REHOBOTH BEACH YOGA NEWSLETTER

Summer **2015**

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Offering
Instruction Since 2000

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Terry's Thoughts

Welcome Summer! I have always loved summer. Having grown up a block from the ocean, my sisters and I spent the entire summer on the beach until we were old enough for summer jobs.

Dolle's was my first job at 14!

For Rehoboth Beach Yoga, the classes swell and our year round students generously share their yoga space with all the visitors, some familiar some new.

This is how we grew up in Rehoboth. We had the town, the roads and the stores to ourselves, our small population enjoying the resort benefits with family and friends. Still, we looked forward to the excitement of summer, knowing it was temporary, we appreciated the stimulation of seeing friends from summers past and meeting new ones. It was fun! What a great place to grow up.

Rehoboth Beach Yoga has grown the same way, living in a resort is different than being in a year round location. It's working out wonderfully, thanks to our core group of dedicated students.

I love seeing our yogis help set up the new students, it touches my heart. I can see that they get what *Svaroopa*® Yoga has to offer and they want to share that with others.

It's part of what makes me love teaching, it's fuel for my heart and soul.

A heartfelt thank you goes out to each and every one of you, for year round generosity and support through all our seasons. Here's to Summer 2015!

Ujjayii Pranayama

After Shavasana,, the next practice a yoga student learns is breathing .

Ujjayii Pranayama is the Sanskrit name for a very simple yet profoundly healing breath technique . Ujjayii is also known as either "ocean breathing" or "conch breathing" because the sound created is much like a conch shell held to your ear and it is rhythmic like a slow gentle tide on the shore, in and out. The sound is for the mind to focus on. The sound is the most important part of the practice. This sound of "life itself" is heard in the womb, therefore, has a peaceful effect on the body, mind and more. The Sound is created by using throat muscles at the base of the throat, the same muscles you would use to clear your throat with.

The pace of breath begins slowly with natural breathing, the sound is quiet, internal only you can hear this sound. This draws awareness deeper inside. The breath naturally slows down and becomes fuller. The slow pace of the breath while you are resting enables the body to absorb more oxygen, not burning it off with activity.

Absorbing more oxygen , improves the immune system by creating a chemical reaction, when CO2 is increased bacteria cannot survive.

It's Aerobic, because the slow pace of breathing while resting allows the body to take this oxygen into the cells on a deep level. Yoga considers Ujjayii one of its most healing and most important practices. This practice can be done in Shavasana.

And, with training, a few other poses. The ultimate practice is 20 minutes twice a day, to improve, sleep, digestion, stress, tension, allergies, asthma and much more.

In a class we practice for 5-8 minutes before every class. Sometimes, it's all a yoga student can do to recover from surgery or injury, it is profoundly effective.

I know because it worked for me and others. Breathe.....

" THE FINISH LINE " by Brenda Dunton

Endlessly training for the ultimate next achievement or goal
Individual or group orientation is irrelevant but just as demanding .
The heart is an integral competitor running this race with its beating physicality as well as the organ of love and emotion.
Breathlessly approaching the ever present yet far reaching finish line is a constant competitor of its own kind. An animal possessing an appetite of insatiability.
When and how to win in finality will be a lifelong struggle with constantly vanishing goals yet to be determined.
Being a competitor is aligned with personal nature .
Losing the race ... nor crossing the finish line is NOT! 2/3/2015

Svaroopa® Yoga Meditation

Svaroopa® Yoga Meditation is based on finding and honoring your own true Self or Divine Essence within. This practice is based on ancient yogic texts from thousands of years ago – passed on in the beginning by word of mouth. Eventually, these texts were written down and then through the ages were translated into English.

We are divine beings in individual form – you and me are individuals – but we are so much more. Are you searching for this something more? Even busy happy productive people wonder at times if there is more to life. *Svaroopa*® Yoga meditation helps answer this question.

This style of meditation uses a lineage mantra to quiet our very busy and cluttered minds and prepare us for meditation. A mantra is a sacred word or syllable used for concentration and embodying some aspect of spirituality.

