

Yoga Matters

Be Yoga Be Happy Breathe Deeply

April 28, 2004

in this issue

[Workshops, Events, Teacher Training](#)

[Pose of the Month-Warrior II](#)

[The Cardiovascular Benefits of Yoga](#)

[The Illuminated Chakras at NY Independent Film Fest](#)

[\\$Bargains and Specials\\$](#)

[Quote of the Week](#)

[Workshops, Events, Teacher Training](#)



WORKSHOPS

Aromayoga with Bridget Shields
Saturday May 1st 1-3 pm Eastside

Knitting for Relaxation with Emily Barton
Thursday May 6th 7-9 pm
Downtown

Keeping the Wheels Spinning - ISHTA Mini Intensive with Alan Finger
Saturday May 8th 2-4 pm
Westchester

The Anatomy of Yoga with Glenn Black
Saturday and Sunday May 8th and 9th Downtown (Book early)

Dear Be Yogis

As my life has been kind of crazy these past few weeks (you may have noticed an absence of newsletters), I am reminded of the chain effect that can occur from working too hard. You start eating "fast food", skipping yoga practice and sleeping less because you are so busy. As a result, you are left with low energy and a darker perspective on things ("depressed"). Without serious intervention this path leads to becoming a stressed out, badly nourished, tired, unhappy, nut-case kind of a person.

So, here is my advice:

1. Live simply and spend less money so you don't have to work so hard (not to mention, you will be saving the planet buying less "stuff"). For more info on this, go to: www.newdream.org

2. Work less and take some time off. Americans work more days than any other industrialized country in the world!

3. Work to live, do not live to work

4. At the end, when you look back over your life you will not think: I wish I worked more

5. Have fun!!

On that note, I am taking my own advice and making this short and sweet. In this issue you will find the new pose of the month, Virabhadrasana II, and the cardiovascular benefits of yoga.

Beginning Saturday, May 1st, I will be teaching an 8:00am open class at Mandala Yoga in Amagansett Square, Amagansett. If you are going to be in the Hamptons this summer - come join me! For more information on Mandala Yoga, call: (631)267-6144 or visit their website at www.mandalayoga.com.

I'm off to play in my garden and to breathe in the earthy, moist spring air here in East Hampton.

Shanti, Beverley Murphy

Equanimity with **Sharon Salzberg**
Thursday May 13th 7-9 pm Downtown

Skin Care the Ayurvedic Way Part I
with **Pratima** Sunday May 16th 2-4
pm Midtown

Beginners Workshop with **Sara
Tirner** Saturday May 15th 1-3 pm
Eastside

Yoga of Heart with **Mark Whitwell**
Tuesday May 18th 7-9 pm and
Wednesday May 19th 2- 5 pm
Downtown

Yoga of Heart with **Mark Whitwell**
Sunday May 23rd 2-5 pm Midtown

Partner Yoga with **Adam Dobbs**
Sunday May 22nd 2-5 pm Midtown

Hips, Bliss and Bhandas with **Jill
Satterfield** Sunday May 29th 2-5 pm
Downtown

Shamanic Kirtan with **Parashakti
and Simeon Rose** May 29th
Downtown

BIG EVENTS COMING UP!

Alan Finger - June 12th Downtown

Emily Barton - Beginners to
Intermediate workshop - June 12th
Downtown

Judith Lasater - June 15th and 16th
Downtown (Book early)

Amy Weintraub - Yoga for depression -
Downtown

Pre-Natal Teacher Training with Carrie
Parker - June 26th and 27th Downtown

David Swenson - June 26th Midtown

KIDS YOGA

NEW! KIDS SUMMER PROGRAM 2004

For 4-6 year olds Monday to Friday

• Pose of the Month-Warrior II

English Name: Warrior II
Sanskrit Name: Virabhadrasana II

How to come into the pose:

Take a large step back with one foot

Wide stance

Front heel line intersects arch of back foot,
back foot at 90 degree angle

Front knee bends over ankle, eventually to 90 degrees

Quadriceps engaged

Pelvic floor and abdomen engaged

Spine lengthening upwards

Shoulder blades away from ears

Weight of torso centered between legs, not forward
towards bent knee

Fingers held together

Drishti/gaze: over middle finger of front hand

Hold for 5 breaths and then do the other side

Physical Benefits: Inner Hip opener, Leg strengthener,
Energizing, Balancing, Focusing

Psychological benefits: Accepting where you are in life
and opening your heart

Modifications for Beginners: Smaller bend in front
knee, to keep front knee over ankle and 2nd toe

If hips are tight-rotate the pelvis toward the front knee on
the horizontal plane-you must adjust the back foot and
knee forwards to accommodate. If hips are tight - line
front heel up with back heel.

