



REHOBOTH BEACH YOGA NEWSLETTER

November/December

2014

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Terry's Thoughts



Greetings yogis!

It's November already! The holidays are upon us! 2014 has been our best year yet! Our wonderful yoga community continues to grow and share *Svaroopaa*® Yoga with, friends and family. Many of us have just returned from Tuscany, doing our daily yoga classes in an 800 year old farmhouse. We traveled out to many Tuscan villages and towns. One of our favorites was our sister city, Greve-in-Chianti, where we had a guided tour of the ancient village followed by a glorious luncheon and wine tasting of Chianti's best wines.

This fall, change is in the air for RBYOGA. Our Fellow teacher and friend Michele Gordon will be moving into her new life, in the DC Metro Area. Michele has her first grandchild and is ready to semi retire and be closer to her family. She will teach her last class on Nov.15. We will miss Michele, but we are happy for her as well. Kelly Sharp will step in to take over the Saturday class, changing the time from 10am to 9am in December!

Thanks to Sandy's continued studies and subsequent certifications, RBYoga will be offering more meditation this year, hope you can join us! Meditation is one of yoga's most important practices....

This Thanksgiving, my heart is grateful for our yoga community and the rewarding work I have sharing the practice.

Namaste, Terry

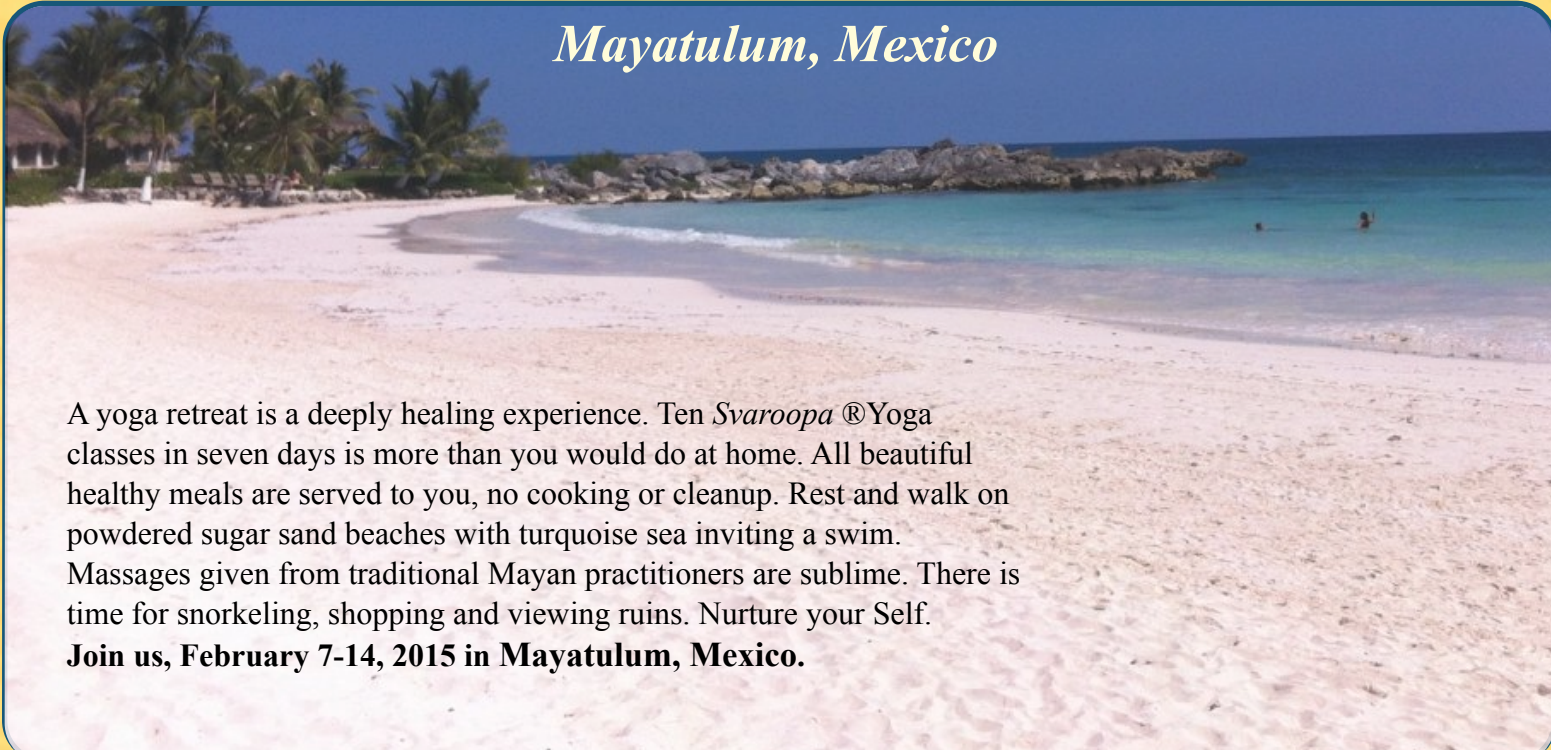
Foundations Special Offer

Rehoboth Beach YOGA plans to hold a **Foundations** Teacher Training in Rehoboth on January 9 through 13, 2015. It will be taught by Bhakta Johnson, Devi McKenty and Vidyadevi Stillman – three leading *Svaroopa*® Yoga teachers. As you know, **Foundations** is for those who are interested in teaching *Svaroopa*® Yoga to others **and** for those who want to develop techniques to deepen their own yoga practice. It is also a good course to keep you current in your certification and SATYA membership. **Foundations** is a five-day intensive *Svaroopa*® Yoga training. It is called **Foundations** because it bases you in three interweaving elements simultaneously: the foundational poses (asanas) of *Svaroopa*® Yoga; the related anatomy; and yoga's foundational principles of consciousness.

The cost of this training is \$660; however, if you register by December 9, 2014 you can save \$50. There is also a \$40 materials fee. **Foundations** will be held at Brighton Suites Hotel in downtown Rehoboth.

SPECIAL OFFER: If you plan to attend, send in your deposit now. We will honor the reduced rate if you have registered with a deposit of \$100 by December 9th and you have paid the balance in full one week prior to the training. This offer is made because of the timing of the Holidays and the course date being so close to each other. What better present is there for you to give than financial support to someone you know who is taking the Foundations course? What RBYoga needs from you at this time is your commitment – a deposit will do that. It will also ensure you a space at the training.

Mayatulum, Mexico



A yoga retreat is a deeply healing experience. Ten *Svaroopa*® Yoga classes in seven days is more than you would do at home. All beautiful healthy meals are served to you, no cooking or cleanup. Rest and walk on powdered sugar sand beaches with turquoise sea inviting a swim. Massages given from traditional Mayan practitioners are sublime. There is time for snorkeling, shopping and viewing ruins. Nurture your Self.
