

# Yoga Matters

Be Yoga Be Happy Breathe Deeply

July 7, 2004

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## Dear Be Yogis

One of the greatest truths that I discovered practicing yoga is that the only thing that remains constant is change. In life: everything is in a state of flux, nothing stays the same. I'm in my ninth year of teaching yoga at Yoga Zone/Be Yoga and have lived through many changes. I have been an employee, a shareholder and an owner. In the earlier days no one even knew what yoga was. People commonly thought I was a YOGURT teacher, not a YOGA teacher - very few people had heard of yoga. Now yoga is everywhere. Yoga Zone grew from one studio to four, changed names three times (it started off as "Alan Finger's Yoga"), and now we are moving into another incarnation. Be Yoga is merging into the Yoga Works family of studios.

Yoga Works has 10 studios in southern California. Oddly enough, Alan Finger founded Yoga Works with Maty Ezraty in LA almost 17 years ago. Alan sold out to Maty when he moved to New York and started Yoga Zone. It seems to be a part of some larger divine plan that they are being reunited as Be Yoga and Alan are now becoming a part of Yoga Works.

Through this partnership we will become stronger. We will be sharing our expertise, exchanging ideas and expanding our yoga programs. Keep an eye out for studio renovations and expanded class schedules over the next few months. With all this change, the one thing that has remained constant is the teachings of Alan Finger. Whether you study with Alan or not, his teachings are the basis for the yoga that is practiced at Be Yoga.

As always, we are offering an amazing workshop program this summer, Kids yoga is being expanded into July and August (it is not too late to sign up!) and you can't beat the summer special of \$199 for unlimited yoga through Labor Day!!

If you are out in the Hamptons this summer- come join me on Saturday mornings in Amagansett!! Thank you to the Be Yoga family of students and teachers who have supported us through our many incarnations. I look forward to continuing this amazing journey with you.

Shanti,  
Beverley Murphy

## WORKSHOPS

### **Bridget Shields**<

Beginners Spring into Summer Yoga Series, July 6-27, four Tuesdays, 7:00-8:30 pm, DT; \$80 pre reg, \$90 at the door

### **Mark Gerow**

Yang/Yin Yoga, July 11, 2:00-5:00 pm, MT; \$35 pre reg, \$45 at the door

### **Jean Koerner**

The Next Step-An Empowering Yoga Workshop, July 17, 1:00-3:00 pm, DT; \$45 pre reg, \$55 at the door

### **Sarah Powers**

Dharmic Yoga, July 18, 2:00-5:00 pm, DT; \$60 pre reg, \$70 at the door

### **Jodie Ruffy**

5 Day Asana Intensive, July 19-23, 9:00-5:00 pm; \$550 for the entire week, \$125 per day, \$500 early bird (pay by June 29!)

## COMING SOON!

### **Carl Horowitz**

### **Adam Dobbs**

### **Kofi Busia**

Details on individual flyers in studio

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

## KIDS YOGA

CHECK the NEW KIDS YOGA SUMMER CLASS SCHEDULE

## • Top Summer Suggestions for the month of July

Top Summer Suggestions for the month of July  
By Carrie Wykoff, Director of Programming and Teacher Training



1) Buy the summer special of unlimited yoga for \$199 from July 5th through September 6th!

2) July 19th-23rd, a 5 Day Asana Intensive with Be Yoga Senior Teacher, Jodie Ruffy!

"The brilliance of an asana practice lies in its mindful execution, not in how far you can go in each pose. Each posture requires harnessing together the mind, body and breath." - Alan Finger

This is an opportunity to reach a new level in your personal asana practice. Each morning will begin with pranayama and meditation followed by two hours of breaking down asanas. Each day will feature different types of poses (ie: back bending, twisting, etc.) and on the last day the focus will be on Sun Salutations and Restorative Yoga. In the afternoon there will be time for questions and an asana practice featuring the poses covered in the morning.

Go ahead, treat yourself to a week long yoga retreat right here in New York City! For more information please contact Amanda at 212-935-9642 or via e-mail at [Amanda@beyoga.com](mailto:Amanda@beyoga.com).

3) Wednesday, July 14th and Monday, July 19th at 8pm, The New York Philharmonic is in Central Park! It is free music under the stars on the Great Lawn.

4) Saturday, July 17th at 8 pm Mark Morris Dance Group will perform at The Bandshell in Prospect Park. (See [www.celebratebrooklyn.org](http://www.celebratebrooklyn.org) for details)

5) Monday night movies in Bryant Park! The films begin between 8pm and 9pm. (See [www.bryantpark.org](http://www.bryantpark.org) for details)

Happy Summer!

## • Pose of the Month - Baddha Konasana (Bound Angle)

### **BADDHA KONASANA (BOUND ANGLE)**

**Baddha = bound; Kona = angle**

#### **Alignment Notes:**

- Sitting on sit bones (the "feet" of the pose)
- Flex both ankles and spread toes wide
- Outer edges of feet touching, opening like a book or feet pressing together
- Spine is lengthening
- Shoulder blades are relaxed



Go to this link to sign up now!

