

# Yoga Matters

Be Yoga Be Happy Breathe Deeply

October 14, 2004

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## **Be Yogis**

Two years ago my 32 year old cousin, both a mother and wife, died of a brain tumor. About a year ago, my 33 year old sister in law was diagnosed with stage three breast cancer. Luckily she found the lump early and, after a year of chemo and radiation, she is doing well. The Yoga practice encourages us to face our inevitable mortality - a topic I tend to avoid like the plague.

Yoga has a profound and beautiful philosophical system for understanding death - that the essence of who we really are never dies and is eternal. Whatever our beliefs about death, everyone can benefit from a greater appreciation of life. The more we practice Yoga, the more conscious we are of the beauty in every single moment of life that we have. Reminded of how short life really is, we can prioritize what is most important - family, friends, the simple things, and let go of all the other stuff that is just a waste of time. Paraphrasing a Buddhist saying: death is my friend, sitting on my shoulder, reminding me to appreciate each moment.

Despite practicing yoga for 14 years, I am not really sure what I believe happens when we die and it definitely scares me, but I am comforted in the fact that I am trying to live my life to its fullest.

October is Breast Cancer awareness month and there are all sorts of events and activities going on around the city to increase awareness and raise money for research. Be Yoga is participating in a month long Aveda. Yoga can be a great tool for cancer patients to deal with the stress of treatment and to find community and support during difficult times.

Shanti, Beverley Murphy

- *The Joy of Yoga* reviewed by Cindi Di Marzo



## WORKSHOPS

### Jean Koerner

Beginners Workshop,  
1:00 - 3:00 pm, ES,  
Saturday, October 16,  
\$30 pre-reg, \$40 at the  
door

### Patricia Sanzone and Andy Sugarman

Viniyoga: The  
Introspective Practice,  
2:30 - 5:30 pm, MT,  
Saturday, October 16,  
\$45 pre-reg, \$55 at the  
door

### Julie Kleinman

Fall Beginners Series,  
8:15 - 9:15 am, MT,  
Saturdays, October 16 -  
November 6, \$40 pre-  
reg, \$50 at the door

### Pratima Raichur

Beauty & Skincare the  
Ayurvedic Way, 1:15 -  
3:15 pm, ES, Sunday,  
October 17, \$40 pre-  
reg, \$50 at the door

### Julie Rappaport

365 Yoga, 7:45 - 9:00  
pm, DT, Friday, October  
22, \$20 pre-reg, \$25 at  
the door

### Mark Whitwell

Yoga of Heart, 2:00 -  
5:00 pm, DT, Saturday,  
October 23, \$35 pre-  
reg, \$40 at the door

## Coming Soon!

### John Brady Susan Salzberg

Details on individual  
flyers in studio

and you can go to  
[beyoga.com](http://beyoga.com)



*The Joy of Yoga: How Yoga Can Revitalize Your Body and Spirit and Change the Way You Live*, edited by Jennifer Schwamm Willis. (Marlowe & Company, 2002. Paperback, 288 pages, \$15.95). Reviewed by Cindi Di Marzo

This collection, drawn from previously published sources, is an excellent guide to the most renowned teachers and the great variety of styles available to modern yogis. The seventeen entries include inspirational stories (Donna Farhi's "Practicing with Joyfulness"); poetry (Rilke's "If Only for Once It Were Still," Rumi's "Listening"); interviews (Erich Schiffmann, Gary Kraftsow); practical wisdom for every day living (Judith Lasater's "Living Yoga," Jon Kabat-Zinn's "Full Catastrophe Living"); and more "hefty" journeys into the psychological basis for our attachments and addictions (Stephen Cope's "Yoga and the True Quest for the Self," Swami Rama's "Yoga and Psychotherapy").

The eight limbs of yoga and asana practice are more directly addressed by B.K.S. Iyengar in a piece drawn from *The Tree of Yoga* and T.K.V. Desikachar in "Developing a Personal Practice." From historical texts (*The Bhagavad Gita* and *Tao Te Ching*) to contemporary issues (Andrian Piper's "The Meaning of Brahmacharya"), Willis has brought together material that not only will be of interest to modern practitioners, but particularly relevant.

Yoga instructors will most likely find this title a highly accessible single volume to recommend to students who are interested in moving deeper into their practice and discovering a wide range of voices and perspectives. Excerpts from the entries might also be used as "read aloud" wisdom in class settings. As such, this volume has many practical uses and will find a welcome home on the bookshelves of yoga students of all levels.

