

Latest News From Yoga and More

June 1st, 2009

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

Namaste

The month of May has completely zoomed by me, and already it is June! Appreciatively so, both Marianne Park and I were able to attend a weekend workshop with our teacher John Friend. Marianne and I traveled to Raleigh, NC to partake of all the grace and goodness that John had to offer! I received many challenges (as Marianne can attest to) (smile). The biggest challenge was being able to resist going to the beach! Instead I wound up going to the front of the class. Several times ;-). A wonderful inspiring time for all, and lots of inspiring goodies to share with each of you.

Included in this month's newsletter are the upcoming events for June, and a preview into July! By request, we are offering a couple of Meditation classes, Private Ayurveda Appointments with Sonam and Jami's Thai Yoga Therapy Workshop!

May you each continue to be as radiant as possible in your life, sharing your heart space in every moment possible.

Om Shanti ~ Retha



Meditation Fridays

June 12th & June 26th from 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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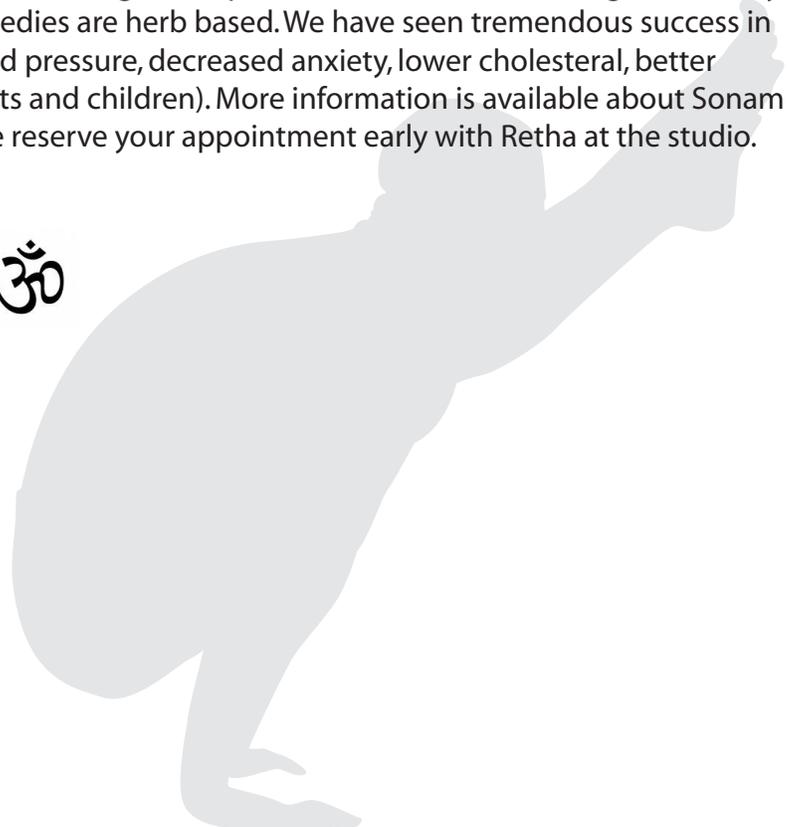
Thai Yoga Therapy Workshop June, 28th 2 - 4pm \$25.00 each

Please join Jami for her fabulous "Thai Yoga Therapy" workshop. We have room for 16 people to participate. Please reserve your spot early! It is a partner/share workshop - bring your significant other, friend, or come by yourself and we'll find an appropriate pairing for you. You will learn several Thai Yoga Therapy techniques, how to give and receive them. Also, you will do a short Vinyasa yoga practice to get your energy moving and increase your optimal potential for the workshop



Soon, in July... Ayurvedic Consultations with Sonam! Saturday, July 18th 11:30 - 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.



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Ask Retha!

Dear Retha,

I am interested in receiving an Acupuncture treatment for a chronic knee pain/injury. How can I find the right Acupuncturist for me?

Signed,
Needing to be needed in Corning, NY

Dear Needed,

Acupuncture is a great way to open up stagnant energy channels in the body to create optimal flow and enhance your life experience! It is a recognized system for its ability to deal effectively with injury and pain management.

I like working with the Acupuncturist who will help address the underlying cause of the discomfort and/or issue. All will treat your symptoms, some will help you unveil and treat the root pattern/cause.

The bottom line is that you need to feel comfortable with who is giving you this treatment, as well establish trustful communication. Here are a few recommendations for you to investigate:

Bo Butters 769.5634
Xinmin 277.6465
www.xinxingacu.com

Candace Quinn 377.4216
www.peacockacupuncture.com

I hope you "Get the Point!"
~ Retha

