



## **MAY / JUNE NEWSLETTER 2013**

**Presenting our NEW LOGO  
and BANNER!**

**Check out our new Website  
at:  
[www.rehobothbeachyoga.com](http://www.rehobothbeachyoga.com)**

### **TERRY'S THOUGHTS**

Greetings Rehoboth Beach Yogis,

Rehoboth Beach Yoga has been busy growing into the 21st century this month! We have a beautiful new Logo and a brand new Website, thanks to our very talented Teresa Rodriguez! Teresa has included in our new website, all the RBYoga news, with some new photos and more coming soon. Our newsletters have their own page including an archive for past editions. And you must check out our Travel Blog!



Featuring upcoming international retreats and a place to see our past adventures with photos. On this blog, Teresa did a gorgeous layout about Ginny Daly's article on our Peru trip in the Shore Life magazine, including a link to the article! Boggles my Brain!

In addition we are subscribed to the online Cape Gazette's "Village Soup" for local news and businesses. Every post we make here, goes automatically to RBYoga's Facebook and twitter pages all at the same time. Isn't technology amazing!

More is coming; Sandy and I can take credit cards with Square because we have smart phones... and we're smart???

During all of this behind the scenes work, we hosted four successful workshops with various rental incomes for RBYoga. These diverse offerings were well attended by our community and extended outside the community as well. Events for doTerra essential oils and Divine Openings were held. A special teachers forum and a 3 hour workshop with 18 attendees offered by Premier *Svaroop*a teacher Bombay or Vidyadevi, her Sanskrit name, were very successful. A great time for all of these events!

Thank you so much for your participation and support of our ongoing effort to contribute to a conscious community of yoga lifestyle practitioners.

Deeply Grateful, Terry



# Monthly Features

## Students of the Month

### Behind the Scenes at Rehoboth Beach Yoga



Teresa Rodriguez is our amazing web designer and logo creator. Even more, Teresa has her own website [www.wondrousvariety.com](http://www.wondrousvariety.com). She is an artist, graphic artist, computer wiz and she works for the Cape Gazette. She has been a *Svaroopa*(R)Yoga student for many years and has always contributed to our success with her creations of beautiful posters, flyers as well as a wealth of suggestions and information to help us grow as a business. She has been our cheerleader and advisor! We are very grateful to have her on our team.

Elaine Ippolito is our newsletter editor and designer. She works long hours on the computer helping us get together every issue, in between being a very supportive mother and grandmother. Elaine teaches computer art and digital photography. She has been an artist, and art teacher for over 30 years. She has contributed to our evolution into the future of what is possible for Rehoboth Beach Yoga in reaching out to our community. Visit Elaine's website at [www.ippolito-art.com](http://www.ippolito-art.com).

Rehoboth Beach Yoga acknowledges the efforts of these two amazing women in their services to our growth and our future. We thank them for all that they do.



Elaine and her grand-daughter, Emily



Premier *Svaroopa* (R)Yoga teacher, Vidyadevi/ Bombay Stillman guides Mary Jean Skinner a Rehoboth Beach Yoga Teacher in the precise alignments for the adjustment in Half Frog.

## POSE OF THE MONTH

The Teachers "Pose Clinic" offered in April was a contribution to advancement of our teachers, who were able to ask questions about poses and adjustments. Poses were reviewed in detail. It was a great experience for all of us. Our ongoing education is always inspiring and is always a benefit for all of our students at RBYoga.

"It was wonderful to get together with some of our fellow *Svaroopa*(R)Yoga teachers to gain more clarity and refresh our understanding about some of the poses." Chelsea King

## MICHELE'S TRIP TO INDIA (PART 2)



**Sunset on the Ganga River at the Kumbha Mela 2013**

Part II: The Journey to Ahallabhad India, site of the Kumbha Mela by Michele G.

The second leg of the Pilgrimage to India took place in Ahallabhad, a half day bus ride from our little village of Ganeshpuri. Although we did not know exactly what to expect there, after being told stateside that over 60 million people would be visiting the festival of Kumbha Mela over the two month duration of this every twelve years event.

We awakened to 4:30 a.m. (optional) morning chai tea served in the dining tent structure, followed by Nirmalananda's guided chant and meditation, and then breakfast served camp style back in the dining space. Even at that early hour,

almost everyone swarmed the area for the chai tea, called masala by name. If you are a chai fan, it was fresh, creamy and always hot!

The days here were less structured, more laid back. Nirmalananda said, "You may be thinking you need to do something here, and are wondering what that may be. Perhaps you should just sit with that awhile. You are here at the sacred Ganga. Experience it. Feel it. If you give yourself time, you may discover what it is you are absorbing of this experience. Notice how the energy here is different from Ganeshpuri, with sacred music, chanting, a bhav, the yogic term for energy and upliftment, of millions going 24 hours a day." So I did sit with that thought. I knew there was nothing required of us at any particular time in the day. And I took advantage of my own meditation practice next to the "mother river," and they were the deepest of my life, probably because of the bhav that was present from millions who were at the Mela, simply for one reason, and one reason only. They were there to cleanse their bodies by dipping in the Ganga, at this sacred place, at this one time.

