

# Yoga Matters

May 26, 2004

Be Yoga Be Happy Breathe Deeply

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## Dear Be Yogis

For the past nine months I have been traveling from 86th and York down to the midtown studio for my Monday morning class. Each week presented new obstacles in getting to the studio on time. The bus would be late, or there were so many people trying to get on the bus that I would have to wait for the next one.

Once I got on the bus there was never a seat and it traveled at a snail's pace down York avenue, taking almost an hour to travel thirty blocks.

I do not exaggerate when I say it rained, snowed or sleeted every single Monday for the past nine months. My umbrella, when I even remembered to bring it, never seemed to protect me from the rain. One time I tried taking the subway, which had mechanical problems, and we had to get off the train. I almost missed teaching my class.

As the weeks passed, my anxiety increased about how I would get to the studio on time. I even tried calling a car service, but both times the car never showed up. I began to think the universe did not want me commuting on Monday mornings.

Two weeks ago, I climbed on the bus and was surprised to find a lot of big, comfortable and empty seats. The fare was four dollars. I noticed that we were making remarkable time cruising down York avenue and was surprised to find myself at 55th and 1st Avenue in less than 15 minutes. It dawned on me that this was a different stop than I usually got off at, but it was close enough. I was on the express bus. Life is full of express buses, we just have to take them.

Yoga helps you see the express bus.

Shanti,  
Beverley

## Workshops, Events, Teacher Training



## WORKSHOPS

### Jill Satterfield

Hips, Bliss and Bandhas, Saturday, May 29, 2-5:00 p.m., Downtown Studio

### Parashakti and Simeon Rose

Shamanic Kirtan, Saturday, May 29, 7:30-9:30 p.m., Downtown Studio

### Emily Barton

Making the Transition (from Beginner to

Intermediate) Saturday, June 12, 2:30-4:30 p.m., Downtown Studio

**Alan Finger**

The Chakra System, Breath and Beauty, Saturday, June 12, 1-3:00 p.m., Downtown Studio

**BOOK EARLY FOR THIS! Judith Hanson Lasater**

Two Masterclasses: The Mysterious Shoulder Joint and Women's Day, Tuesday, June 15 and Wednesday, June 16, 10:30-5:00 p.m., Downtown Studio

**Circle of Soul Celebration**

Wednesday, June 9, Downtown Studio

**Amy Weintraub**

Yoga for Depression: Relieving Suffering through Yoga, Thursday, June 24, 7-10:00 p.m., Downtown Studio

**David Swenson**

Flying, Floating and Handstanding, Saturday, June 26, 2-5:00 p.m., Midtown Studio

**Carrie Parker**

Pre-Natal Teacher Training, June 26-27, Downtown Studio

**COMING SOON!**

**Sarah Powers**

**Kofi Busia**

**Adam Dobbs**

**Mark Gerow**

**Carl Horowitz**

Details on individual flyers in studio

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

**KIDS YOGA**

**NEW! KIDS SUMMER PROGRAM 2004**

For four to six year olds, Monday to Friday, 9-1:00 p.m.

**• Keeping Cool the Yogic Way**

**By senior teacher Emily Barton**

With its un-air-conditioned subway platforms, sticky streets, fragrant trash and blaring car radios, New York in the summertime can make even the calmest yogi cranky.

According to ayurveda (Indian traditional medicine), this is because summer is pitta season - the time when heat prevails in the outer world and in our bodies. If you have an excess of pitta dosha (the element of heat) in your system, you may experience:

- Feelings of impatience or snappiness
- Feeling unpleasantly hot
- Upset stomach
- Heat exhaustion or lethargy
- Excessive thirst

People in whom pitta dosha is naturally prevalent are more likely to have a pitta imbalance in the summertime. If you are smart, driven, articulate, goal-oriented, sharp-witted or impatient, which is to say, if you are an average New Yorker, you may have a high proportion of pitta in your prakriti, or native constitution.

Yoga and ayurveda offer common-sense advice for keeping cool, on all levels, in hot weather:

- Wear lightweight, breathable clothing for practice and on the street. A light-colored hat can literally help prevent hot-headedness.
- Drink plenty of cool water and other clear liquids. (Ice-cold liquids are thought to dampen agni, or the digestive fire.)
- Eat cooling foods, such as salads and sweet, juicy summer fruits. Milk and ice-cream (in moderation) also soothe pitta dosha. If you are lactose intolerant, soy and rice ice creams get better all the time and there is sorbet.
- Avoid eating foods such as yogurt and pickled vegetables, on the theory that sour tastes make a sour yogini; likewise, hot and spicy dishes can spice up your temper. Salt, preservatives and caffeine are also thought to elevate pitta dosha, go easy on the chips and salsa, processed foods and iced lattes.
- Eat lower on the food chain. Animal proteins are more



Choose from four sessions beginning  
June 21

ALSO CHECK the NEW KIDS YOGA  
SUMMER CLASS SCHEDULE

Go to this link to sign up now!