[Kids Yoga](#)

## TEACHER TRAININGS

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:

- Chest stays open - not collapsed
- Energy comes from the torso lifting and lengthening - not the head reaching forward
- Head held long - not dropped forward
- Slight chin tuck

### Contraindications:

- Torn Meniscus
- ACL injury
- Sprained ankle
- Knee problems

### Modifications:

- For knee injuries: keep whole foot pressed together and wrap a strap around knee joint
- If knees are above hips, elevate hips with a blanket to where knees are in line with the hips, keep hands on floor behind body and stay upright

### Physical Benefits:

- Strengthens back and abdominal muscles (when sitting tall)
- Opens inner hips
- Restorative for premenstrual, menopausal and prostate disorder symptoms (Fahri, Yoga Mind, Body & Spirit, 149)
- Cobblers in India (who sit in this pose) have been found to have lower incidence of prostate cancer

### Spiritual Aspects:

- Helps us face primal/survival fears, especially if difficult to hold pose
- 1st and 2nd chakras implicated

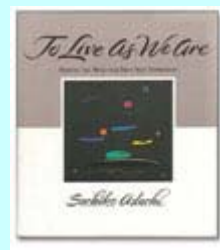
## • Review of *To Live As We Are: Freeing the Mind for True Self Expression* by Sachiko Adachi

Reviewed by Cindi Di Marzo

*To Live As We Are: Freeing the Mind for True Self Expression* by Sachiko Adachi (The Angel Sachi Foundation, Chiba, Japan, and Woodstock, New York, paperback, 2000, \$12)

This beautifully produced volume, composed of short chapters and photographs of the author's artwork, is worth seeking out for her refreshing perspective on the human capacity for unlimited intuitive abilities.

Adachi died in 1993 at the age of 47, just as her own gallery was about to open. Her awareness of what, many years later, she termed "infinite cosmic consciousness" began in 1967, when a car accident left her deaf. In 1982, her brother suggested that she try qi gong (exercises that facilitate energy flow). Within a month, her hearing was restored. Two years later, she developed a system of patterns to represent the stages in evolution toward cosmic consciousness.



**Sept-Nov: three-week program, The 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](#)

When she died, Adachi was sought throughout Japan as a lecturer, healer and fine artist. Some of Adachi's ideas may seem radical, but her firm conviction that everyone can tap into unlimited sources of creativity and intuition by freeing the mind of limiting concepts is stirring.

Hearing the call for change in her voice, readers may find it hard *not* to be a bit radical, too: "This is not the time to daydream, read books on spirituality or attend seminars. It's more natural to become aware of True Self expression through our work, hobbies or fields of specialization." To live from the True Self, as Adachi did, takes courage. This little book offers much wisdom and support to take on the journey.

### • **Nad Yoga -- Sacred Vedic Music Workshop**

Nad Yoga -- Sacred Vedic Music Workshop

Yoga Mandali, 560 Broadway at Prince St (212-473-9001; <http://www.yogamandali.com>). Subways: R to Prince; 6 to Spring; B,D,F,V to Broadway-Lafayette. Sat, July 17 12:30-3:30pm. \$45. Pre-registration available to secure a space.



Holistic physician Siddharth Shah gives us access to the rare world of Indian meditative music called dhruvad. Go to this 3-hour workshop, and he will teach you techniques he uses in his medical practice for mind- body-spirit integration. The purposes? Communion. Complementing your kirtan practice. Discovering what the Sama Veda and Upanishads have to say about sound and health. And did we mention it involves fun experiential work?

For more details, see [www.siddharthshah.com](http://www.siddharthshah.com).

### • **\$Bargains and Specials\$ (New Prenatal Yoga classes!)**

New lunchtime and evening prenatal yoga classes!

For busy expectant mothers, Be Yoga has added 2 convenient new prenatal yoga classes:  
Thursdays lunchtime 12:30 to 1:30 at the downtown studio and  
Thursdays early evening from 6:30 to 7:30 at the East Side studio.



Our full prenatal yoga schedule is:  
Downtown: Tuesdays 11:30 to 12:30, Wednesdays 7 to 8:15pm, Thursdays 12:30 to 1:30, Saturdays 11:00 to 12:15.  
Midtown: Thursdays 11:15 to 12:15  
Eastside: Mondays and Wednesdays 10:45 to 11:45, Thursdays 6:30 to 7:30 pm, Saturdays 11:45 to 12:45.

Come join us and discover all the benefits of prenatal yoga during this special time in your life.

We also are offering \$199 for unlimited classes from July 5th through September 6th!

[Be Yoga Studio Schedules](#)

Stop by the studios to check out these great offers!

[Check out all our specials!](#)

• **Quote of the Week**

"If you begin to understand what you are without trying to change it, then what you are undergoes a transformation."

-Jiddu Krishnamurti



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

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