

Peace through Yoga



Dear Yogi Friends,

Two weeks ago I returned from Uganda. In the heart of Africa I taught yoga to a group of HIV positive women and also students in a local village. The needs are so great there---lack of clean water, food, clothing, medical assistance, sanitation, electricity...

In the midst of it, a group of 20 women humored me as they sat on the ground to do "yoga".

There was laughter at first followed by concentration then interest and curiosity as we did more and more yoga poses. There was more laughter during savasana (relaxation) as they laid on the ground. A few would peek with one eye open to make sure everyone was relaxing then it was quiet. In the end, it was a huge reward to see that many of the women were touched somewhere within. I made many new friends that day from their new experience, too.

Another major highlight that day was helping with two births---one a c-section and the other a natural birth. The 15 year old who had a c-section has traveled two days to the medical center.

Peace through Yoga hopes to help raise money for a new

Yoga 101: Eight Steps of Yoga - Part V

The past few months we have covered the first four limbs of yoga: yama, niyama, asana, and pranayama. The fifth limb of yoga, pratyahara, has do do with our senses.

Normally the sense says to the mind: "Look at this! Smell this! Touch that!"

Pratyahara is the process of temporarily withdrawing the senses from the outer world in order to recognize the sensations of your inner world. We're not asked to give up sense pleasures, only our attachment to them. This life is to be enjoyed.

However, to fully appreciate the world without regrets, you must establish balance---choosing your actions with mindful attention and discrimination. It means taking time on a daily basis to close your eyes so you can settle into more expanded states of awareness through meditation.

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Dates to Remember

- * Family Yoga at PTY Eagle Creek - Saturday, October 3 from noon to 5 p.m.
- * Laughter Yoga every Saturday starting October 10 from 11:30-12:15 p.m. \$5 per person
- * Women Like Us Tea/Fundraiser (call us if you are interested in implementing one in your city)
- * Partner Yoga - Saturday, October 24 from 2-4 p.m.
- * Costa Rica - November 8-15, 2009
- * TEACHER TRAINING begins in January

"Your body is precious. It is your vehicle for awakening. Treat it with

birthing center in Uganda through supporting a fundraiser called Women Like Us Tea and Speaker Series.

"Often one goes for one thing and finds another." Neem Karoli Baba

care."

Siddhartha Gautama

We hope you will join us at the upcoming tea here in Indianapolis on October 21. Check-out

www.womenlikeusseries.com

and on our website,

www.peacethroughyoga.com

under Events. For those who would like to implement a tea/fund-raiser in your city, please contact us.

Until next month...

Namaste!

Sally

INTERNATIONAL TRIPS

* **Costa Rica** - Yoga/Humanitarian/Adventure: November 8-15, 2009

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

* **India** - International Yoga Festival/Humanitarian: February 25-March 10, 2010

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

www.peacethroughyoga.com