

Latest News From Yoga and More

April 1st, 2009

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Yoga is the golden key
that unlocks the door to
health, joy and happiness

Namaste

Wowie Kazowie! A wonderful beginning to the new studio. Classes are in full swing, and a fabulous attendance for the Well-Being Health and You class...complete with a 'live' neti pot demonstration! A special thanks to Sonam, Sudha, and Nikela from Rochester for an enchanting evening (no pun intended!) with music, sound, and chanting. We also enjoyed the Amma meditation teaching and training from Bharat and Padma Jayaraman, from Buffalo with 32 attendees!

Jami had a great turnout for her Thai Yoga Therapy class...16 people attended! In case you wanted to get in on the class and timing was right, she will offer the class again on Sunday April 26, from 2 -4:30 pm.

Included in this month's newsletter are the upcoming events for April including a Spring Twist Workshop, a QiGong Workshop, Private Ayurveda Appointments with Sonam and Jami's Thai Yoga Therapy Workshop!

We will continue to offer you our best of all interdisciplinary treats! I hope you enjoy the dawning of Spring and the opportunities that we offer to increase the health, spaciousness and connection within.

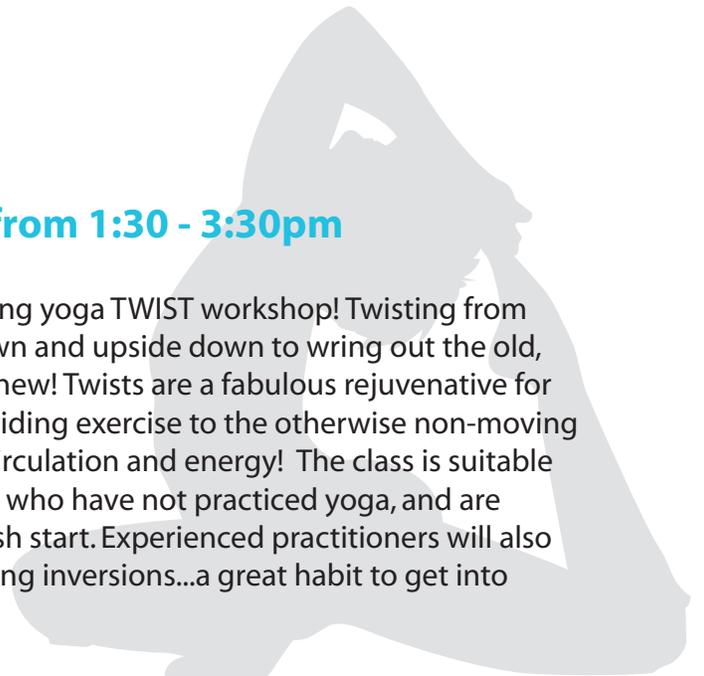
Om Shanti ~ Retha



Twist into Spring Sunday, April 5th from 1:30 - 3:30pm

Join us for our annual spring yoga TWIST workshop! Twisting from sitting, standing, lying down and upside down to wring out the old, detoxify, and bring in the new! Twists are a fabulous rejuvenative for the digestive system, providing exercise to the otherwise non-moving organs, bringing in fresh circulation and energy! The class is suitable for all levels, even for folks who have not practiced yoga, and are interested in getting a fresh start. Experienced practitioners will also explore twisting while doing inversions...a great habit to get into and out of!

We hope you will be able to come in to twist the afternoon away, like you did last summer! The fee for the workshop is \$20.



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QiGong Workshop and Practice! Sunday, April 19th from 2 - 4pm

Please join Joshua for some fluid and yet intense QiGong practice. QiGong is an ancient discipline from China to enhance your well-being, flexibility and increase the circulation within. Both the circulation of the physical body, and optimal circulation of the energetic body. Joshua has put together a series of qigongs that will gently challenge you, move the body in a connected rhythm, and bring new found energy and stillness. Chair (sitting) versions of the QiGongs are possible as well. Previous experience is not required for the class. The class is \$20, pre-registration is appreciated for our Hammondspport teacher.



Ayurvedic Consultations with Sonam Saturday, April 25th from 12 - 6:30pm

Sonam returns to see clients privately for Ayurvedic health consultations. The Ayurveda system is the science of life, our original roots of medicine. This system is designed to prevent illness from occurring in the body, and to cure illness from the root cause. All remedies are herb based. We have seen tremendous success in the Corning area with respect to lowered blood pressure, decreased anxiety, lower cholesterol, better hormonal balance, and mood control (for adults and children). More information is available about Sonam and Ayurveda at <http://www.aumhealing.com> Please reserve your appointment early with Retha at the studio.



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Ask Retha!

Dear Retha,

I would like to do a gentle cleanse for my body for the spring. Do you have any suggestions?

Signed,
Waking up from Hibernation in Bath, NY

Dear Waking Up,

Spring is a great transitional period to cleanse and detox the body, getting ready for more activity from our sluggish winter state. Besides doing the 'Twist workshop on April 5th, a very simple way to begin your spring cleaning is to squeeze a lemon into a cup of very hot water and drink it first thing in the morning! Before your coffee, before your tea...before anything in the morning. This combination wakes up the digestive juices of the liver and gallbladder so they can do their job more effeciently! I.e. cleanse, detoxify and get rid of fat! If you tend to be a 'hot' person or "pitta" in nature, you may want to try the juice of a lime instead...it is less heating for the body.

Good Luck!
~ Retha

