

<p><b>August 2012</b></p>	<p><b>Namaste!</b></p>
<p><b>Inside this issue</b></p> <ul style="list-style-type: none"> <li>*Early Bird Yoga!</li> <li>*Yoga Cha-Cha Chai, at the "Palate Café &amp; Juice Bar"</li> <li>*Aikya Healing</li> <li>*Well-Being Workshop</li> <li>*St. John Retreat 2013</li> <li>*Breathing &amp; Relaxation CD</li> <li>*Meditation Classes</li> <li>*Ask Retha</li> </ul> <p><b>Contact Info</b></p> <p>Retha Cazel Yoga and More 139 Walnut Street Suite 101 Corning, NY 14830 607.962.9642</p>	<p><b>Namaste!</b></p> <p>It is with gratitude of heart that the umbrella organization of "The Walnut Street Center for Wellness &amp; Healing was recently formed. The connection of Lisa Schutz (from Healing Hands Reiki, and the Holistic Healthcare Cooperative) in our lovely rekindled building adds a nice dimension to the wellness modalities available in the Corning Community.</p> <p>Our grand opening was held Thursday June 28<sup>th</sup>....bridging minds, hearts and stomachs (special thanks to Mike Lanahan from the "Cellar" on Market Street for making the day a palate remembrance!!) together as one.</p> <p>Each of our businesses (1) Yoga &amp; More (2) Healing Hands Reiki and The Holistic Healthcare Cooperative, will continue to offer the best healthy alternative choices for your exploration. <a href="http://www.corning-wcwh.com">http://www.corning-wcwh.com</a></p> <p>I hope to see all of you in class sometime soon – we have a lot of juicy workshops and events coming up.</p> <p>Enjoy! Peace, warmth and harmony - Retha</p>
<p>Yoga is the golden key which unlocks the door to health, joy and happiness</p>	<p><b>August Early Bird Yoga!      6:30 am – 7:30 am</b> <b>August 6<sup>th</sup> – August 17<sup>th</sup></b></p> <p>Morning inspiration to start your day – a great way to enhance the energy of your day, and get things moving in a positive direction from the git-go! Sun Salutations may be on our list of morning doings or perhaps an array of standing poses, back bends, hip openers, leg lifts or inversions??? Come and see what the morning will bring. If you wish, join us for meditation at 6 am....and if you really DARE...chanting before 6 am! Come for an entire week \$50.</p>
<p>The original design of medicine was to "cure" the root cause, and eliminate the illness</p>	<p><b>Aikya Healing Sessions Available! REIKI AMA DEUS</b></p> <p><b>Aikya</b> (pronounced "Eye-key-Ah") sessions cultivate healing and health with the presence of heart using age old traditions and skills of energy healing and deep listening. The word Aikya comes from Sanskrit and means unity with the divine, a harmonious spirit balanced with that</p>

which is formless with that which has form. This is a result of being a REIKI III Master for 12 years, an Ama Deus healer for 7 years...both integrated with my practice of yoga, meditation and Ayurveda to bring you a unique session.

The sessions may help with emotional healing, relieve anxiety and insomnia, depression, improve energy, enhance physical health, release emotional blocks from illnesses, bring peace, increase overall health and well-being, establish balance of heart from cancer treatments, etc. Many times the sessions reveal additional information from the spirit, from your healing guides and angels as to what needs to happen to create or re-establish the luminescent potential that exists within.

*Perhaps there are physical, emotional, or mental shifts which need to take place first before you move forward into a new direction. Perhaps you are connected with someone who has need of a shift themselves, would you be willing to be a conduit for their growth and healing? Perhaps you just need an energetic restart or reboot to get you going! Perhaps you would just like to breathe comfortably in your own being.*

Aikya sessions are individually booked with Retha, **\$75 1 hr Reiki Sessions**, Ama Deus Sessions are available as well.

