

Latest News From Yoga and More

July 1st, 2009

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

Namaste

Summer is here in full swing! Gratefully so. I am reminded every day of the lushness and beauty that exists all around us. There is nothing quite like a New York summer. After living in Georgia, the Phillipines, and North Carolina, New York is very special. There is an incredible amount of beautiful, green, lush foliage from various sources; plus it all is beautifully accented with the hills that surround us. Each day I am reminded that this beauty which surrounds us, also rests within us. It rests within us as the source which connects to our divine nature. This radiance and abundance that exists within the heart and soul of each of us. I hope you each will take the time every day to breathe in this magnificent beauty which surrounds you. May you each continue to be as radiant as possible in your life, sharing your heart space in every moment possible.

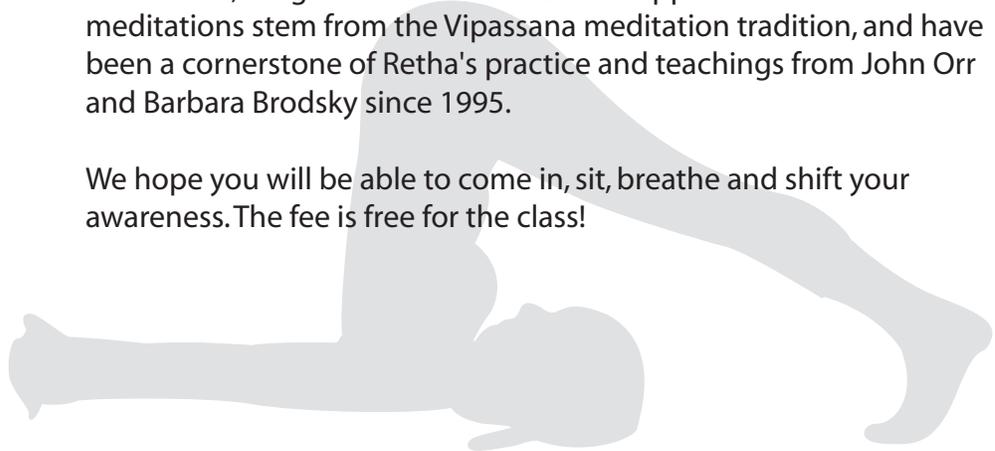
Om Shanti ~ Retha



Crystal Meditation Fridays: July 17th & July 31st 6:30 - 7:30pm FREE!

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. The fee is free for the class!



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Ayurvedic Consultations with Sonam: Saturday July 18th 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!**

Tai Chi Core Principles & Five Section Yang Style Tai Chi with Trude Dejong - Certified Tai Chi Instructor Sunday July 26th from 1:30 - 4:30pm

In this workshop we will explore the nature of Tai Chi. Beginning with breathing exercises we move on to the study of the kua (the hipstructure). We discover how internal energy is generated.

How do we move with energy and spirit? We play with the interchange of Yin and Yang. We let it evolve into an internal martial art by having a opponent or partner, imaginary or not. In this workshop we will do a short form of tai chi, the five section Yang Style Tai Chi by Sam Masich, that is based upon the Twenty Four Forms Yang Style Tai Chi.



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Ask Retha!

Dear Retha,

I find it difficult to do my yoga exercises every day. I love doing yoga, yet I procrastinate and it seems like a chore? I feel so guilty and bad. What am I doing wrong?

Signed,
Hapless in Mansfield

Dear Hapless,

Procrastination happens! This is natural. However, the sense of the yoga being a 'chore' is not natural.

Instead of aligning with the 'need to yoga', try aligning with something that brings you great joy in this life. Perhaps there is a particular joy you experience in a relationship, a friendship or in a community activity which you participate in. Something that gives you a sense of life and love, or a sense of "knowing" of why you are here.

Before you begin your practice, be present with your breath, your body, and your mind - offering gratitude and thanks for this joy you have in life, breathing in remembrance and breathing out graciously in each pose that you do.

This offering of the heart, the breath, this consciousness while you practice will put the radiance and divine spark back into your poses and allow them to flow with ease!

The river flows to the sea
~ Retha

