



REHOBOTH BEACH YOGA NEWSLETTER

April / May

2014

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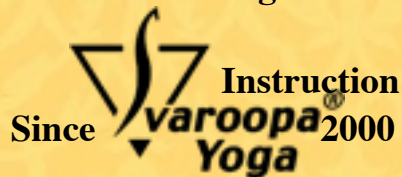
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Terry's Thoughts

It's Spring! Rehoboth Beach Yoga enters its 5th summer! Five years ago this month we moved in to what is now our comfortable home. We have welcomed many new students, summer visitors and of course our most important year round local students.

Thank you! You have kept RBYoga going and growing.

Every year we grow towards our commitment to offer our best in yoga instruction, workshops and more. This year for me, our retreats in Mexico and Costa Rica were simply the best. I believe that our group of travelers, combined with my personal growth made the trips perfect. Perfect weather, amazing food, lots of yoga and Kim's and my 10 years of travel experience contributed to the perfect trips.

Thanks to all of you, we continue and we grow. We look forward to being your yoga place for many years to come.

Namaste,
Terry



Svaroopa® Yoga Meditation

We all know the wonders that Svaroopa® Yoga poses do for our bodies and minds. *Are you ready to take the next step and learn how to meditate in the Svaroopa® Yoga tradition?* There are many reasons we want to meditate, such as health issues, stress relief, quieting the mind. Aren't these the same reasons you started to take yoga classes – and it worked. Meditation will take you to another level. And so much further!



Sandy

Sandy (Mati) Gilbert, one of our Svaroopa® Yoga teachers, has recently completed training to become a Meditation Teacher under the leadership of Swami Nirmalananda at Svaroopa® Vidya Ashram. She will be teaching a 3-week series entitled **Roadmap to Svaroopa® Yoga Meditation** as part of her certification process. This series is for those who are new to meditation, those out of practice, and for those who have tried other styles in the past. Mark your calendar now! The dates are **Saturday, May 3, 10, and 17 from 3-5 PM.**

In each class you will learn a simple and effective meditation practice to try out in class and to practice at home. You will also learn how to sit comfortably and how to quiet your mind. Sandy/Mati will offer clear explanations of what Svaroopa® Yoga meditation is, and how and why to do it. She will also help you with any difficulties you might encounter along the way.

Most importantly, you will be given the tools that will give you the confidence and inspiration to make meditation a regular part of your life! And it is will give you so much more! Sandy/Mati shares her enthusiasm and personal experience of the transformative power of Svaroopa® Yoga and now Svaroopa® Meditation in her teachings.

Cost for this series is \$75 – save \$5 if you register and prepay by April 28th. For information and to register, contact RBYoga at rehoyoga@verizon.net or call 302-226-7646.

Mary Jean Credits her Yoga in Recovery

Good morning! The knee surgery went well and I was released yesterday afternoon. Svaroopa Yoga has served me well...I showed great range of motion...plus stamina. But more importantly, I was able to use breathing, guided awareness, the music Doug made for me (I can't thank him enough) and loving kindness meditation to calm and focus.

DoTerra Essential Oils Class

Our DoTerra essential oils class was lively and informative. Attended mostly by "not-yet-yogis" we discussed both the physical and the emotional benefits and healing of these pure products from Natures Pharmacy. Additionally, the parallels of yoga's sister science Ayurveda were explored. We hope you can join us for future classes.

Think about it: *how quickly does the Magic 4 open up your body now compared to the first time?*

- Swamiji & Rukmini

Blissful YOU Weekend Workshop

Rukmini (Maria) Abbruzzi, Certified Svaroop® Yoga Teacher and Certified Svaroop® Meditation Teacher will hold a weekend workshop entitled **BLISSFUL YOU** on April 26 and 27, 2014 (9 am to 5 pm w/leisurely lunch).

Dive deep into the Bliss of your own Being. Dissolve the layers that block the light of yourself as Consciousness itself. Slooow down, surrender to your Self, and allow your inner radiance to shine.

Create powerful change and healing through your body, mind and emotions with Ujjayi Pranayama, in combination with well-supported poses, in deep angles, with longer holds, interwoven with contemplations from ancient texts. It is transformational! Discussion periods each afternoon will clarify and help integrate your understanding of your experiences.

The workshop is open to beginners through advanced practitioners. Any medical concerns please check with Rukmini at 302-644-YOGA (9642).