### **A YOGA SMOOTHIE! “Yoga Cha-Cha Chai!”**

Vanilla yogurt, banana, and chai! Now that is what I call a *CHA-CHA CHAI!* A Yoga & More specialty smoothie ONLY available at the “Palate Café and Juice Bar” on Market Street. It’s a place where you “art what you eat!” An inventive dining experience located in the back of Beyond Baskets, 88 W. Market Street in Corning. Fresh juices, salads, wraps, smoothies, wheatgrass and more...check it out.



The fragrance of the heart is unmistakably divine

## **St. John Retreat**

***Exploration***

***Island Adventure***

***Yoga, Relaxation, I-Ching, and More!***

## March 2<sup>nd</sup> – March 9<sup>th</sup>, 2013



*Register NOW!!!!* And secure your space for an extraordinary week in the beautiful Virgin Islands. Joan and Retha will be your hosts for the week, a gorgeous home, crystal clear waters, explore (hike, snorkel, swim), receive balance (yoga, i-ching, meditation, rainbows, sunset, community, and the best ever tuna!) The retreat registration is available on our website (schedule page) as well as the brochure for the retreat. The early bird “jo-jo” fee is in effect \$1,200 for the week, many options available for payment i.e. whole, half or partial. Plan ahead for the end of winter...be warm, be comfortable, be filled with sunshine!

### **SUNDAY SEPTEMBER 9<sup>TH</sup> Well-Being, Health & You Workshop 1pm – 4 pm**

The ‘primer’ for understanding your body, health, constitution and choices which you can make individually to improve your health. It is a short course developed to give you a clear and strong foundation of Ayurveda medicine, your constitution and preventative health possibilities!!

We cover the base of the constitutional health model (Ayurveda Medicine) from a nutritional base, personal characteristics and health propensities. Many handouts to support your journey of empowered healthy choices, need I say, all natural and free of any pharmacological agents.

Course fee, \$45. Register with Retha or online w/PayPal (class schedule page).

### **Audio CD Ready!!! "Breathing and Relaxation for Stress Reduction" is ready for you! \$15**

A guided audio practice to bring you balance and relaxation. The cd has

five tracks, the first an intro, three effective/easy breathing techniques for you to follow and 25 minutes guided progressive relaxation! The cd is accompanied with beautiful, ethereal, relaxing background music. The cd is available on our new products page, check it out!

[products page](#)

### **MEDITATION CLASSES Mondays September 10<sup>th</sup> – October 22<sup>nd</sup> 6:00 – 7:00 pm**

Meditation, the old fashioned way....sitting, breathing, and noting! Join us for a six-week course of meditation practice deep rooted in the tradition of “Vipassana” meditation. Vipassana translates as “Insight” meditation. The age-old process teaches us to look deeply within, listen to the silence, learn from the quietude, and be more aware as a result of the process.

We will work with various breath practices, mindfulness practices and compassion.

Fee, \$60 for the course, \$15 Drop-in fee.

### **Ask Retha**

Dear Retha,

I have a lot on my plate and am being pulled in many directions...and simply stated “I have no mood”, meaning, I have no mood to do or accomplish anything. Agghhh!

Sincerely,

Feeling Hapless in Horseheads

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Dear Hapless,

First of all, let's be clear! You are not hapless, and there is a simple solution. To coin NIKE, “just do it”. Even if we have no “mood” to continue what we are doing, doesn't mean we don't do anything! I will stand by the old adage my mom would share with me: “Energy begets energy”.

Set aside 15 – 30 minutes a day, to eat the frog!! To do that which you have no mood for, and you will find that you will actually enjoy the time and the sense of accomplishment you will achieve.

**You may even wish for more things that you 'have no mood' for!**

Kindly,  
Retha

**If you have questions that you would like to have answered in the next newsletter, please mail it to Retha with the subject: "Ask Retha" [spirityoga@yahoo.com](mailto:spirityoga@yahoo.com)**