

Our Yoga Teachers:
Chelsea, Sandy, Michele, Terry and Mary Jean



NOVEMBER 2012 NEWSLETTER

Dear Yoga Community,

This month of thanksgiving, I want to give thanks for our own amazing yoga community. It's a beautiful thing to watch everyone support each other, support Rehoboth Beach Yoga classes and events, and step up when needed. My heart fills with joy as I recount this story of this past Sunday morning's class.

By 10am there were 10 students waiting for a teacher, most knew I was away, not sure what happened with the sub, but what happened with class was an example of the gift we have in our community. The students discussed what they would do, who would teach? No one planed to leave...

Annie Sheppack was a visiting teacher from Alexandria, but it was her birthday and she had 4 friends with her and wanted to take class. Alan Harmon has done Foundations, but felt his body really needed a class, so our dear Bern Pollack, a student for 12 years and a grad of Foundations, volunteered to lead the class. I came home to wonderful reports of Bern's class, much to my great relief! Annie even got her birthday OMMMMM at the end!!!! Wow, how lucky is RBYoga! A happy ending to a possible mishap; our community rocks. And best of all, now Bern says after getting through his first class, he is going to brush up and allow us to add him to our sub list! (much needed)

And now we are on to the very busy month of November, including Peru, Thanksgiving and more.... My thanks go to our beloved yoga community. Thank you, all of you, for all of your support, we couldn't do it without you.

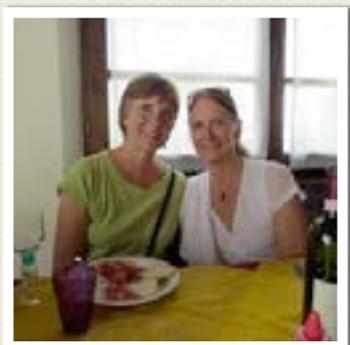
Much Love, Terry



Monthly Features

My Italia

I was fortunate to have the incredible experience of touring Italy this summer with a close childhood



Lunch at an organic farm, Tuscany with my friend, Merri.

friend. I knew discovering Europe for the first time would be full of art, beauty and history, yet I received so much more.



I maintained my daily yoga practice beginning with a briefer meditation that I typically do at home. It was quiet in the B & B's, and my roommate was completely accommodating. As we toured the various museums and cathedrals on walking tours, I found myself standing in tadasana; also in a standing backbend!! (at the Uffizi, staring at the hundreds of Renaissance paintings that scoured the ceilings), knowing I was releasing my entire spine instead of tightening neck and back muscles. At night I did a soft ujjayi to put myself to sleep.

Whether it was on the cliffs of Positano, daydreaming across the Bay of Napoli, or on the water cruising the Amalfi coastline, my mind was always within. I am so very grateful for each of you, my friends, and my students, who have helped me in my growth as a Svaroopa yogi. I will never forget the effect this journey had on my being, and the release of old constraints on my mind. Italia was more than a vacation.



The Colosseum: Roma



A Murano glass art



Walking Tour near Trevi Fountain



Volunteer Gardening at the Ashram

Volunteer Gardening at the Ashram in Downington, our own Rehoboth Beach yoga community extended to join with other yoga communities. We spent the weekend together planting bulbs for the spring, mums for now and general fall cleanup. Su Lee Chafin, a Rehoboth Beach yogi and myself joined 8 others from Virginia to Connecticut and had a joyful weekend of planting, chanting, meditating, eating fabulous food, and spending time with Swamiji. We made long lasting new Svaroopaa(R) yogi friends. Now the "Gardening Seva" community will meet at the ashra seasonally to work in the beautiful gardens. A vegetable garden in started with cold frames, a berry patch, compost bins, and the start of several quiet garden meditation spots! Look for our spring news update in April or May.
Namaste, Terry

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	7:30AM	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 !

Peru

Join us at Willka T'ika in Peru's Sacred Valley.
Nov. 22 thru Dec. 2nd, 2012

Costa Rica.

Feb. 16 thru 23rd, 2013
Yoga, Life and Breath Weekend

Workshop

March 9 and 10, 2013

Second Tuesday of each month is a Free

Svaroopaa(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:

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