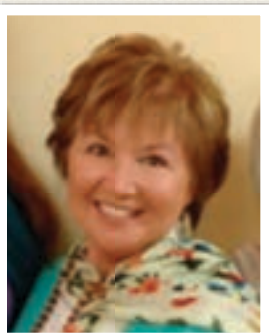




## **DECEMBER 2012 NEWSLETTER**

### **HOLIDAY GREETINGS FROM TERRY**

*MERRY CHRISTMAS EVERYONE !*



So much news! First, 18 of us just returned from a most amazing journey to Peru, we visited the famous "Machu Picchu" and stayed in the "Sacred Valley" at "Willka Tika" with its astounding profusion of gardens. Ginny Daly will be writing an article about the whole event, details to follow next month. We were blessed with great weather, food, friendship and adventure in large doses! The photos on Facebook and soon on Picasa will attest to this truly magical experience.

And so much more is happening...

Read Chelsea's news about her new training and check out her classes for yourself! I will take training for teaching workshops in January. Michele will go to India. And many of us, including Sandy and I and some of the traveling Rehoboth Yoga students will return to Costa Rica to a new retreat at one of my favorite beaches, Nosara, with our wonderful Kim Abplanalp and some old friends from Pura Vida!

We are counting our blessings at Rehoboth Beach Yoga for our great community. We thank all of you for being a part of our growing commitment to a yogic lifestyle. All of the teachers wish everyone a very happy, healthy holiday season! Please come to classes to keep the holiday healthy!  
Terry, Sandy, Chelsea, Mary Jean and Michele

## Monthly Features

### Chelsea Offers a New Class

Hi, everyone! I just got back from a training last month and I have some new tools to offer. First, I'll be teaching a **"Yoga for Your Back"** series on Wednesdays at 6:30 starting January 16<sup>th</sup>. It will be a 12 week series that will include the Primary Practice DVD. It's a program focused on people that have back pain but think that they can't do yoga or just haven't tried it, yet. If you know anyone that's in pain, those people you've been trying to get to class, now is the time for them to start. It's a really nice way to ease them into yoga, and of course any of you regular yogis are welcome to join in, as well. I'll be posting more info in the studio, on the website and on Facebook. It might be a nice gift for the holidays!



I've also been officially trained in teaching Gentle yogis. If you have limited mobility, are recovering from illness or injury or just moving a little slowly, I invite you to join my class on Wednesday mornings at 9:30. We all go through times in our process where we are Gentle yogis. If you or anyone you know is going through this time, I'd be happy to support you through it, until you are ready to go back to your regular classes. I love this process of unraveling and am so excited to share my new tools and understanding with you!

Happy Holidays!

Chelsea (Rajni) King, CSYT

### Holiday Class Changes and Holiday Gift Certificates

There will be no classes on Monday, December 24; Tuesday, December 25; and Wednesday, December 26. The 5 PM class on December 31 and the 730 AM class on January 1 are also cancelled. However, there will be a 1 PM class added on January 1 (New Years Day).

Also...Need a last minute gift? RBYoga has CDs, DVDs, and gift certificates available. The teachers at Rehoboth Beach YOGA wish everyone a very happy and healthy holiday season. Please come and start the New Year out right.

## **Weather Policy and Class Cancellations**

Now is a good time to remind you of our policy for inclement weather closings/cancellations. We want to make sure you and our teachers remain safe.

We do have mailbox 3 on our phone (302-226-7646) which we try to keep up-to-date on any temporary class changes.

**[Just hit 3 when the answering message starts.]**

We shall strive to have updates one hour before class. Sometimes, timing precludes these updates. We apologize in advance for any inconvenience to you.

## **Michele's Upcoming Trip to India**

Recently Terry reminded us of her trip to India with Swami Nirmalananda -- what a wonderful experience it was and how it increased her devotion to teach yoga and meditation to you. She was very grateful for the yogis who helped finance her trip. Your donations helped her relax and enjoy all aspects of India.

Now, it is Michele's turn to travel to India with Swami Nirmalananda during February 2013. Let's support Michele on her sacred journey to India which in turn will benefit us all. You can give your donation to one of the teachers or place it in the donation box on the back table. RBYoga and all the teachers thank our community for your overall local support and for any support you can provide Michele.

### **SCHEDULE of CLASSES**

The current class schedule follows:

Sunday	10 AM	Terry
Monday	9 AM	Terry
	5 PM	Sandy
Tuesday	7:30 AM	Michele
Wednesday	9:30 AM	Chelsea
Thursday	9 AM	Terry
	6 PM*	Terry
Friday	7:30 AM	Michele
	10 AM	Mary Jean
Saturday	10 AM	Michele

\*deeper

#### **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

## **Upcoming Events !**

### **Costa Rica.**

Feb. 16 thru 23rd, 2013

### **Yoga, Life, & Breath Weekend Workshop**

On March 9 and 10, 2013, Rehoboth Beach YOGA will be hosting a weekend workshop entitled "Yoga, Life, and Breath" with Melissa (Yogeshwari) Fountain, a leading Svaroopa® Yoga teacher. It will be a wonderful weekend for us all to share. Please put it on your calendar. Remember, the holidays are coming up – what a great gift for yourself or for someone you care about.

### **Second Tuesday of each month is a Free**

*Svaroopa(R) Vidya*

*Meditation Satsang*

*(6:30 PM)*

### **Second Saturday of each month is a**

*Free Introductory  
yoga class (4 PM)*

### **How to Find Us**

#### **On the Web:**

[www.rehobothbeachyoga.com](http://www.rehobothbeachyoga.com)

#### **Facebook:**

[www.facebook.com](http://www.facebook.com)

#### **Email:**

[rehoyoga@verizon.net](mailto:rehoyoga@verizon.net)

#### **Phone:**

**302-226-7646**