

Latest News From Yoga and More

March 1st, 2009

In this issue

1. Relocation "Soft" Opening
2. Well-Being Health & You Class
3. Friday Night KIRTAN returns
4. Ask Retha

Contact Information

Retha Cazel
Yoga and More
139 Walnut Street
Suite 101
Corning, NY 14830
607.962.9642

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

Namaste

The move to the new studio was successful with a lot of helping hands! Thanks to everyone. A special thanks and hats off to Tim Park and Jim Watkins for installing the mirrors! We had an awesome start to classes. I think people rather enjoy sleeping in later on Saturday morning, and like the later starting classes!

Jami had a great turnout for her Thai Yoga Therapy class....16 people attended! Wowie! In case you wanted to get in on the class and timing was right, she will offer the class again on Sunday April 26, from 2 -4:30 pm.

The new website is ready: <http://www.spirityoga.net>

Included in this months newsletter are the upcoming events for March including our "Soft Relocation Opening", Well-Being Health and You Class, and a Kirtan with "Sonam & Friends".

All my best for a restful look into spring, and I look forward to seeing you soon!

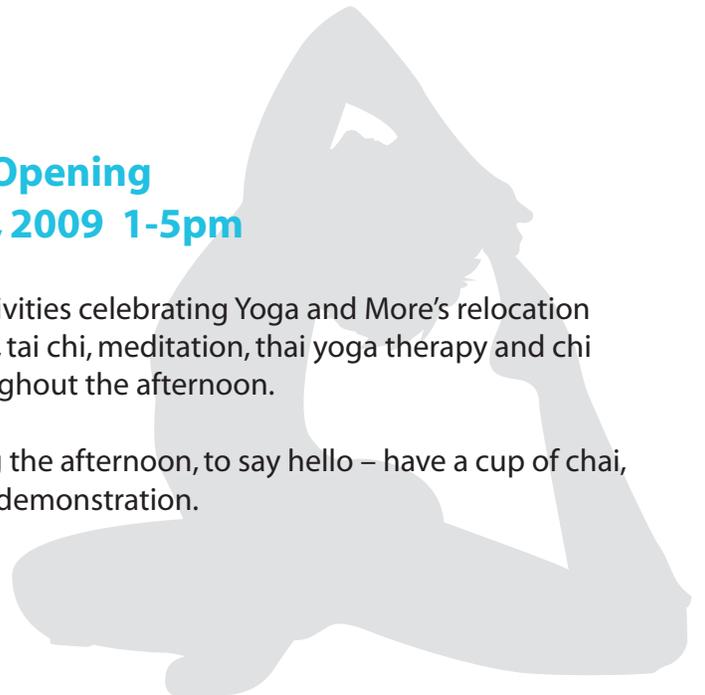
Peacefulness is a state of mind and body, united by the breath.
Om Shanti ~ Retha



Relocation "Soft" Opening Sunday March 1st, 2009 1-5pm

Join us for some light festivities celebrating Yoga and More's relocation move. A sampler of yoga, tai chi, meditation, thai yoga therapy and chi tea will be available throughout the afternoon.

Stop by at anytime during the afternoon, to say hello – have a cup of chai, and try a class or watch a demonstration.



Latest News From Yoga and More

March 1st, 2009

Well-Being, Health & You Class! Sunday, March 23rd 2 - 5pm

**Interested in Losing Weight?
Increased Metabolism?
A more Balanced Hormonal Body?
Natural Remedies?
Tired of Insomnia?**

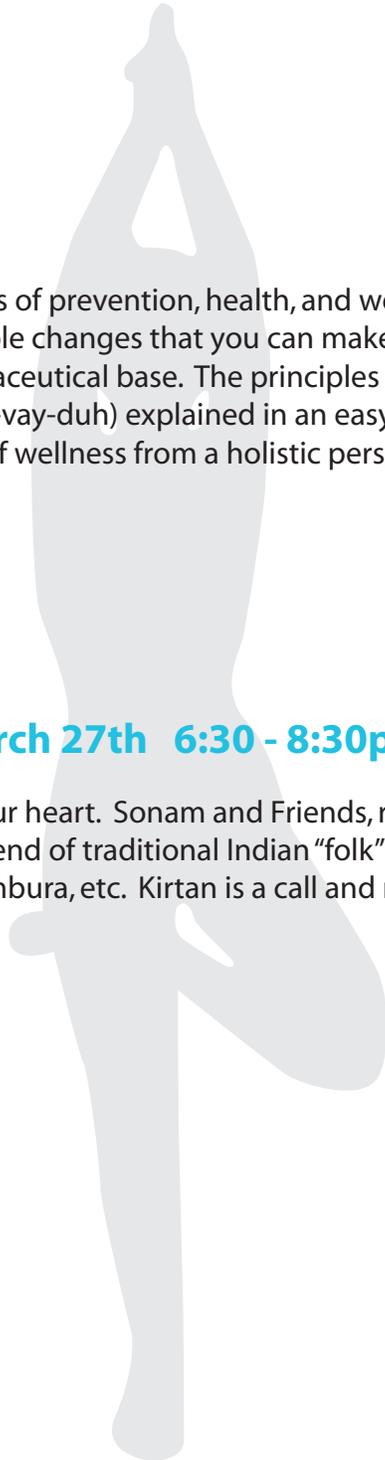
Please join us for a course designed from the ancient principles of prevention, health, and well being. You will learn about general body types and constitution, simple changes that you can make which are effective to increasing vitality and wellness from a non-pharmaceutical base. The principles stem from the ancient Indian system of "Ayurveda" (pronounced eye-erh-vay-duh) explained in an easy, comprehensible way. You will learn several 'take-aways' to begin your journey of wellness from a holistic perspective. \$40 please pre-register!

ॐ ॐ

Kirtan with "Sonam & Friends" Friday, March 27th 6:30 - 8:30pm

Join us for a fun evening of singing and chanting to inspire your heart. Sonam and Friends, return from Rochester to grace our studio with divine music and fun. A blend of traditional Indian "folk" music and various traditional instruments....harmonium, mridangam, tambura, etc. Kirtan is a call and response tradition. Bring your voices, and the 'friends' will do the rest! A great evening of reconnection. \$10

ॐ ॐ



Latest News From Yoga and More

March 1st, 2009

Ask Retha!

Dear Retha,

I seem to have an awful lot of neck tension and have a very difficult time getting rid of it. Do you have any suggestions?

Signed,
Stiff Neck in Corning

Dear Stiff,

Everyone holds onto tension in their body, it is a very natural thing to do. We each have our own locations in our bodies for storing/keeping tension. Some folks keep the tension in their hips, shoulders, stomach, or head ...you happen to know that your area of hold is your neck.

You are lucky! Your key to a softer neck and less tension is to work on releasing your shoulders. Here are three things to try -

- * Try some arm extensions with a yoga strap overhead and behind you, remembering to reverse the process.
- * You can also do some "shoulder smunching" by the ears to release.
- * Finally, clasp the hands behind the back and lean forward with the knees bent...bringing the arms overhead as if you could jump rope! Please do not bring them full circle! Yeow!
- * Come to the "Neck Yoga" Class (Sunday Workshop) in April

Try each one several times and your mobile shoulders will serve as the waterfall to allow your neck tension to melt away.

Good Luck!
~ Retha

