

Latest News From Yoga and More

December, 2009

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

Namaste

Unbelievably so, Winter has finally gained some ground. I was just reflecting on how fast this week, this month has been progressing. Then I realized, the entire year has absolutely flown by! I honestly believe I heard the word "whoosh".

We had a fabulous retreat in October at Keuka Lake. Snow and all! Can you believe it, it snowed for our Autumn Retreat! Joan came up from North Carolina to some yoga and cranial sacral work with us, everyone had a great time – lots of laughter and great connections were made. We are already looking forward to October 2010. In the meantime Joan will grace us with her presence in February to teach at the studio, and share the I-Ching with us.

Jami gave a couple of super workshops this fall. We are looking forward to her "hot yoga" workshop in the Spring, please keep your eyes and ears peeled!

2009 has been a good year, offering us with a new studio space with dedicated students. Lots of opportunities for everyone to experience the innate qualities of grace and beauty that supports us on a constant basis. My intention is to continue to offer you these opportunities for exploration, growth and sheer pleasure!

Om Shanti ~ Retha



Crystal Meditation Friday, January 8th from 6:30 - 7:30pm



Join us for an hour of spectacular sound and quietude. We will once again enjoy the sounds of the Crystal Bowls, and a meditation practice from the Buddhist tradition. Our meditation focus will be on Metta Meditation, Tonglin Meditation and/or a Support Meditation. The meditations stem from the Vipassana meditation tradition, and have been a cornerstone of Retha's practice and teachings from John Orr and Barbara Brodsky since 1995.

We hope you will be able to come in, sit, breathe and shift your awareness. Donations are appreciated for the teachings.

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Ayurvedic Consultations with Sonam: Saturday January 16th from 11:30am to 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 www.aumhealing.com.

**** Please reserve your appointment early with Retha at the studio!**



Studio Calendar & Events 2009 and 2010

We end our 2009 teaching session on Thursday December 17th. Classes for the New Year begin Wednesday January 6th.

I will host a yoga workshop over the holiday season: Wednesday December 30th 9:30 – 11:30 am Exploring “Wringing Out the Old to Ring in the New!” We’ll explore a variety of twist techniques to bring awareness, awaken and engage our energies to best serve us.

Our monthly meditation will be held Friday January 8th from 6:20 – 7:30 pm.

Sunday January 9th, join us for “Health, Well-Being and You.” A dynamic lecture about your body’s constitution and how to create a healthier you by learning your inherent characteristics. Your health is a pro-active, engaging process, come and learn how you can participate and co-create your own well-being.
1:30 – 4:30 pm.

\$45.00



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Ask Retha!

Dear Retha,

I am interested in starting a meditation practice, it seems easy enough to do – I get confused about the ‘how to’s’ when I sit down. Do you have any suggestions?

Signed,
Perplexed in Painted Post

Dear Perplexed,

Kudos’s to you for trying! Confusion happens. It seems, as a western society, there is a great expectation to experience immediate results when we embark on a new endeavor. Or any endeavor for that matter. Whether it is going the Doctor, texting someone, or needing something – we want immediate satisfaction and progress.

Meditation is no exception.

However, the benefits of meditation accrue of time, it is of primary importance to have a regular practice. This means sitting down comfortably for at least 20 minutes at a time!

The best way to initially stay focused on meditation is to focus your attention on the breath. Simply noting the breath coming into the body and leaving the body. Noting both the entry points for the inhalation and the exit points of the exhalation at the nostril edges.

This is the first step. The attention to the breath. When the mind wanders – and believe me – *it will wander all over the place* (like wild horses) you simply need to redirect your attention to the breath.

Give this a try for 10 days in a row, and remember to use a time initially until your inner meditation clock awakens!

We each are being breathed by something greater than our individual self. The breath is your key to attainment.

~ Retha