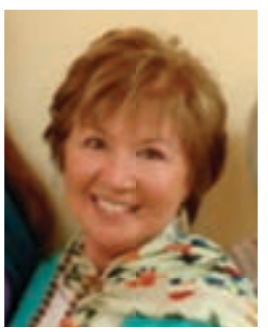




MARCH / APRIL NEWSLETTER 2013

TERRY'S THOUGHTS



Greetings Yogis,

March 20th was the official "First Day of Spring"! Rehoboth Beach Yoga had a good winter, traveling to the famous Blue Spirit in Costa Rica February 16th thru the 23rd. It was truly a bonding experience for both Kim Abplanalp's students and our RBYoga students. All had a wonderful time. We are now looking forward to a busy spring. Many events are planned to bring new and interesting information to our community as well as keep our yoga home useful. We are bringing in new faces and possible new students to learn about the wonderful benefits we have to offer with Svaroopaa® Yoga.

We hosted a very successful "Essential Oils" weekend where those of us who attended learned some very exciting things. Next is an April 13 workshop titled "Divine Openings". I met this teacher at the Delmarva Wellnet Fair and loved her presentation so much I offered to host her at RBYoga. You can read about it on our events page. Hopefully you can join us for this interesting experience. Also, April 19th and 20th is a weekend with Vidyadevi Stillman, a leading Svaroopaa®Yoga Teacher who will teach our teachers on Friday and will then offer a 3 hour yoga workshop for 15 lucky students on Saturday from 1 to 4pm. Details also are on our events page.

These offerings are selected with our students in mind and we hope you are able to take advantage of the extras at the same time supporting our RBYoga home. I am really looking forward to spring and then summer with lots of yoga as well as lots of fun.

In deep gratitude, Terry

Monthly Features

Friends of Rehoboth Beach Yoga Thoughts of Gratitude

I've been in a reflective mood, feeling a deep sense of gratitude for how far we've come. Rehoboth Beach Yoga has received so many generous donations, over the years, which have helped us get where we are today. We are five years in our no longer 'new' home. Over those years there has been so much support from so many that I can only begin to thank you all. I want to start by making a monthly recognition of each of you. This will be an on going process, so we don't leave anyone out. Rehoboth Beach Yoga is now on the path I envisioned years ago. We want to grow and expand our student body, so more may benefit from what you know we have to offer.



Meditation at Blue Spirit in Costa Rica

Student of the Month



Ginny Daly

Ginny Daly is one of RBYoga's greatest cheerleaders; she is also a clown, for real. Her boundless energy has her attending classes, workshops and most of our international retreats. Ginny has traveled with us over the years to Costa Rica, both Pura Vida and Blue Spirit, to Tulum, Mexico and to Peru for our journey to Macchu Pichu. As the Delaware Editor of the "Shore Life" magazine she has written an article about our Peru Trip, which includes my very first by-line, as the trip photographer, very exciting! This is truly great advertising for our yoga home. Our future growth depends on exposure and new students. Ginny's most recent donation is in honor of Steve Fennell and his amazing return to yoga after a serious knee injury. (He is doing just great now!!!) Thank you Ginny.

MICHELE'S TRIP TO INDIA

To even begin to imagine taking a journey such as my India immersion into Svaroopaa, as well as the culture of such a glorious people, would send some people running the other way, yet what I did in India will stay with me for my lifetime.

Even Svaroopis who do not follow the philosophy of yoga that is provided through the ancient teachings would have had an eye opener on a pilgrimage such as the one our teacher, Nirmalananda, provided for the 40+ people that traveled first to Ganeshpuri. Ganeshpuri is a sacred village that can be summed up as, "Those who devote their entire lives to God." Nirmala taught us that the parents and grandparents that lived there, or relocated to Ganeshpuri, were there because of the teachings of Nityananda, who was a great saint and sage, probably one of the greatest, that lived his entire life



Michele in full dress sari

there. I was introduced to temples where Brahman priests perform daily rituals with such love and devotion, specifically for the honor of Nityananda, and his predecessor, Muktananda, who was Nirmala's teacher for the years she lived in India. I was able to walk the distance back from temple on some mornings with Lynn (Amala), the same paths that these simple followers and teachers walked decades ago. Ganeshpuri was very powerful for me, and I hope to return someday.

