



# REHOBOTH BEACH YOGA NEWSLETTER

September/October

2014

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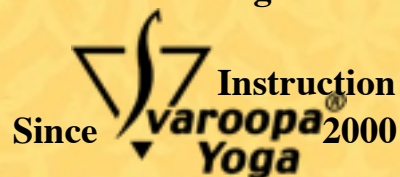
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### Offering



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## Terry's Thoughts



It's been a fast and furiously busy summer for all of us! It was a great summer for Rehoboth Beach Yoga, one of our best! Weather was very cooperative too! There were many interesting extra offerings this summer at RBY! Sandy's three meditation courses went very well! She is in training now to expand the program into the winter. I attended her third course, loved it and will attend all this winter. It is just what I need!

My other favorite practice, Ujjayi Pranayama or breath with sound, taught by Michele Gordon was well attended. I love for students to get this extra instruction in this important practice. I believe it made hiking at extreme



**Mayatulum, Mexico**

elevations in Peru possible for our travel group. I encourage all students to take advantage of these deeper yoga practices.

These extras continue into the winter, and I want everyone to grow with us. We will host the interesting Brendan Feeley again this fall, (TBA). After a very successful first visit Brendan will teach the fundamentals of Ayurveda, the sister science of yoga. I believe it is good for yoga students to have at least a general knowledge of this ancient health system.

I have found it very helpful in my life.

And then there is the Yoga Retreat in Mexico...A full emersion in yoga and bliss. If you want the Ultimate Vacation, this is it. *Svaroopa*®Yoga, twice a day in paradise; I need say no more...

Foundations teacher training in January, a workshop in May with Yogeshwari, Oneness Blessings with Bob and Lis Haggett ongoing lets you know RBYoga is busy helping you expand your potential. And more!

The teachers of Rehoboth Beach Yoga thank each of you for your continued support. We cannot do this without you. We are deeply grateful for this opportunity to offer such an amazing yoga to you.

Feeling blessed and open hearted,  
Terry

## Mark Your Calendars – Exciting events in early 2015

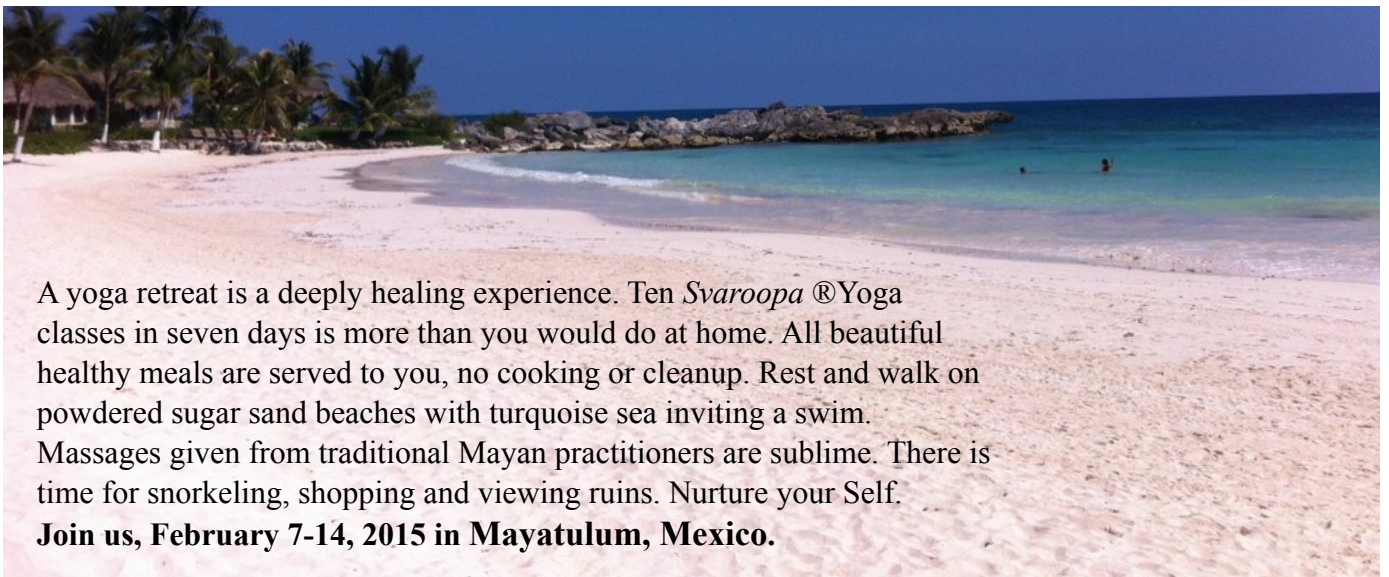
1. Rehoboth Beach YOGA plans to hold a **Foundations** Teacher Training in Rehoboth on January 9 through 13, 2015. It will be taught by Devi (Elizabeth) McKenty. Other teachers are Vidyadevi Stillman and Bhakta Johnson. This training is for those who are interested in teaching *Svaroopā*® Yoga to others **and** for those who want to develop techniques to deepen their own yoga practice.