Cost is \$180 if prepaid by April 15th -- \$200 after that date. Register early – there is a minimum number required to hold the workshop.

Update on DRAWINGS held in 2014

To help us all get through the winter months, RBYoga held two drawings in January, February, and March. The winners received a free yoga class and an RBYoga tote bag. It has been quite a success.

The winners of a free class and tote bag in these three months were Liz McNab, Marcia DeWitt, Dena Falini, Janet Point, Margaret Folan, and Deb Tennant. Congratulations!

In addition, Michele Gordon offered one free private session to a lucky person each month. The winners were Elaine Ippolito, Joy Schroeder, and Jane Boyd. We sincerely hope you were able to take advantage of this special offer.

Once again congratulations to all. We will discontinue the drawings for the rest of this year – and hopefully hold them again during the winter months of 2015.

A testimonial to Embodiment! by Elaine Ippolito

I had the great pleasure of winning the drawing for an embodiment session with Michele. It was truly an amazing experience. You will reap the rewards several days after the embodiment, as well as immediately after the session. I felt so “ache free”, relaxed and ready for anything that came my way. Thanks Michele

Second Tuesday of each month:

FREE

Svaroop® Vidya Meditation Satsang

6:30 PM at the RBY Studio

Second Sunday of each month:

FREE

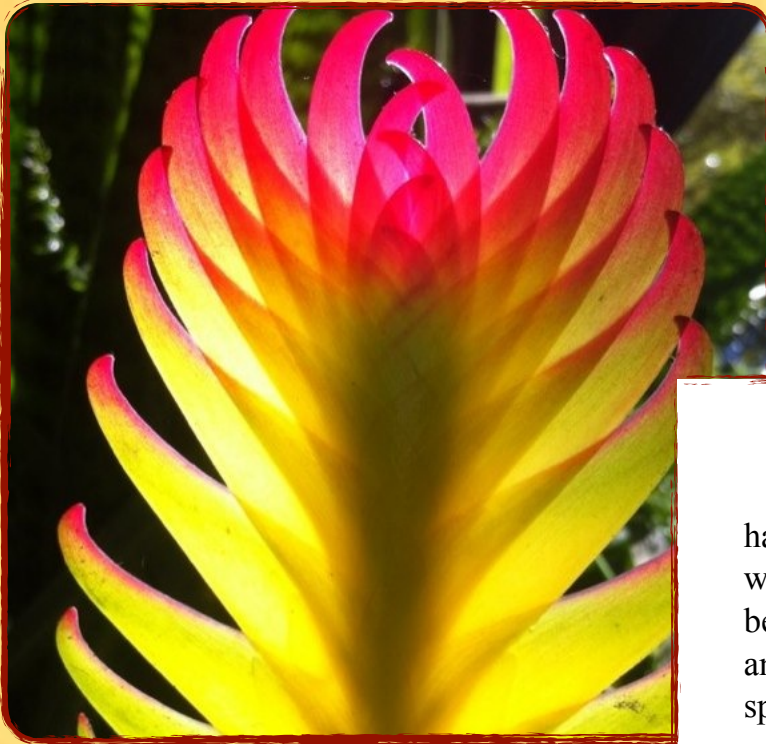
Introductory Yoga Class

1 PM at the RBY Studio

No Free Introductory Class on Sunday,

April 13

No Classes on Easter Sunday, April 20



Costa Rica



I hope that many of you will someday have the opportunity to travel on a yoga vacation with us. Practicing Yoga twice a day while in a beautiful place where the food is taken care of and the TV and distractions are gone creates a space for you to deepen your practice.

Namaste, Terry (Photo above: Mexico)

“Thank you to Kim and Terry for showing us how Svaroopa® Yoga quiets the mind and opens the heart. We can re-enter the real world with compassion for all living things and ourselves. The entire week was perfect in every way.”

Namaste, Nancy Riker

Class Schedule

As of April 1, 2014

Sunday	10:00AM	Terry
Monday	9:00 AM 4:00 PM	Terry Sandy
Tuesday	no class	
Wednesday	6:30 PM	Kelly
Thursday	9:00 AM 6:00 PM*	Terry Terry
Friday	10:00AM	Mary
Saturday	10:00AM	Michele

Prices

\$20 Walk in

*\$70 for a four class series
to be used within 5 weeks*

*\$130 for an eight class series
to be used within 10 weeks*

*\$250 for sixteen class series
to be used within 20 weeks*

***This is an intermediate and advanced level class that creates deeper changes in the body**