

Peace through Yoga



Dear Yoga Friends,

Peace through Yoga is proud to announce our support of the Women Like Us Foundation. The foundation allows us to give back in a sustainable way to global partners in destinations that we offer international/humanitarian yoga retreats.

Please review the Gift Catalog at www.womenlikeusfoundation.org and make a difference for *a child in an orphanage in India, a school in Costa Rica, a birthing center in Uganda, a preschool in Kenya, a breast cancer program in Serbia, a sponsorship for a student on a Sioux Indian Reservation, a children's home in South Africa, or an enrichment scholarship to a local high school girl in your own community.*

Please consider helping any of these causes by making a tax-deductible donation to this 501c3 non-profit organization. You can also purchase a specific item in someone's name as a holiday gift. What a great way to give the gift of giving. Make a difference for a meaningful holiday gift and beyond.

Happy Holidays!

Sally Brown Bassett, Ph.D

"We make a living by what we get,

Yoga 101: Eight Limbs of Yoga - Part VII

Last month we focused on one-pointed concentration called Dharana. This is the sixth limb of yoga.

The process that instills a deep inner space of awareness and meditation without focus on an object is called Dhyana. For more background on this philosophy of yoga, please refer to the past email newsletters on www.peacethroughyoga.com.

Recommendation: Spend five minutes focusing on your breathe then another 10 minutes just being quiet and going within. If you mind wanders, gently bring yourself back to the meditation state. During the busy holiday season, it is the best thing you can do for yourself.

Teacher Training for everyone!

For those interested in taking your yoga practice to a deeper, more meaningful level, you might want to consider the PTY Teacher Training course starting in January, regardless if you choose the path of being a teacher in the future. We will cover all the different aspects of yoga. For

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Dates to Remember:

* Special New Year's Day Class - 10-11:30 a.m.

* No classes 12/24, 12/25, or 12/31

* New Hot Yoga, Gentle Yoga and Tai Chi starting first week of January

* Ipsalu Tantra Kriya Yoga Workshop - January 23 with Dr. Pat Sheehan

* Partner Yoga - February 13

*but we make a life by what we
give."*

Winston Churchill

more information, go to
www.peacethroughyoga.com

International Yoga Retreats

- * Uganda - February 5-19, 2010
- * India - February 25-March 9, 2010
- * France - September 18-25, 2010
- * Costa Rica - October 16-23, 2010
- * South Africa - February 2011