If you are interested in learning the tools to find inner peace and you true Self, attend one of our three-week meditation series or our free meditation satsangs. The next three-week series will be held July 22 & 29 and August 5 (6-8 pm) and the free meditation satsangs are Second Tuesday of every month at 630 pm and the Third Monday of every month at 545 pm. Visit our website to learn more.

Why I teach Svaroopa® Yoga Meditation by Sandy Mati Gilbert

I always thought it would be good for me to meditate -- to lessen my stress, especially during my working full-time years in Washington, DC. But I never did. It wasn't until I started taking *Svaroopa*® Yoga that I learned the value of quieting my mind. What a priceless tool that is! Over the year, I attended many sessions on how to meditate. Each time I meditated for a while and then reverted back to not doing so. Eventually, I did make a consistent meditation practice a part of my life.

Svaroopa® Yoga was my cornerstone – my basis to understand my body and my mind. As I used yoga poses and yoga breath to help my body, I needed more tools to learn how to keep my mind in check and not so cluttered. I was beginning to understand and appreciate my inner peace and decided to learn as much as possible to share it with others.

The first course I took was Meditation Teacher Training. This enabled me to teach others how to meditate *Svaroopa*® Yoga style. My next step was to take Meditation Group Leader training which allows me to hold regular meditations with others where they can learn the tools to quiet an overactive mind and meditate in a group.

After training, I reported to my teacher that I feel such joy when I am teaching the meditation series and the satsangs. The three-week introductory series provides others with the tools to quiet their mind and meditate. Some of those who attended didn't continue to meditate on their own – they needed somewhere to come and meditate as a group. Our twice monthly meditation satsangs provide such a place.

While the response appears slow, I feel they are hearing something and will come back. I am patient – remembering how long it took me to become a regular meditator. I am so blessed to share my knowledge and love of *Svaroopa*® Yoga and Meditation with others.

Future Events – *Two major events coming in the Fall*

There are two major *Svaroopa*® Yoga events happening this Fall.
MARK YOUR CALENDARS NOW – you won't want to miss them.

***The first major event*:** **Swami Nirmalananda Saraswati will hold a *Svaroopa*® Vidya Meditation Satsang on Saturday, *September 19, 2105* at Rehoboth Beach YOGA.**

Every month Rukmini (Maria) Abbruzzi and Mati (Sandy) Gilbert regularly offer free meditations, called Satsangs. During the ages Satsangs have allowed yogis to gather together to mediate and share yoga's teachings. That is because mediation is easier and more powerful in a group. The style of meditation they teach is *Svaroopa*® Vidya Meditation and is based on finding and honoring your own true Self or Divine Essence within.

Swami Nirmalananda Saraswati (formerly Rama Berch, founder of *Svaroopa*® Yoga) is coming to town and will hold a Satsang for us. Swami Nirmalananda received her Sannyasa initiation by Swami Shankarananda in February 2009; and in 2010 she opened the doors of *Svaroopa*® Vidya Ashram in Pennsylvania, where she currently resides and serves as spiritual leader and master teacher.

***The second major event*:** **Kusuma (Karobi) Sachs will hold a weekend workshop on *October 10-11, 2015* at the Olive Branch in Lewes.** This two day workshop entitled *"Happy Body Peaceful Mind"* is for you if you are interested in taking your practice to the next level.

Kusuma is a teacher trainer of *Svaroopa*® Yoga and brings a compassionate and accepting presence in the classroom. She enjoys demonstrating how *Svaroopa*® Yoga benefits and supports people from a vast range of ages, abilities, and body types.

Mark September 26 for Swami Nirmalananda's Satsang and October 10-11 for Kusuma's weekend workshop on your calendars. Further details will be provided as time gets closer.

Class Schedule		
Effective June 2015		
Sunday	10:00AM	Terry
Monday	9:00 AM 4:00 PM	Terry Sandy
Tuesday	no class	
Wednesday	no class	
Thursday	9:00 AM 6:00 PM	Terry Terry
Friday	10:00AM	Mary Jean
Saturday	9:00AM	Kelly

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