



REHOBOTH BEACH YOGA NEWSLETTER

November/December

2013

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Instruction Since 2000

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Terry's Thoughts

I just returned from the *Svaroopo*® Yoga Conference! And I'm pumped! So many wonderful yogis reunited with friends from California, Canada, Australia, the Northeast, the Southeast, and the Midwest. Many of us have been in *Svaroopo*® Yoga Teacher trainings together since 1999 and some we have known from 1987. Yogis are still coming to trainings and the conferences after all these years. We are a family; a very special family of teachers and lovers of this amazing gift we were lucky enough to find in this lifetime.

It is true that there are only about 1,500 *Svaroopo*® Yoga teachers in the world. It was good to see the new faces, the young and the converts.

We are still growing even though we are not in the mainstream. We are different. *Svaroopo*® Yoga is not about exercise to give you a beautiful (in someone's else's eyes) body, only a healthy body. It's "the more" that attracts yogis and that is the quality that is different about this yoga. The conference offered workshops for completely new people, teachers, and meditators. Meditation was the focus for Sandy, Lynn Cattafi and me. Chelsea, Susan Luff, and Sue Lee were in classes taught or assisted by Maria Abbruzzi, Kim Abplanalp and Sally Broadhurst. Our contingent is strong! We are so lucky! I am so lucky, to be able to share such an amazing practice with so many wonderful yogis...

Namaste, Terry



*Conference attendees: (left to right)
Susan, Terry, Lynn, Chelsea, and Sandy*

Things are a changing at RB Yoga

Rehoboth Beach Yoga is so happy to welcome Kelly Sharp to our group of wonderful *Svaroopa*® Yoga teachers. Many of you remember Kelly from our days on Baltimore Avenue. Kelly has years of experience, including working for Master Yoga in PA. She has returned to her home in Milton to work at Dog Fish Head Brewery in Milton and teach at Rehoboth Beach Yoga. Please join her for a class on Wednesdays at 630 PM.

At the same time we welcome Kelly, we also wish Chelsea King, our friend and fellow teacher, the best of luck in her new venture. In order to be closer to her family and to capitalize on a new market, Chelsea will teach 3 classes per week in Milton. While she will not be teaching regularly at Rehoboth Beach Yoga, she has graciously agreed to sub for us. That way, you and she will still get to see each other and do yoga. We thank her for her years of dedication and we support her new venture.



**Our Yoga teachers: (left to right)
Sandy, Michele, Mary Jean, Terry, and Kelly**

Our class schedule will change effective November 1st. The 730 AM class on Tuesday will no longer be held. However, the two Wednesday classes (9 AM and 630 PM) which started as a 5-class series will now be held on a regular basis. See the complete schedule toward the end of this newsletter. While some things change, one thing you can be sure will never change – our commitment to our yogis. We will continue to strive to provide you with the best of *Svaroopa*® Yoga.

November Workshop

Terry Gardner will hold a 3-hour yoga workshop on Saturday, November 16th from 1-4 PM. This workshop is entitled “You Are a Warrior” and it will help us survive the upcoming holidays. Most of us have busy lives that get even busier during the holidays. In this workshop, you will learn the key to true strength and stamina – to help you enjoy the season with vigor. Find how your legs automatically get stronger when you release your spine. You will find ease in standing while cooking and walking while shopping. You will also have energy left for the parties!

Every rock in your river is a gift you gave yourself.

Go with the flow.

- Swami Nirmalananda

The Holidays are upon us!

Need a last minute gift?
Start your holiday shopping early and give the "Gift of Yoga" to your family and friends!

You know everyone needs yoga and this year we will offer some

Gift Certificate Specials!

Purchase 8 classes for \$120 and get \$10 off and one of our new **RB Yoga Bags** to display it in for **FREE!** \$25 saving!

Purchase 4 classes for \$65 and get the **RB Yoga Bag** for \$10. \$10 savings.

RB Yoga also has **CDs and DVDs** available.



Also Save \$5 off Embroidered Canvas Bag with purchase of any Gift Certificate.

A Big Thank You

For those of you who helped wash our yoga blankets, a big thank you. Doing Seva is your way of giving back to the yoga center and to your fellow yogis. Everyone will benefit from and enjoy doing yoga with fresh, clean blankets.

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

Svaroop® Vidya Meditation Satsang

6:30 PM at the RBY Studio

Second Saturday of each month:

FREE

Introductory Yoga Class

4 PM at the RBY Studio

Pura Vida Spa
in
Costa Rica

February 22 - March 1, 2014



Please join us for a week of retreat, exploration, rest, and joy. You will feel nourished, and renewed after a week of yoga, eating well, spa services, and day trips in the countryside. 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

Student Testimonials and Quotes

“After numerous injuries and battling sciatica as well as PMR, I can say that *Svaroopaa*(R) yoga has been my lifesaver. I am stronger, have better balance and truly know how to relax my body. Don't know what I would have done without you.”

[Judith Henry](#)

“What a wonderful group of yogi leaders...caring, learned, compassionate, and loving. And fun!”

[Alan Harmon](#)

SCHEDULE OF CLASSES

As of November 1, 2013

| | | |
|-----------|----------------------------|------------------|
| Sunday | 10:00 AM | Terry |
| Monday | 9:00 AM 5:00 PM | Terry Sandy |
| Tuesday | no class | |
| Wednesday | 9:00 AM 6:30 PM | Michele Kelly |
| 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**