

Peace through Yoga



Dear Yogi Friends,

In two weeks I will be returning Uganda and hope you will share my journey through our Blog.

Internationally-known yoginis, Seane Corn and Suzanne Sterling will also be hosts on the trip. The reason this trip is extra special is because the twenty-two participants on the trip all raised \$20,000 to go. The funding is being used to build a Birthing Center and an elementary school in the rural areas of Uganda.

This challenge is an annual trip in partnership with Off the Mat Into the World. If 2010 is a time for you to take on such a goal, please consider joining us next February to South Africa. More information is on our website:
www.peacethroughyoga.com.

This year will also take us to India, France and Costa Rica. Promise...you do not need to raise \$20,000 to go :)

Yoga 101: Eight Limbs of Yoga

This month we cover the last "limb" of yoga: Samadhi. It's the top of the pyramid of what we strive for in yoga. We go from the first few limbs of yoga by grounding in ethical principles and self-restraint. We often start by learning the yoga poses (the third limb) and grow by focusing more through concentration and meditation. Samadhi is when you connect to a higher source. You lose the sense of your separate existence and

In This Issue

- [Letter from Sally](#)
- [Yoga 101](#)
- [Journey to Uganda through our Blog](#)

Upcoming Events:

- * Tantra Kriya Yoga with Dr. Pat Sheehan - Saturday, January 23 (Register now)
- * Partner Yoga - Saturday, February 13
- * Spirit Ecstatic - Drumming, Chanting, and Dancing - Saturday, March 6 at 7 p.m.
- * Women Like Us Afternoon Tea and Speaker Series - April 15

For more information, visit www.peacethroughyoga.com

Class Schedule

Monday:	8-9 a.m. Restorative Yoga 5:45-7 p.m. Vinyasa 5:45-7 p.m. Gentle Yoga
Tuesday:	5:45-7 p.m. Beginning Yoga
Wednesday:	6-7:15 Ashtanga

The dates are listed below.

Hope to see you soon. Until next month...

Namaste!

Sally

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

Maria Robinson

“When you do nothing, you feel overwhelmed and powerless. But when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better.”

Unknown

nothing else remains except the core on one's being: the soul and God.

Our next series of Yoga 101 begins next month on Chakras.

5:30-9:30 p.m. Teacher Training

Thursday:

6-7:15 p.m. Kundalini

6-7:15 p.m. Restorative Yoga

Friday:

6-7:30 p.m. Kripalu

Saturday:

8:30-9:45 a.m. Hot Yoga

8:30-9:45 a.m. Vinyasa

10-11:15 a.m. Power Yoga

Sunday:

1-2:15 p.m. Tai Chi

International Yoga Trips

* India - February 25-March 9, 2010

* France - September 18-25, 2010

* Costa Rica - October 16-23, 2010

* South Africa - February 5-19, 2011