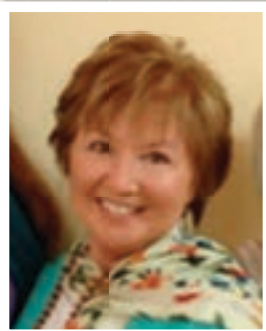




JANUARY/FEBRUARY NEWSLETTER 2013



Terry's Thoughts



Combining the January/February newsletter creates an interesting mix of where we've been and where we are going. Our yoga community shares so many wonderful events together; there is so much to share.

You will be able to read all about our amazing Peruvian Adventure in the March Issue of the Shore Life magazine. Our very own Ginny Daly is the Delaware editor and has written a creative and immortalizing story of our most excellent, magical journey! Photos included, we can all revisit the wonders of yoga and travel, best combo ever.

Speaking of yoga and travel, it seems to be what we do! Michele Gordon and Lynn Cattafi are leaving for India, to experience the once in

12 years Kumba Mela with Swamiji and Pandiji from the Himalayan Institute together! Wow! Can't wait to hear all about it!

Also, if you read the Washington Post Sunday, you may have come across the travel section featuring "Blue Spirit" located in the very place that I have always wanted to take us to in Costa Rica. Kim Abplanalp has arranged all the details for this trip. It is Nosara on the Nicoya peninsula, and seems to get rave reviews. Sandy and many of our students will travel there to do yoga and explore the area along the pacific coast.

Rehoboth Beach Yoga is growing in other ways as well, continuing to offer workshops and classes, like Yoga for your Back, a series by Chelsea King. This is a selection of upcoming events to expand and deepen your yoga lifestyle. We couldn't do it without your support and it is exciting to have that support from all of you. It enables us to grow into the possibilities of what we can offer our community.

Namaste, Terry

Monthly Features

Student of the Month

It is true that every yoga student is valued and appreciated for showing up to class! That being said we have so many students who go so far and above the call of yoga that they could use some recognition from all of us. Many come to mind, but this morning as I pulled into the parking lot 25 minutes before class, there he was, already having shoveled the snow. He was sweeping the remnants off the sidewalks and beyond so that no one would slip. He always does this. He always notices the little details that make a difference. He is so alert to everyone's needs; donations, a kind word, the water jug, on and on.

His name is ALAN HARMON and he is a yogi through and through. February is the Heart month and Alan has my heart and I'm sure many more. We love you Alan, thank you so much for all that you do to make our lives even better with you in it!



Alan Harmon - Student of the Month



The First Class of the New Year 2013

Terry held the first class of the new year. There were 14 students. It was a great class. You will see some familiar faces here, including Ginny, (far right).

Ginny said: "Whatever you do on the first day of the new year, you will do for the rest of the year."

Lets hope yoga will be an important part of your life in 2013.

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.

Yoga, Life, and Breath Weekend Workshop

As you know, Rehoboth Beach YOGA is hosting a weekend workshop, YOGA, LIFE, AND BREATH, on March 9 and 10, 2013 with Yogeshwari (Lissa) Fountain. This workshop will utilize poses to increase the flow of aliveness throughout your whole body; focus on the healing and transformative power of your breath while you learn how your breath really works; and you will experience a dramatic increase in your energy and feel more alive than ever before.

The early registration fee of \$235 of February 8, 2013 is about to expire. After that date, the cost will go up to \$285. Please send in your registration form along with the \$100 deposit soon. If you are interested in attending but are unable to register at this time, please let us know. A minimum number of attendees is required in order for Rehoboth Beach YOGA to host this workshop.

If anyone has questions, please reply to this e-mail or contact Sandy Gilbert at 302-226-1071 or sandra.gilbert7@verizon.net.

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	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

Michele's Upcoming Trip to India

Michele Gordon leaves on Wednesday for her trip to India with Swami Nirmalananda. She definitely appreciated any donation and support you provided her on this sacred journey. Her increased devotion to us on her return will benefit us all. Look for Michele's write-up on her trip in a future issue of the newsletter.

Second Tuesday of each month is a Free Svarooṇa(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

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