Thirty plus yogis traveled to the Sangam, the sacred confluence of three rivers, the Ganges, the Yamuna, and the hidden Saraswati, by boat. Nirmala's Indian son, Narayan, was our guide in making most arrangements for us, and after taking a count the previous evening, the needed number of boats was secured for our ride. The first trip was to transport the first three Svaroopis who made the decision to take the "full dip" into the Ganga, the same sacred bath millions of others take while at the Sangam. On the second trip, three days later, others had also decided to take the dip, plus two of the yogis had brought ashes of loved ones to be released into the Ganga, as well as have a priest deliver a puja, the blessing for such occasions. My good friend, Ryoko Suzuki, from Nashville, was one of these yogis, and she asked me to be her assistant for both support and for photos. Nirmala required this of all who took part, and it was a beautiful sacred time for me to experience as well. I had a front row seat, and saw everything that was offered at the puja, fruit, flowers, coconut, palms, sacred ash, and realized what a mitzvah I was performing. I became the communicator for Swamiji and the puja participants, as they were told how to negotiate the price that would be paid to the priest for his services (common in the culture).

I realized staying for the week near the Mela grounds, that what we were to internalize if we so desired, was, the Ganga is all that is needed to experience, what others have known for centuries and beyond. If you have wondered in class during contemplations what your purpose is, or how you can live your life, you have gotten a piece of what a yogic mind is. You are beautiful, and Namaste simply means we are all one. And this is how I honor each of you. As one, in our space, and because of my journey, I too, understand yours.

Om Namah Shivaya

**MAY / JUNE EVENTS**  
**At Rehoboth Beach YOGA**

**Yoga, Life and Breath Workshop**

Rehoboth Beach YOGA has cancelled the *Yoga, Life, and Breath* weekend workshop scheduled for May 18 and 19. There was insufficient interest in this particular workshop at this particular time. We still believe that yogic breathing (Ujjayi Pranayama) is an essential part of being a yogi and hope to hold this workshop at a later date.

**Free your Neck and Shoulders AND  
Get your Head on Straight  
Half Day Workshop**

**Terry (Ishvari) Gardner will hold a 3-hour yoga workshop entitled “Free Your Neck and Shoulders and Get your Head on Straight” at 1 PM.** Cost is \$45. This class will focus on aligning your head with your spine. When your head is in alignment, everything changes.

- .Your neck and shoulder tension will lessen or disappear.
- .Your mind becomes clear, peaceful, and attentive.
- .Your breath is easier, more open.
- .YOU HAVE MORE ENERGY.

Most important of all: NECK AND SHOULDERS IMPROVE WHEN YOUR WHOLE SPINE RELEASES.

**Master Yoga’s 21<sup>st</sup> Birthday**  
**Rehoboth Beach YOGA is planning a party to celebrate**  
**Master Yoga’s 21 Birthday at 430 PM.**

You are invited to join *Svaroopaa*® Yoga teachers, students, and friends worldwide to celebrate this milestone. Let this be a moment where you honor where Master Yoga has brought you – and where you have yet to go! As part of the celebration of YOU, the RBYoga group will be offering a short and sweet birthday party, with all of the trimmings: birthday cake, candles, balloons, photos for Master Yoga’s online birthday album, and a Special Message from Swami Nirmalananda, Founder of *Svaroopaa*® Yoga.

***Svaroopaa*® Yoga Conference 2013**

The 2013 *Svaroopaa*® Yoga Conference entitled “**Alignment with Grace**” is scheduled for October 4-6, 2013 at the Renaissance Hotel Philadelphia Airport. Dive into a yoga weekend, a weekend of core opening through *Svaroopaa*® Yoga’s amazing techniques and teachings that align your body, heart and mind with Grace. Additional information will be included in future newsletters – or you can go to [www.svaroopayoga.org](http://www.svaroopayoga.org) and click on conference.

**Our current class schedule is posted on our website.**

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

**Trip Reminder !**

**Feb 22 to March 1st, 2014**

**Pura Vida Spa:**  
for a beautiful experience of  
**Costa Rica**

**Favorite Quote**

“I went to the chiropractor this morning and got measured. The 6 movement measurements that I did not do well on last time (bending sideways, forward, back, etc) not only improved this time, but 5 of the 6 were 10% beyond average. When he asked what I did.... *Svaroopaa*® Yoga was the answer. That 3 hour class of Vidyadevi on Saturday was awesome. *Svaroopaa*® Yoga is the way!!!”

Charles A. Codacovi

**Second Saturday of  
each month is a**

*Free Introductory  
yoga class (4 PM)*

**Second Tuesday of  
each month is a**

*Free Svaroopaa(R) Vidya  
Meditation Satsang  
(6:30 PM)*

**How to Find Us**

**On the Web:**

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

**Facebook:**

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

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**302-226-7646**