## • Pose of the month- ADHO MUKHA SVANASANA (DOWNWARD-FACING DOG)

### Alignment Notes:

- Distance between hands and feet is long enough for the spine to lengthen
- 2nd toe, mid-knee and hip joint are in line
- If the hamstrings are tight, keep knees bent
- Thighs engaged; knee caps lifted
- Lift sit bones to the ceiling
- Shoulders draw away from ears
- Create space between the neck and shoulders by drawing the triceps towards each other and then firmly grounding through the thumb and forefinger
- Lift up out of wrists
- Head Relaxed

### Common Problems and Misalignments:

- Rounded spine

## KIDS YOGA

CHECK THE NEW KIDS  
YOGA FALL SCHEDULE

[Kids Yoga](#)

## TEACHER TRAININGS

### Learn the basics of ISHTA Yoga:

Asana, Pranayama,  
Meditation, Anatomy,  
Teaching Methodology,  
Spotting, Tantric  
Philosophy and  
Ayurveda

### Upcoming Certification Trainings:

Jan 7 - Jan 28 2005: 20  
Day Intensive 200 hour  
training

Feb 11 - May 22: 3  
Month 200 hour training

Feb- Nov 2005: 300  
hour advanced training

### 2004 Continuing Education for Yoga Teachers and Advanced Students:

Sept- Nov 2004: *The  
Missing Link: Advanced  
Practices and Teaching  
Methodology* with Mark  
Whitwell

Oct. 25th-29th 2-5pm  
*Breath, Asana, Mantra,  
Yantra and Banda:  
Individualizing Your  
Practice*

Nov 15th-19th 2-5pm  
*Advanced Breath,  
Asana, Mantra, Yantra  
and Banda:  
Individualizing Your  
Students Practice*

· Too much weight in the arms and not enough in the legs

### Contraindications:

- Reflux; Hiatal hernia
- Shoulder, neck injury

### Modifications:

- Bend knees if hamstrings are tight
- Hands wider than shoulder for tight shoulders
- Down Dog at the wall (for beginners)
- Old Dog on knees (for beginners)

### Physical Benefits:

- Opens hamstrings, glutes
- Opens shoulders
- Strengthens arms, back and legs

## • Yoga Wisdom from Chrissy Carter

Adult ADD.....

I asked myself the question that you might be posing to yourselves right now - who doesn't have Adult ADD? Have our lives spun so totally out of control that we now need a prescription to deal with our stress?



While it might seem that we've been consumed by our high-speed culture, it's important to recognize that we don't need a drug to gain control of our lives! The constant, often overwhelming, fluctuations (or vritti, as they're called in sanskrit) of the mind are a normal part of everyday life. Each vritti strings together to create a movie in our minds, and this movie becomes our outlet to escape, contemplate or even create our own reality. When we become stressed, however, that movie turns from background noise to distraction. Each thought feeds another, more stressful thought, creating an endless cycle of worry. We become so obsessed with events of the past or with our projections of the future that we lose track of what's happening right here, right now.

There is a cure to our endless thoughts. Not into popping pills? Try svadhayaya, or self-study, instead. The practice of postures, breath control and meditation is my prescription to you. Address your ADD from the inside-out. Take time to really notice the underlying themes of your thoughts and let go of them before they pull you away from the present moment. Put down the pills promising you peace of mind from Adult ADD and grab your yoga mat instead. Close your eyes, be still and just breathe.

Jan 2005-July 2005:  
110-hour teacher  
training with Kofi Busia  
for Yoga Teachers and  
Advanced Students

The above program  
include unlimited yoga  
classes at Be Yoga  
studios for the duration  
of the training

For Information:

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**Be Yoga certification  
programs comply with  
the National Yoga  
Alliance Standards for  
registration.**

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

[Teacher Training](#)

[Upcoming Workshops  
link](#)

:: [email us](#)  
:: [visit our site](#)

phone: 877-7be-yoga

- **Be Yoga Updates on Events & Classes!**

Be Yoga will be at **The Essence of Yoga Conference sponsored by Omega Institute**. It will be held at the Sheraton New York Hotel, 811 7th Avenue, Friday Oct 22 - Sunday Oct 24. 8 am-9pm Fri and Sat; 8 am-5 pm Sunday.



Spread the Word!! Be Yoga has **Senior Classes on Tuesday and Thursdays**, Eastside, 8:15 - 9:15 am!! Only \$10 a class!

Update: **The Restorative Class at 5:00 pm on Sundays** at our Eastside Studio will now be a pre-registered class with a 24 hour cancellation policy. Call ahead of time to join us!

- **\$Bargains and Specials\$**

**Be Yoga's 200-Hour Teacher Training Open House** on October 19th, 7pm - Downtown Studio

We are offering a 15% discount to anyone that signs up that night!

RSVP to [Amanda@BeYoga.com](mailto:Amanda@BeYoga.com), if you can attend.

[Check out all our specials!](#)



- **A quote of the Week**

All the arts we practice are apprenticeship.  
The big art is our life.

M. C. Richards

