



September/October

2013

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Offering



Instruction Since 2000

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## *Terry's Thoughts*

The Summer is nearly over with Labor Day behind us and just ahead the autumn solstice. This was a great summer with the attendance of so many visiting summer yogis, who return to us year after year. It is certainly a testament to our yoga. Now we move into our locals' season with new classes and continuing 3-hour workshops every month. Michele will add a Wednesday morning 9AM class appropriate for new students and regulars as well. Kelly Sharp returns from PA to add a Wednesday 6:30PM class. We are honored to have this original RBYoga teacher join us!

The 2013 *Svaroopa*® Yoga Conference entitled "*Alignment with Grace*" is scheduled for October 4-6, 2013 at the Renaissance Hotel Philadelphia Airport. The *Svaroopa*® Yoga Conference is open to all of us; Sandy, Chelsea, and Terry will be attending as well as some of our students. For additional information you can go to [www.svaroopayoga.org](http://www.svaroopayoga.org) and click on conference. Let us know if you are interested or have questions.

Also, learn about the traditional practice of "Japa" or repeating the "mantra", "Om Namah Shivaya", the mantra of our *Svaroopa*® Yoga lineage.

In yoga, mantra is used in meditation to help quiet the mind. If you have interest in any of these topics, please feel free to contact us with questions. All of the teachers at RBYoga thank our yoga community for their ongoing support and enthusiasm!

Namaste and "Om Namah Shivaya"  
Terry



## Wednesdays are Special in October

Two Classes are being offered on Wednesdays during those five weeks – see below for a special offer.

**At 9 AM, Michele Gordon (CSYT) is offering a five-week series on *Svaroopa® Yoga and Your Body*.** If you love doing *Svaroopa®* Yoga poses, Michele will help you understand how the most basic poses work in your body. These classes are also good for those without any yoga experience – you will learn how to do yoga “Svaroopa Style”. Come learn the benefits of *Svaroopa®* Yoga and how it affects your body and your mind in a positive way.

**At 6:30 PM, Kelly Sharp (Leading CSYT) is offering a five-week series titled *Flexible Spine, Flexible Mind*.** This series will explore the most powerful poses in *Svaroopa®* Yoga, and is appropriate for beginners and experienced students alike. Kelly started teaching *Svaroopa®* Yoga in this area in 2001, and recently returned after working for Master Yoga in Pennsylvania. You may remember her from the Baltimore Avenue location and other places in Lewes where she taught. Come welcome Kelly back to the area and experience *Svaroopa®* Yoga with one of our leading teachers. You will benefit from her wealth of knowledge. Your body and mind will be so very thankful.

**SPECIAL OFFER:** If you pre-register and pay by the first class, you can attend all 5 classes in one series at the low price of \$70. This is a savings of \$30 over the walk-in rate. Of course, you can always use your RBY card or pay the walk-in rate of \$20 in any of these classes.

Make a commitment and save money – sounds like a win-win proposal for all.

### Yoga Related Topics

We would like to make a brief mention of a few new interests for our yogis such as, [DoTerra Essential Oils](http://mydoterra.com/terrygardner). We will offer them through <http://mydoterra.com/terrygardner>. Terry was an aromatherapist before she was a yoga teacher and she thinks this new company got it right. They are so pure, they are food grade and can be consumed, beyond just aroma. We will host an education workshop in October, with more info to follow.

Also you may have noticed a book on our shelves, titled, "[Things are Going Great in my Absence](#)" by [Lola Jones](#). A sort of 'get out of your own way' program. Sandy and Terry met Lola's student, Suzanne Eder, at the Holistic Health Fair in Lewes as she had a table next to ours. They became friends, read the book, loved it and have attended workshops. We want to share this valuable information for our yogis.

*Thoughts do make you unhappy.  
Just watch your mind for a few minutes and you'll realize it.  
This is why yoga focuses on quieting your mind.*

*- Swami Nirmalananda*

## Half Day Svaroopa® Yoga Workshops

Terry Gardner will hold her monthly 3-hour yoga workshop on Saturday, September 28<sup>th</sup> from 1 to 4 PM. The theme for this month is “LOVING LUNGE (and Letting Lunge Love You).

This workshop will create a new experience of lunge for those who don't yet love it and even for those who find it a pleasure. Don't Worry! We will only do lunge three times. We will do poses that will help you understand the importance of lunge. We will also review in detail the precise alignments that make lunge delicious. By the end of the workshop, you will have a fresh perspective of lunge – you may even begin to love it. Cost is \$45.

MARK YOUR CALENDARS: the themes and dates of workshops for the rest of the year are Bend Over Backwards on October 19<sup>th</sup>, You are a Warrior on November 16<sup>th</sup>, and Sit in Bliss on December 14<sup>th</sup> or 15<sup>th</sup>.

Three hours of Svaroopa® Yoga is truly wonderful and quite blissful. Come one and come all – your body will be happy and your mind will be at peace.

## Embodiment® Teacher Training

As part of their continuing yoga training, both Sandy (Mati) Gilbert and Chelsea (Rajni) King recently attended Embodiment® Weekend. We came away knowing the value of receiving embodiments on a regular basis. It was good to have our techniques evaluated by experts.

After the training, Chelsea commented: *“It was great to get back to an Embodiment® training and experience the profound openings that it provides. With so much opening in such a concentrated weekend course, I could really appreciate how powerful Embodiment® is for physical, mental and emotional healing. An experience of the Self is so accessible with these deeper openings.”*

All our teachers are Embodiment® Therapists. Call and schedule an appointment today. As Chelsea said Embodiment® is powerful tool for physical, mental and emotional healing.

During this training, Ujjayi Pranayama was stressed as a very valuable technique all of us can use to make our lives better and more enjoyable. If you do Ujjayi breathing for 20 minutes each day, you maintain your health. Doing Ujjayi for 20 minutes twice a day can actually improve your health. Let's make a commitment – Ujjayi for 20 minutes each day. If you have any questions or concerns about doing Ujjayi, please ask your teacher at the next class.

**Second Tuesday of each month:**

**FREE**

**Svaroopa® 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**

## 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.

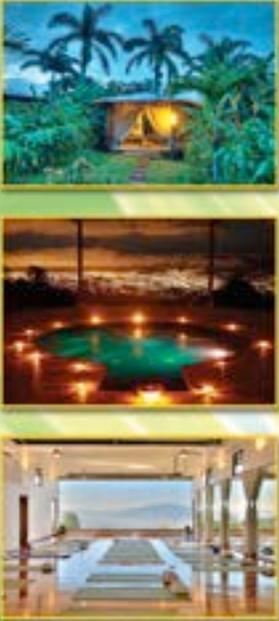
Please join them for a luscious week of retreat, exploration, rest, and joy. You will feel nourished, supported and renewed after a week of yoga, eating well, spa services, and day trips in the countryside. The colors are magnificent and the bird sounds in the morning delightful! The yoga halls overlook 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](mailto:kimbaa1@verizon.net)  
Terry: [tgardner@magpage.com](mailto:tgardner@magpage.com)**

*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.

### 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	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**

**\*See write up for a special pricing offer on wednesday classes**