The rides in touk-touks (took-tooks), crazy city traffic (Indian people do not take driver's tests, nor have insurance on vehicles, sharing the road with an occasional camel, elephant, plentiful cattle, bulls, goats, dogs, was a culture shock to say the least. Yet our destinations to temples, the boat rides on the Ganges River, both at the Kumbha Mela and Varanasi, to see again the lovely devotion of ritual such as sunset arati, the blessing to many things, yet in Varanasi it was the "mother" river herself, a day trip to Saranath where Buddha made his

first public speech to his followers, were the pudding of this trip. Every single place we went provided the one thing I learned about the Indian people – they are love – completely committed love that you see in their eyes, right straight through to their souls. I would not trade that for anything in the world. I thank you from the bottom of my true self. (More of Michele's travels next issue.)

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	6:30 PM	Chelsea (start. 4/3/13)
Thursday	9 AM	Terry
	6 PM*	Terry
Friday	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

APRIL AND MAY EVENTS At Rehoboth Beach YOGA

April 13, 1-3:30 pm --- Introduction to Divine Openings:

In this focused and inspired class, Divine Openings Guide Suzanne Eder will introduce you to the power of Divine Openings. Through teaching, conversation and guided exercises, you will

- . Learn why and how you can stop “working on yourself” and “clearing old issues
- . Gain greater clarity about the energetic nature of the universe and how our lived experience reflects our personal vibrational balance
- . Practice ways to lift your vibration
- . Gain a deeper understanding of what it means to go within and become your own guru
- . Open to the Divine Presence

The cost of this session is \$45.

Register at www.mysolidground.com or email Suzanne at see@mysolidground.com .

Yoga, Life and Breath -- NEW DATE May 18-19, 9am to 5 pm

Due to weather conditions in Boston, RBYoga decided to reschedule the *Yoga, Breath and Life* weekend workshop. It was sad that we had to reschedule but good that you may now be able to attend. The new dates are May 18-19, 2013. The location has also changed to Rehoboth Beach YOGA, 20245 Bay Vista Road, Unit 101, Rehoboth Beach, DE 19971. Melissa (Yogeshwari) Fountain (a senior *Svaroopaa*® yoga teacher) will lead the workshop.

Yoga, Life and Breath will definitely benefit us all. *Svaroopaa*® Yoga poses will be used to open the core of your body and increase the flow of aliveness throughout your whole body. The workshop will also focus on the healing and transformative power of your breath while you learn how your breath really works. You will experience a dramatic increase in your energy and feel more alive than ever before.

Price of this workshop is \$235 if you send in a deposit prior to April 20th, after that the cost is \$285. Since the RBYoga is a smaller location, registrations are limited to 15. Please register early. To register and for information, please call 302-226-7646 or email at rehoyoga@verizon.net .

Upcoming Events (cont.)

April 20, 1-4pm -- Half Day Workshop with Vidyadevi (Bombay)

Stillman:

In this 3-hour yoga class, you will experience the bliss of being embodied through core opening. Every time you open your spine from tail to top, you remove a little more of what is blocking the flow of bliss. Accelerate your own inner opening with the most power poses: twists and seated poses. Experience your own Self: embodied bliss and more.

Vidyadevi is a *Svaroopaa*® Yoga teacher trainer for Master Yoga. Cost of the workshop is \$65. To register or for more information, call 302-226-7646 or email rehoyoga@verizon.net.

**Second Tuesday of
each month is a**
Free *Svaroopaa*(R) Vidya
Meditation Satsang
(6:30 PM)

**Second Saturday of
each month is a**
Free Introductory
yoga class (4 PM)

How to Find Us

On the Web:
www.rehobothbeachyoga.com
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