16-17 Restorative Teacher Training with **Jillian Pransky**

For more information about any of the above programs please contact Amanda at 212-769-9642 or Amanda@Beyoga.com.

For more about Be Yoga's Teacher Trainings go to the link below!

[Teacher Training](#)

[Upcoming Workshops link](#)

To Register: Please call 212-769-9642 or www.beyoga.com

• *The Tao of Healing: Meditations for Body and Spirit, A Book Review*

The Tao of Healing: Meditations for Body and Spirit by Haven Trevino. Foreword by Gerald Jampolsky, M.D. (New World Library, rev. edition, 1999). Paperback, 81 pp. \$12.95

Reviewed by Cindi DiMarzo

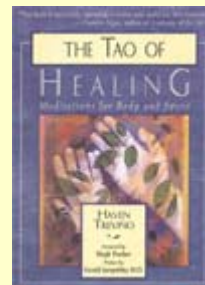
Trevino's adaptation of the *Tao Te Ching* ("The Way") is a transcendent rendering that reveals the late- author's keen perception of how painful circumstances can be turned into gifts of great love and joy. Lao Tzu is believed to be the author of the *Tao Te Ching*, a spiritual classic that has been dated to about 600 B.C. and provided the philosophical underpinning of the Chinese school of Taoism. The *Tao Te Ching* was conceived as a guide to living in harmony with the Tao, or basic principle of life, which is the fundamental unity of all things. Through the centuries, seekers from various spiritual and religious backgrounds have turned to the timeless wisdom contained in the classic's verses because it can be applied to every aspect of life.

More recently, authors have chosen the *Tao Te Ching* as the basis for books ranging from the *Tao of Leadership* to *The Tao of Pooh*. Trevino's version highlights the power of the Tao to heal the human spirit.

In his introduction, Trevino says that the *Tao Te Ching* touched him deeply when he first encountered it. Years later, it provided great comfort to him when he was diagnosed with amyotrophic lateral sclerosis (ALS), or Lou Gehrig's disease, a progressive neuromuscular disorder that destroys motor neurons, resulting in complete paralysis and, eventually, loss of respiratory function.

Trevino was in the last stages of ALS when he wrote *The Tao of Healing*. The crystal clarity and tenderness of Trevino's poetry were, evidently, a "gift," harvested from what must have been a physically and emotionally painful struggle to accept the inevitable outcome of his condition. The project was conceived and written in a spirit of love and gratitude for the simplicity, humility and surrender that come from living The Way.

While *The Tao of Healing* would make a wonderfully uplifting gift for anyone experiencing the most difficult of circumstances, many modern spiritual seekers will find a vast store of understanding in Trevino's testimony to the power of love and light within the human heart. More than a collection of verses, *The Tao of Healing* is a living expression of one man's discovery of the miraculous power we all have to heal ourselves on the deepest level.



- **Pose of the month-Sun Salutations**

The pose of the month is Sun Salutations. We have been working up to this by covering all the component poses: Down dog, Up dog, Plank and Chaturanga.



Sun Salutations are thought to be one of the oldest practices in Yoga, possibly dating back to Vedic times. Literally worshipping the sun, the giver of life, can be one of the most profound aspects of the yoga practice.

Some of the more practical benefits include: warming up the body, preparing it to stretch, stimulating synovial fluid which lubricates our joints and cardiovascular conditioning. In the sun salutation we learn to connect and move with the breath. When we are completely synchronized with the breath, our practice becomes effortless, almost like floating down a river. When we become one with our breath we begin to "know" that which is breathing us, the great mystery of life.

To get through the cold month of January, do 3- 5 sun salutations everyday and you will begin to "flow" through life.

Shanti,
Beverley Murphy

- **Quote of the week**

Beneath our shells of pain and darkness lives a light that transcends description, and all it takes to reunite us is our intention to do so. This light, or love, is who we truly are, and true healing is remembering this simple truth.

-Haven Trevino, from The Tao of Healing

