

# Peace through Yoga



Dear Yogi Friends,

Yesterday morning I woke up to howler monkeys in the rain forest of Costa Rica. After a week leading a retreat mixed with yoga, humanitarian work at a village school, and adventure (such as kayaking and zip-lining through the jungle), I find being home somewhat surreal.

Like one of the participants said as she bid farewell at the airport, it is a special combination when you can deepen your yoga practice for a week in another country and immerse yourself with the local children for a few days. Hope you will join us next November.

As you will see from this newsletter, there are a variety of new classes being offered in the future at Peace through Yoga---Restorative, Hot, Tai Chi, and a workshop on Tantra

Check-out [www.peacethroughyoga.com](http://www.peacethroughyoga.com) for more information as well as holiday schedules.

## Yoga 101: Eight Limbs of Yoga - Part VI

In the past five PTY newsletters, we have outlined brief descriptions of the first five of the eight limbs of yoga. Please refer to our website for copies of each of these newsletters - [www.peacethroughyoga.com](http://www.peacethroughyoga.com).

In quick review, the *yamas* resemble the "Thou Shalt Nots" of the Ten Commandments, and they serve as the foundation of all ethical behavior. Once a yogi learns to restrain his impulses and avoids harmful actions and thoughts, the *niyamas* are the "Thou Shalts" and focus on positive actions and attitudes.

*Asanas*, or postures, help the yogi gain the physical strength necessary to endure the rigors of meditation practice. The fourth step, *pranayama*, trains the yogi to control the breath and begins to shift awareness from the outside world to inner essence. The practice of *pratyahara* challenges the

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### Dates to Remember:

- \* Restorative Yoga Classes: Mondays from 8-9 a.m. and Thursdays from 6:00-7:15 p.m.
- \* Kundalini with Diane - Thursdays from 6-7:15 p.m.
- \* Ashtanga Yoga - Wednesdays from 6-7:15 p.m.
- \* New Hot Yoga, Gentle Yoga, and Tai Chi starting in January
- \* Ipsalu Tantra Kriya Yoga Workshop with Dr. Pat Sheehan - January 23

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*"Before embarking on important undertakings, sit quietly, calm your senses and thoughts and meditate deeply. You will then be guided by the great creative power of Spirit."*

Until next month...

Happy Thanksgiving!

Sally

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*"Spread love everywhere you go: First of all in your own house... let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile."*

Mother Teresa

yogi to withdrawal the senses from the objects of desire, to take power over what he sees, hears, smells, tastes, and touches, so that external stimuli can no longer control thoughts or actions.

*Dharana* - our sixth limb of yoga. Once a yogi has his body and senses under control through pranayama and pratyahara, he is ready to strengthen the practice of paying attention through dharana or intense concentration. By single pointed concentration, it will prepare you for true meditation.

Assignment: Try to take two to five minutes a day to focus with deep concentration. Focus on the space between the eyebrows, a flower, an image of a guru, or even a sound or phrase like the universal Om.

Paramahansa Yogananda

### **International Yoga Retreats**

\* Uganda with Seane Corn and Suzanne Sterling -  
Yoga/Humanitarian: February 6-19, 2010

\* India - International Yoga Festival/Humanitarian: February  
25-March 9, 2010

\* France - Yoga/Adventure: September 18-25, 2010

\* Costa Rica - Yoga/Humanitarian/Adventure: November 6-14, 2010