



REHOBOTH BEACH YOGA NEWSLETTER

July/August

2013

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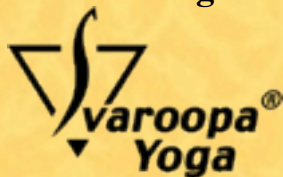
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Instruction Since 2000

20245 Bay Vista Rd., Unit 101
Rehoboth Beach, DE 19971

Email:

rehoyoga@verizon.net

302-226-7646



Terry's Thoughts

Happy Fourth of July!

Summer is in full swing! The visitors are showing up for the weekend classes. We welcome them to experience the gift of *Svaroopo*® Yoga and we are grateful for their support of our local hometown yoga studio! It is a win win relationship with our summer visitors, many of them visit us year after year, and it's wonderful.

Many events going on at RBYoga, the July 13th Free Class, The July 27th, 3 hour workshop titled "Get Flexible" will include poses to get you moving. See events page for more information.

We are really working on our new website and want to add testimonials, short videos and quotes from and about students. So send them in! Just listening to students' comments is already inspiring! Such words! Magical, Amazing, Centering, Transformative, Relief, and Delicious are used to describe their yoga experience. Such words are music to my ears. This is rewarding "work". Celebrate summer! Do more yoga! Namaste, Terry



Student News

We are so happy to welcome **Sherry Chappelle** back to yoga after her 8 month recovery from a fall that fractured her wrist on one hand and elbow on the other! And happy to say she is doing just great in her classes.

Dotty Domingue is going to Paris! This would be a great event in any circumstance, but Dotty, a yogi for many years, lost her beloved husband Tommy not so long ago. The beauty is that Dotty and Tommy traveled to Paris many times over their long marriage. Tommy was an "expert" on anything French, he was brilliant in his knowledge of the country and he shared his deep love of Paris with Dotty. Now she gets to return with a friend, to the place with some of the best memories of her life. Bon Voyage Dotty. We are all so happy for your journey.

A Yogi's Testimonial:

I have been a *Svaroopa*® yogi for eleven years. During this time I have enjoyed the benefits of an occasional embodiment. I have experienced deep opening and a great sense of well being after my many sessions over the years. It's a gift I like to give myself from time to time. However, more recently, I have been getting embodiment therapy to heal a back injury, which has been preventing me from doing my regular yoga classes and pretty much everything else. Once I began my sessions and the home practice designed specifically for my injury the healing began! The therapy sessions are not only helping me to heal but I get to enjoy the lovely opening and sense of well being they have always given me. Embodiments are a wonderful addition for anyone in need of healing or just want to enjoy the benefits of yoga on a deeper level. It truly is like having a massage from the inside out!
Namaste, Gail Felin

Svaroopa® Yoga Conference 2013

The 2013 *Svaroopa*® Yoga Conference entitled "*Alignment with Grace*" is scheduled for October 4-6, 2013 at the Renaissance Hotel Philadelphia Airport. Dive into a yoga weekend, a weekend of core opening through *Svaroopa*® Yoga's amazing techniques and teachings that align your body, heart and mind with Grace. You do not need to be a yoga teacher to enjoy and get value from the conference. It is guaranteed to enhance your individual yoga practice. Additional information will be included in future newsletters – or you can go to www.svaroopayoga.org and click on conference.

You won't get any spinal release if you're forcing. You have to ease off. You have already experienced the difference: working, pushing and trying in a pose compared to propping, softening and settling into the precise angles. More change happens when you effort less.

When you combine precision with compassion, something happens.

This is Grace, the power of inward expansion.

- from the April 2013 Contemplation - The Svaroopa® Yoga Difference



Pura Vida Spa
in
Costa Rica

February 22 - March 1, 2014

Price includes:
7 nights accommodations/
double occupancy, 3
healthy, delicious, fresh
meals per day, yoga
instruction, yoga hall
rentals/ props, 1/2 day trip
or equivalent (\$45 value), a
spa treatment (\$100 value),
a presentation in Ayurveda,
yoga's ancient healing
method, airport
transportation in Costa
Rica, hot tub/pool, and the
support you need in
arranging your trip.

Svaroopaa® Yoga Trip to Costa Rica

Does spending a week at Pura Vida Spa in Costa Rica doing *Svaroopaa*® Yoga sound good to you? Kim Abplanalp and Terry Gardner, Certified *Svaroopaa*® Yoga Teachers, have just the trip for you.

Please join them for a luscious week of retreat, exploration, rest, and joy. You will feel nourished, supported and renewed after a week of yoga, eating well, spa services, and day trips in the countryside. The colors are magnificent and the bird sounds in the morning delightful! The yoga halls overlook the mountainside.

See more details on the **complete flyer on the Events Page of our website**. What could be better than a trip to Pura Vida with all its amenities and doing *Svaroopaa*® Yoga?

If you have further questions, please contact us: Kim: kimbaa1@verizon.net
Terry: tgardner@magpage.com

SCHEDULE OF CLASSES

As of July 2013

Sunday	10:00 AM	Terry
Monday	9:00 AM 5:00 PM	Terry Sandy
Tuesday	7:30 AM	Michele
Wednesday	6:30 PM	Sandy
Thursday	9:00 AM 6:00 PM*	Terry 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.**

July/August Events

Get Flexible

Three-hour *Svaroopa*® Yoga Workshop

Are you interested in getting FLEXIBLE? You don't have to be flexible to come to yoga. Yoga is how you get flexible. Terry Gardner will hold a 3-hour yoga workshop entitled "Get Flexible" on Saturday, July 27 from 1-4 pm.

After Terry's workshop on yoga for your shoulders, neck, and head, Faith Duncan said: *"It was amazing. I left walking on air and was still up there 24 hours later. This is my definition of bliss."*

Come to the "Get Flexible" workshop and learn how to use yoga poses to help you with spinal flexibility.



*You don't have to be flexible to come to yoga.
Yoga is how you get flexible!*

Learn how to use yoga poses to help you with spinal flexibility. Get more comfortable in your body as you release tension and begin to move with more freedom. This class is open to all. Please call to register or if you have questions.

**Saturday, July 27th from 1-4 pm • Cost is \$45
with Terry (Ishvari) Gardner**

After becoming a Certified Svaroopa® Yoga teacher in January 2001, Terry has continued to advance her knowledge and love of yoga ever since, adding many hours of advanced training, including Embodiment® Practitioner, Vichara® Therapist, Meditation Teacher and more.

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For directions, call or visit www.rehobothbeachyoga.com

JoJo Silverman and Music as Prayer

JoJo Silverman is back in the Rehoboth Beach area. RBYoga would like you to know that he will be holding individual Prayerful Resonance Chant Activation sessions on July 10, 11, 12, and 13. He will also be holding Chanting and Chocolate, a Medicine of the Heart Cacao Ceremony, on Friday, July 12 from 4-8 pm. These will be held at 1 Eagle Drive in Rehoboth Beach, DE. For additional information, please contact JoJo at MusicAsPrayer@gmail.com or call 888-396-0473.

Second Tuesday of each month:

FREE

***Svaroopa*® Vidya Meditation Satsang**

Second Saturday of each month:

FREE

Introductory Yoga Class