Contraindications: Knee injury; difficulty standing, loss
of balance



9am to 1 pm.

Choose from 4 sessions beginning June 21st

Book by May 1st for 5% discount

ALSO CHECK the NEW KIDS YOGA SUMMER CLASS SCHEDULE

TEACHER TRAININGS

5% discount if you sign up by May 10th.

June 2004: 200 Hour 1 Month Program
June 4th - July 2nd- **10% discount offered if you sign up by April 12th**

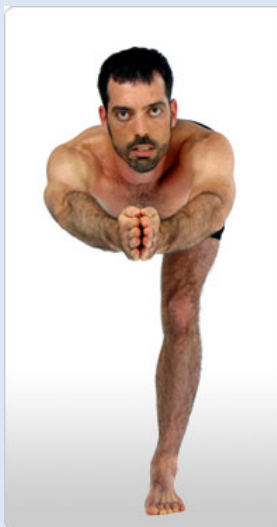
August 2004: 200 hour, 20 day intensive Aug 6th-Aug 27th

September 2004: 500 Hour 9 Month Program Sept 2004 - May 2005

[Upcoming Workshops link](#)

• The Cardiovascular Benefits of Yoga

Yoga can be a form of cardiovascular fitness.



Cardiovascular exercise uses large muscles of the body in a rhythmic and continuous manner that increases the heart rate and breathing for a sustained period of time.

In Be Yoga classes, students are lead through a series of sun salutations which move quickly-increasing the heart rate. This kind of movement in yoga is called vinyasa, where one pose is linked with one breath. In some classes, all the poses are taught in vinyasa style and can be quite the cardiovascular workout (try a power yoga class). Research shows

that as little as 30 minutes a day, five times a week maintains the optimal cardiovascular fitness.

Listed below are some of the many **benefits of cardiovascular conditioning:**

Reduces the risk of heart disease (the leading cause of death in the U.S.)

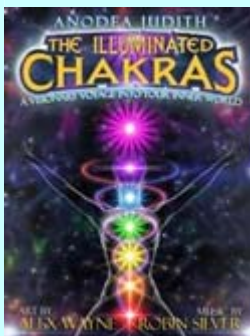
Facilitates and maintains weight loss

Prevents and manages high blood pressure

Reduces anxiety and depression and increases enthusiasm and optimism

Establishes good heart healthy habits

• The Illuminated Chakras at NY Independent Film Fest



Debut NY showing at the NY Independent Film Festival, Sunday, May 2

THE ILLUMINATED CHAKRAS, by Anodea Judith

THE ILLUMINATED CHAKRAS takes you on a multi- sensory journey into the transformational beauty of the inner world. Follow the path of Kundalini-Shakti, the mystical serpent, who drives the vital force that awakens consciousness within each chakra. As you journey from base to crown in this fantastic sound and light extravaganza, you will see and experience the

elemental reality of each chakra, as earth, water, fire, air, sound, light, and transcendent consciousness.

This work is produced and directed by Anodea Judith, author of best selling books and audio products on the chakras. With stunning 3D animation by Alex Wayne and a spellbinding sound track by Robin Silver, this video voyage is a 28-minute open-eyed meditation that will stimulate your energy centers and awaken new possibilities for understanding the spiritual potential within us all.

Sunday, May 2 12 noon. \$10

Village East Cinemas, 181 2nd Avenue (at 12th Street) in Greenwich Village.

• **\$Bargains and Specials\$**

AMAZING DEAL!

70% Off Be Yoga T-shirts in the studios!

**Out with the old and in with the new!
Come by and check this out!**



[Check out all our specials!](#)

• **Quote of the Week**

"When we heal the earth, we heal ourselves."

~David Orr