

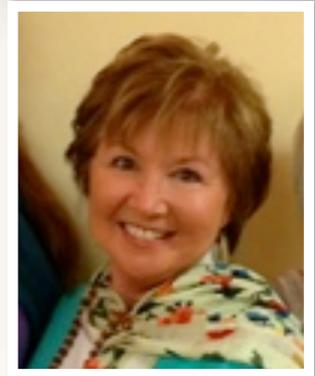
# OCTOBER NEWSLETTER

2012



## Thoughts from Terry

It's Fall and change is in the Air! Yoga is all about change, change in your body, change in your mind and change in your life. This is wonderful news, because yoga always creates change for the better. Our bodies feel better, and we sleep better. Our minds are clearer, we are happier, more peaceful and this spreads out into our lives affecting all of our relationships. Rehoboth Beach Yoga is dedicated to offering students every opportunity to find what works best for them. This is why we create a class schedule, workshops, and special classes with leading teachers. We organize retreats both here and out of the country to help you facilitate your own change for the best life you can have. All of this guides you to discover the divine within you, which Yoga says is the goal of life. The goal of human beings is to fulfill the innate desire to know the Self. Do more yoga, do as much yoga as you can. You will love the change!



Namaste, Terry

# Monthly Yoga Pose



Alan Harmon, Jim Omalley, Steve Fennell, Charlie Codacovi....standing in Tadasana

## "Standing Tall in the Fall" - Tadasana/Mountain Pose

Tadasana is literally standing on your two feet. With your big toes touching or slightly apart and your heels farther apart, creating parallel lines through the center of both feet, stand in the bones of your whole footprint and rest in the support of the bones of your body. When your awareness finds the best alignment, the pose can be a standing Shavasana, making this a portable practice wherever you find yourself standing. Finding both the strength and the ease, outside and inside all at the same time. There is much to learn through awareness in this important pose. Tadasana is the foundation for all standing poses, walking and taking your yoga into your life.



Doug Gardner standing in Tadasana.

Quote from the Contemplation:

### "Upliftment: Yoga's Guarantee"

"As your spine lifts and lengthens, you stand taller in the world, more willing to be authentically you, as well as to speak up for yourself and others."

Swami Nirmalanada



Doug Gardner reminds us we can do yoga outside and inside.

## Weekend Workshop

RB Yoga is proud to say our Svaroopa® Yoga and Meditation Weekend Workshop held last weekend was a great success.



Marcia DeWitt, Sandy (Mati) Gilbert, Marcia Custer, Ginny Daly, Susan Luff, and Hanna Berg attended the Meditation Weekend Workshop.

Yogeshwari (Lissa) Fountain exposed us to how beneficial meditation is to our over health and well-being. Using Svaroopa® Yoga poses, Pranayama (breathing), and chanting the attendees came away with an immediate and significant appreciation of how yoga poses and meditation can create an openness in their body, as well as their mind and heart. The attendees experienced a quieter mind and learned how quick and easy it is to dive deeper into their own divine essence.

Here are some of the comments from our attendees: “It will change your thinking about meditation—this program helps you delve in deeper with ease.” “Excellent centering weekend—a new beginning.” “Excellent methods for both relaxing and for learning life-changing practices.”

You will not want to miss our next Svaroopa® Yoga weekend workshop with Yogeshwari. “Yoga, Life, and Breath” will be held on March 9-10, 2013. This course will help you develop the ease and power of your breath. At the end of this workshop, you will experience a dramatic increase in your energy and feel more alive than ever before. Mark your calendars now!

## 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	7:30 AM	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 !

### Svaroopa® Vidya Meditation

Rukmini (Maria) Abbruzzi will resume her Svaroopa® Vidya Meditation Satsang on **Tuesday, October 9<sup>th</sup> (6:30 to 8 PM)**. The Satsang will continue to be held the second Tuesday of each month. This is a free program; donations are welcome as support for Svaroopa® Vidya Ashram.

Rukmini will also hold a Svaroopa® Vidya Meditation Series on **Tuesday, October 16, 23, and 30 (6:30 to 8:30 PM)**. This is a three week meditation series, one week building on the next, focusing on deeper tools for working with mantra. Cost for the 3-week series is \$85.

### 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 Saturday of each month is a

Free Introductory  
yoga class (4 PM)

### How to Find Us

#### On the Web:

[www.rebothbeachyoga.com](http://www.rebothbeachyoga.com)

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