**Foundations** is a five-day intensive *Svaroopā*® Yoga training. It is called **Foundations** because it bases you in three interweaving elements simultaneously: the foundational poses (asanas) of *Svaroopā*® Yoga; the related anatomy; and yoga's foundational principles of consciousness. This training is open to everyone – for those who want to teach others and for those who want to deepen their own yoga practice.

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. The hotel will also make some discounted room available to students.

2. Rehoboth Beach YOGA plans to hold a **Weekend Yoga Workshop** on May 2-3, 2015. It will be taught by Yogeshwari (Lissa) Fountain, who has held previous workshops here in Rehoboth. This weekend promises to be good for all yogis whether you are new to yoga or an established Svaroopi.

Mark both dates on your calendar now – you don't want to miss out on these *Svaroopā*® Yoga events. Additional details will be provided on both soon.



A yoga retreat is a deeply healing experience. Ten *Svaroopā*® 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.**



## Meditation at RBYoga by Sandy Mati Gilbert



Earlier this year, I held several series introducing you to Svaroopa® Yoga Meditation. I really enjoyed teaching those classes and I can tell you it has enhanced my personal meditation. To bring you up-to-date, I completed the three series of the three classes which now allows me to go on to further training. On September 20<sup>th</sup>, I will begin Meditation Group Leader training. After that, I will be able to hold group meditation sessions with anyone who is interested. In Svaroopa® Yoga, these get-togethers are called satsangs. I am excited about that. More information about that will be forthcoming when I get back from the training.

I would like to share a personal story on the value of meditating – Svaroopa® Yoga Style. In August, my beloved dog Teddy peacefully passed away while sitting next to me. He was not sick and it was very sudden and like I said very peaceful. Needless to say, I was devastated and felt sad and lonely. However, I was so glad I knew the value of saying mantra and meditation – it helped me over the initial bumps. I knew I was not alone – Grace was with me. Yes, I miss my Teddy but now I concentrate on what he gave me over the years not what was lost.

A lot of you enjoyed meditating when we did it in class and expressed an interest in having a home practice. But life gets in the way. This is why I am so excited about my next level of training. Perhaps having a place to go meditate with others will provide the jump start you desire. Stay tuned.

### Quote to Remember

[Perfection of the body] is by an extraordinary inner attunement, gained through meditation on the subtle processes by which energy becomes matter.

- Swamiji & Vidyadevi

**Second Tuesday of each month:**

**FREE**

**Svaroopa® Vidya Meditation Satsang**

**6:30 PM at the RBY Studio**

**Second Sunday of each month:**

**FREE**

**Introductory Yoga Class**

**1 PM at the RBY Studio**

## Ujjayi Pranayama Practice and Class

Throughout the summer, Michele Gordon, CSYT, RYT 500, has been holding special yoga classes on Ujjayi Pranayama (yoga breath). These classes focus on the techniques and purpose of Ujjayi Pranayama and how to fine tune your own practice. The Ujjayi breathing practice will calm your body and quiet your mind. Other benefits include regulating blood pressure; relief for headache, allergy and asthma symptoms; improve sleep; and more. The following are student comments on their experience.

“It was so calming. My hands and arms were like rocks, my body heavy. It seems the longer the minutes the more open in more areas throughout your body happens. Even if I had wanted to adjust or move to take a break, I couldn’t!”

“I would like to control my blood pressure. I think I have been doing the breathing only tracking it to my lungs. My breath was moving! It did go past my lungs and perhaps past my belly.”

- The purpose of teaching a class devoted to just the breath technique *Svaroopa*® Yoga teaches, is:
- To show them how powerful the breath is in regard to general health.
- Take them into additional elements they may have not been exposed to, allowing students to dive a little deeper into their experience of their own breath sound, the sound being the most important element of all of Ujjayi Pranayama.
- Encourage the establishment of a daily home Ujjayi practice; also, how to use the breath in everyday places, like standing in line, sitting for long periods, and traveling without props.
- Use repetition to help them understand the key points of this technique, even over several classes.
- To introduce this aspect of yoga to our community of yogis.

Michele’s next class will be Monday, **September 29 at 6 pm**. Come to this class and find out how Ujjayi breathing will benefit you.

| Class Schedule   |                                  |                              |
|------------------|----------------------------------|------------------------------|
| <i>Fall 2014</i> |                                  |                              |
| <b>Sunday</b>    | <i>10:00AM</i>                   | <i>Terry</i>                 |
| <b>Monday</b>    | <i>9:00 AM</i><br><i>4:00 PM</i> | <i>Terry</i><br><i>Sandy</i> |
| <b>Tuesday</b>   | <i>no class</i>                  |                              |
| <b>Wednesday</b> | <i>no class</i>                  |                              |
| <b>Thursday</b>  | <i>9:00 AM</i><br><i>6:00 PM</i> | <i>Terry</i><br><i>Terry</i> |
| <b>Friday</b>    | <i>10:00AM</i>                   | <i>Mary Jean</i>             |
| <b>Saturday</b>  | <i>10:00AMAM</i>                 | <i>Michele</i>               |

## 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**