

Latest News From Yoga and More

March, 2010

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

Namaste Friends!

Namaste Friends!

I heard songbirds this morning and watched a blue jay swoop down in front of our living room window – teasing the cat! The cat was excited and bellied up to the challenge of going outside. It was irresistible. Spring is on its way, still covered and disguised in the Maya of winter for now.

Just like many of us, many times our true nature and what we hold dear to ourselves with regard to intentions and how we really want to live our life, becomes obscured and hidden from our very selves through our unskillful actions, reactions to things around us. Maya (illusion) envelops us.

Learning how to deeply listen to our own heart intentions, put aside behaviors and expectations that do not serve us – this is the challenge. By remembering what our true heart and intentions are, we learn how to narrow the gap of Maya and become more conscious.

It's a challenge, one worth pursuing.

Om Shanti ~ Retha

IAM Meditation Training
March 28th
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 meditation 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 March 26th 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

Crystal Bowls & Meditation

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

Well-Being Workshop

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

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Ask Retha!

Dear Retha,

I have a lot of anxiety and suffer from depression. It is a classical anxiety/depression disorder. Can I manage this with yoga, and will I ever be medication free?

Just Wondering in Corning

Dear Wondering,

Yes, anxiety and depression are typically seen intertwined with each other. Yoga can be used to skillfully help you work with anxiety and depression.

However, it is important to be able to identify which part of the cycle you are in. The poses which are useful to tame anxiety are your forward bends that create a quieting of the mind and the central nervous system. Doing these poses during times of depression may actually increase and perpetuated the depression.

Likewise the poses that will displace the depression - backbends and heart openers are adversaries of anxiety.

Being mindful of where you are at, and communicating your current state when you come to class is important. By all means continue taking your medication. You can work with your physician and medical practitioner about how to decrease your medication in an effective manner.

Practically speaking it can take at least 5 months of consistent practice to make an impact mentally and physically on an issue like this.

I hope this gives you some insight and a place to start.

~ Retha