[Kids Yoga](#)

## TEACHER TRAININGS

**June 2004: 200-hour, one-month  
program, June 4 - July 2**

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

**September 2004: 500-hour, nine-  
month program, Sept 2004 - May  
2005**

Learn the basics of ISHTA Yoga:

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

Upcoming Certification Trainings:

**Aug 6-27: 200-hour, 20-day  
intensive, NYC**

**Sept-Dec: 200-hour, three-month  
program, NYC**

**Sept-Dec: 200-hour, three-month  
program, Irvington, NY**

**Sept 2004-May 2005: 300-hour,  
advanced program, NYC**

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

2004 Continuing Education for Yoga  
Teachers and Advanced Students:

June 26 and 27: 15-hour, prenatal  
training with Carrie Parker Gastelu

Sept-Nov: three-week program, The

therefore, raise agni.

° Exercise moderately. Be attentive if you're aggressive in your yoga practice. Summer can be a great time to step back from vigorous practice by focusing on breath or alignment.

° Participate in activities that soothe your spirit.

Swimming, boating, looking at movies or art, reading in the park, listening to soothing music and taking walks in the morning and evening are a few suggestions to help you breathe deeply and cool your body and mind.

If you'd like to learn more about ayurveda and your prakriti, try reading Dr. Deepak Chopra's Perfect Health, Dr. Scott Gerson's Ayurveda: The Ancient Indian Healing Art or Dr. David Frawley's Ayurvedic Healing. For ayurvedic skincare advice, you can read Pratima Raichur's Perfect Beauty. For ayurvedic recipes, you can consult Amadea Morningstar's Ayurvedic Cookbook or Usha and Dr. Vasant Lad's Ayurvedic Cooking for Self Healing. Dr. Gerson and Dr. Raichur also practice here in New York City.

## • Pose of the Month - Prasarita Padottanasana (Fan)

### PRASARITA PADOTTANASANA (FAN)

Prasarita = spread out,  
expanded; Pada = foot, leg;  
Uttan = extended,  
stretched

#### Alignment Notes:

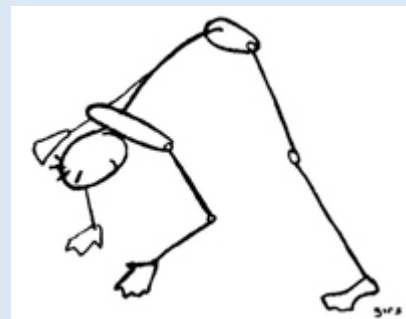
- Wide stance like Warrior II or Trikonasana
- Tadasana legs: 2nd toe, mid-knee and hip joint in line
- Weight evenly distributed through 4 corners of the foot
- Toes spread wide
- Quadriceps engaged
- Knees bent or micro-flexed
- Pelvis rotates forward
- Chest stays open - not collapsed
- Spine Lengthening
- Head neutral
- Hands in yogic toe lock, or in between feet (tips of fingers in line with tips of toes)

#### Contraindications:

Disk problems; hiatal hernia, low blood pressure, glaucoma or detached retinas; osteoporosis; hamstring injury

#### Modifications:

- If head easily touches floor, narrow the stance



**Missing Link: Advanced Practices and Teaching Methodology with Mark Whitwell**

**Jan 2005-July 2005: 110-hour teacher training with Kofi Busia**

**For Information:**

[beyoga.com](http://beyoga.com)

**Amanda@beyoga.com, 212-935-9642 x 208**

**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](#)

· Hands on a block to keep spine long

**Physical Benefits**

- Lowers blood pressure; Opens hamstrings and glutes; Stretches back of body
- Easy inversion

**• Beverley teaching in Amagansett, NY!**

Beverley is teaching at Mandala Yoga in Amagansett Square in the Hamptons



Saturdays, 8-9:25 a.m.

For more information, call, 631-267-6144 Or go to the link below [Mandalayoga.com](http://Mandalayoga.com)

**• \$Bargains and Specials\$**

**AMAZING DEAL!**

25% Off Om Mani Jewelry this week!



Stop by the studios to check out this great offer!

[Check out all our specials!](#)

**• Quote of the Week**

**Find ecstasy in life; the mere sense of living is joy enough.**

Emily Dickinson