Join us, February 7-14, 2015 in Mayatulum, Mexico.

Svaroopa® Vidya Meditation

Svaroopa® Vidya Meditation comes from the Kashmiri Shaivite tradition and means “the experiential knowing (vidya) of your own true Self (svaroopa)”. And that is its promise – when you practice this form of meditation, you will experience your own divine Self.



Rukmini and Mati are modern representatives of an ancient tradition. *Svaroopa®* Vidya Meditation has been passed down through the ages from sages to Swami Nirmalananda (formerly Rama Berch, founder of *Svaroopa®* Yoga) and she has trained and authorized Rukmini and Mati to share it with you.

SATSANG: Both Rukmini and Mati regularly offer free meditations, called Satsangs. Through the ages yogis have gathered together to meditate and share yoga’s teachings. That is because meditation is easier and more powerful in a group. Everyone is welcome – no meditation experience is necessary.

There are two regularly scheduled Satsangs each month. Rukmini (Maria) Abbruzzi will hold one the second Tuesday at 6:30 PM. Mati (Sandy) Gilbert will hold one the third Monday at 5:45 PM. Other satsangs will be added if there is sufficient interest from our yoga community. **COME MEDITATE WITH US.**

MEDITATION SERIES: Mati will teach a 3-week meditation series entitled “*Roadmap to Svaroopa® Vidya Meditation*” in January. This series is for those who are new to mediation, those out of practice, and for those who have tried other styles in the past. The dates are Saturday, January 17, 24, and 31, 2015 from 3-5 PM.

In each class you will learn a simple and effective meditation practice to try out in class and to practice at home. You will also learn how to sit comfortably and how to quiet your mind. Mati will offer clear explanations of what *Svaroopa®* Vidya Meditation is, and how and why to do it. She will also help you with any difficulties you might encounter along the way.

Most importantly, you will be given the tools that will give you the confidence and inspiration to make meditation a regular part of your life. And it will give you so much more!

Cost for the series is \$75 – save \$5 by registering before January 5th.

Quote to Remember

“In healthy relationships, people view one another as unique, one-of-a-kind individuals; there is no attempt to control, to be a caretaker, to create a dependency.”

-Shantidasa-

**FREE Svaroopa® Vidya
Meditation Satsangs for 2015**

**Second Tuesday of each month at 6:30 PM
Third Monday of each month at 5:45 PM**

Second Sunday of each month in 2014:

**FREE
Introductory Yoga Class
1 PM at the RBY Studio**

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 a student for \$120 (a \$10 savings)

Purchase 4 classes for a student for \$65 (a \$5 savings)

Purchase a gift certificate in any amount toward classes, tuition for Foundations training, or to purchase blankets, blocks, CDs, and DVDs.

Class Schedule

Effective December 2014

Sunday	10:00AM	Terry
Monday	9:00 AM 4:00 PM	Terry Sandy
Tuesday	no class	
Wednesday	no class	
Thursday	9:00 AM 6:00 PM	Terry Terry
Friday	10:00AM	Mary Jean
Saturday	9:00AM	Kelly

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**