



REHOBOTH BEACH YOGA NEWSLETTER

January/February

2014

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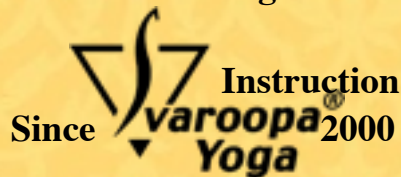
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Terry's Thoughts

What a year it was! 2013 a mix of busy and fun ups and downs, for both Rehoboth Beach Yoga and our students. What a community we've become, with new additions and enduring regulars. We thank you with a deeply heartfelt gratitude for attending all of our classes and our additional offerings. For telling your family and friends and sometimes even getting them to class. We are grateful that you 'get it', that you understand the gift we teachers feel rewarded to offer, that is, *Svaroopa(R)* yoga.



New Year's Day Yoga Class 2014

As we move into 2014, it feels to me as if our bond grows. We care about each other, we share stories of our lives, we do yoga together, sometimes eat together and often we travel together. We are a sweet community growing into our future together with the support of yoga and each other. Long live our yoga community in all the possible changes we may see in our future. Here's to you! Here's to RBYoga! May we all live long and prosper! and always, DO More Yoga!

Namaste and Love from the bottom of my heart,
Terry

Bone Density Success Story by Sandy (Mati) Gilbert

In 2001 I had a baseline bone density test which showed I had osteopenia of the lumbar spine. My T score was -1.2 at that time. By 2009, it had deteriorated slightly (-1.5). After that, things started to improve. I had a normal test in 2011. My latest test in 2013 again was normal and I had a positive T score for the first time. While I do take calcium with vitamin D twice a day, I thoroughly believe my dedicated daily practice of *Svaroopa*® Yoga is the primary reason for the improvement in the bone density of my lumbar spine.

I had and continue to have osteopenia in my hips. Since they test one hip and two years later do the other one, I have no way at this time to quantify whether there is improvement or not. Now that I keep the records I will be able to tell in a few years.

With *Svaroopa*® Yoga, our poses concentrate initially on improving our spine. As the muscles around the spine soften, there is a rippling effect on the rest of our body. I know my osteopenia in the hip area will also improve if I continue my dedicated daily practice of the asanas (poses). Of course, ujjayi pranayama, saying mantra, and meditation will help me have a healthy mind as well as body.

Namaste
Sandy



Sandy - One of our
yoga teachers

Why Essential Oils? by Terry Gardner

Many of you have noticed the bottles of essential oil at the back of our yoga room. Would you like to learn more about them? DoTerra representative Dianne Killpack will present an informative overview of the many uses for these amazing therapeutic grade essential oils on Sunday, January 26th (2 pm) at RBYoga. For centuries herbs and oils have been used for healing body, mind and spirit.

Let me share my personal interest in essential oils to you. Thirty or so years ago, I became aesthetician (skin care specialist). This study involved the subject of aromatherapy to calm and soothe the skin and nerves. Essential oils were in the European skin care products we used for facials. The research into these oils led me to the “Aveda” products based on ayurveda (the sister science to yoga). Aveda products were based on the use of herbs and essential oils, deepening my interest in the subject. Then came yoga and with it the study of ayurvedic health science.

DoTerra takes essential oils to an even higher level. Certified Therapeutic-grade essential oils are the purest ever created, without additives. These oils are naturally antimicrobial and their unique chemical structure allows them to pass directly through the skin for immediate systemic response to topical application. Certain oils can even be ingested to aid and promote vitality and well being. My entire family and I use these oils personally to relieve everything from infections, colds, anxiety, sleeplessness, digestive aids, and more.

Join us and learn the amazing benefits of DoTerra’s therapeutic grade oils. Yoga and DoTerra essential oils go hand-in-hand in promoting good health for you. To register, call 302-226-7646 or email rehoyoga@verizon.net.

When you invest your mental and emotional energy in seeing others as wrong, or seeing yourself as wrong, you are the one who is churning over it.

Swami Nirmalalanda.

Vegetable Cornbread

1 stick melted butter
 1 medium onion – finely chopped
 2 packages Jiffy corn muffin mix (also added egg and milk as on package)
 ½ cup sugar (forgot but cornbread was sweet enough without it)
 12 ounces sharp cheddar cheese – grated
 1 cup cottage cheese (or sour cream or ricotta cheese)
 1 package frozen chopped broccoli or other green (thawed and squeezed to remove most of moisture) – 10 ounces – needs to be chopped more finely than in package

Sauté onion in butter till soft. Mix together all other ingredients and pour into 9” x 12” baking dish. Bake 25 minutes in pre-heated 400-degree oven.

To freeze: allow cornbread to cool completely, then wrap tightly in heavy aluminum foil. Place foil package into zip lock freezer bags. To Heat: Thaw in fridge, then place un-wrapped cornbread squares on baking sheet and heat in hot oven (400 degrees) for 5-7 minutes.

Note: Turn into Mexican cornbread by omitting the vegetables and adding 1 small can chopped green chilies, ½ finely diced jalapeno pepper and small can drained corn kernels.

DRAWING FOR FREE CLASS AND TOTE BAG

Win a free class in January and February at Rehoboth Beach YOGA. Every time you attend a class, fill out a form and put it in the orange tote bag. At the end of January and February, two names will be drawn to receive one FREE regularly schedule class and a monogrammed RBYoga tote bag. You will be notified by phone or email and your name will be written in the red book. If you are a winner, just let the teacher know that you are attending your free class. Remember, to pick up your tote bag as well. Good luck.

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.

Second Tuesday of each month:

FREE

***Svaroopā*® 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

“YOU ARE BLISS” Yoga series with Rukmini

The first class of the “You Are Bliss” weekly yoga series was cancelled due to the snow storm. Rukmini’s commitment to the upcoming Meditation Teacher Training in PA precluded holding the Tuesday classes the following four consecutive weeks. Therefore, both the weekly yoga series and the weekend workshop have been rescheduled.

Happiness, joy, pleasure, contentment. Bliss encompasses all of these experiences, and more. Think of how you feel after your yoga class. Wouldn’t you like to feel that way always? You can. The “bliss” yoga series on Tuesday night and the weekend workshop will dissolve the internal blocks that keep you from experiencing your true Self, *svaroopa*, the bliss of your own Being . Increase your capacity to keep your yogic state even after class is over. Expand your capacity for happiness and joy by enrolling in the upcoming yoga series and/or weekend workshop.

The new dates for the Tuesday bliss yoga series are **March 11, 18, 25, and April 1**. The weekend workshop will be held **March 26-27, 2014**.

Your New Year’s Resolution - “Do More Yoga!”

SCHEDULE OF CLASSES		
<i>As of January 1, 2014</i>		
Sunday	10:00 AM	Terry
Monday	9:00 AM	Terry
	5:00 PM	Sandy
Tuesday	<i>no class</i>	
Wednesday	9:00 AM	Michele
	6:30 PM	Kelly
Thursday	9:00 AM	Terry
	6:00 PM*	Terry
Friday	10:00 AM	Mary Jean
Saturday	10:00 AM	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