

Latest News From Yoga and More

February, 2010

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Contact Information

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

Namaste

Namaste Firends!

It is a beautiful winter day. I am enjoying watching the snowflakes fall. As a kid, I always loved playing in the snow, and being part of the delight. As an adult, I am reminded how I would rather be warm and cozy inside.

Yet, the miracle of the snow flake creates this deep sense of wonder and beauty within my heart. Each flake sculpted and reflecting its own uniqueness, never replicated by another.

This reminds me of our own internal sculpting, its uniqueness and unequivocal representation of the divine that supports us on a daily basis.

Just as each snowflake is wondrous, each of us is placed here to offer our own uniqueness to support those around us. I hope you will take a few minutes to marvel and reconnect to your inner sense of wonder and appreciation.

Om Shanti ~ Retha

IAM Meditation Training February 21st Corning Library 2:00 - 4:00 pm

It is our pleasure to welcome Padma and Bahrat Jayaraman back to the Corning area. Padma and Bharat will be teaching the IAM mediation technique. This technique is from Ammachi, the hugging saint. To see more about Amma, check out: ammachi.org Otherwise, please join us on Sunday for the training and a very peaceful experience.

The training is offered for no charge. However, pre-registration by Feb. 19 is appreciated. 962-9642.

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Ayurvedic Consultations with Sonam: Saturday February 27th from 11:30am to 5:00pm

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

Back by popular demand!

Neck Yoga Workshop

February 28th

1:30 - 3:30pm

\$25

Shoulder tension? Neck tension? Neck injury? Stiffness? Join Retha for a unique and expertly guided session on "Neck Yoga". After suffering from her own neck injury, she developed a unique way of working with the neck in a non-threatening way to increase mobility, improve strength, and realign the cervical vertebrae. The combined movements and breathing techniques create freedom and possibilities in the cervical region that you will enjoy tremendously. Whether you have a specific concern or whether you would like to just experience a new dimension of working with the body – this is an ideal workshop for you.

Crystal Bowls & Meditation

Our monthly meditation will be held Friday **March 12th** from **6:20 - 7:30pm**.

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Well-Being Workshp

Sunday **March 14th**, 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

Ask Retha!

Dear Retha,

I would love to come to the monthly Crystal Bowl & Meditation class, however, I am such a chicken and afraid of coming to a class where everyone already knows what to do. Plus, how in the world can I sit still for an hour?

Signed,
Fearful Chicken

Dear Fearful,

It is great that you can see what is stopping you from coming to the class. That is the first step to get past the issue.

No worries. You won't be sitting and meditating for the complete hour. I take the time to educate and give meditation instructions at the beginning of the class.

Then we listen to the sounds of the Crystal Bowls while being quiet and attentive.

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.

Then we move forward into a guided support meditation practice. And THEN we sit in silence for - 15 minutes, left to the devices of our own mind! It is a very "doable" session for the non-experienced as well as the experienced. Please look at last months "Ask Retha" for more meditation information!

~ Retha