

# Peace through Yoga



Dear Yoga Friends,

This month's newsletter includes the beginning of an on-going column called "Yoga 101". You may be dedicated to the physical side of your practice but you will soon learn that this is only one of the eight steps of yoga. I personally hope you will take a few minutes each month and learn more about the depth of yoga.

Another way to take your practice to a deeper level is to consider a week long international retreat where you can immerse yourself into yoga as well as the culture.

Our annual trip to France is departing next month. We are going to enjoy classes twice a day plus explore the outdoors in this beautiful area of southern France.

After traveling to over 130 countries, one of my favorite places to return is Costa Rica by staying at a yoga retreat overlooking the Caribbean. Read more about this

## YOGA 101 – PART 1 OF "THE EIGHTFOLD PATH OF YOGA"

Authentic yoga is always a spiritual discipline even when the focus is on the body. However, yoga aims at wholeness so we must understand that it is also a path to self-realization---the recovery of our true nature. That is why the yogic path begins not with postures or meditation, as so widely believed, but with simple moral disciplines.

There are eight paths or steps of yoga. Let's begin today with the first step. Meditating on these principals the next few weeks will be a good goal before going on to the second step.

### I. YAMAS

*Do good.* This boils down to the Golden Rule: "Do unto others as you would have them do unto you." There are five yamas: truth, nonviolence, control of sexual energy, non-stealing, non-covetousness. The yamas

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November retreat below.

We have a head start on 2010. Our third annual trip to India will occur again late February for the International Yoga Retreat in Rishikesh, the yoga capital of the world.

Stay tune for more 2010 announcements including hiking and yoga on the Inca Trail to Machu Picchu in Peru.

Namaste!

Sally Brown Bassett  
(I got married last month)

**YOU...**

You may not think the world needs you  
But it does  
For you are unique  
Like no one that has ever been before  
Or will come again  
No one can speak with your voice  
Say your peace  
Smile your smile  
Or shine your light  
No one can take your place  
For it is yours alone to fill  
If you are not there  
To shine your light  
Who knows how many travelers  
would lose their way  
As they try to pass  
By your empty place  
In the darkness.

encourage moderation and discourage violence, stealing, lying, and possessiveness.

The 5 yamas below in Sanskrit are disciplines and restraints regulating external relationships with other people as well as with one's own body, energy and senses. These are:

*Ahimsa* (non-harming)  
*Satya* (truthfulness)  
*Asteya* (non-stealing)  
*Bramacharya* (conservation and moderation of energy)  
*Aparigraha* (non-possessiveness)

*GOAL:* Start meditating 20 minutes a day. Get into a comfortable seated position and ask your mind to let go of its many attachments, distractions and the passing thoughts and associations of your normal waking experience. You can do it!!

*BENEFITS:* Reduce stress, anxiety and worry; enhance your immune system; achieve and maintain a healthy weight; lower blood pressure and reduce pain; increase energy, focus and creativity; learn how to love yourself; resolve marriage and family issues; realize your Divine Self and life purpose.

*"The whole point of spiritual work is to begin to*

*Anonymous*

*understand that we are not  
what we appear to be. As we  
understand this more and  
more, we begin to find within  
ourselves a real and deep  
connection to the source of  
all Life.” Swami  
Chetanananda*

**INTERNATIONAL YOGA RETREAT PROGRAM  
DATES**

- France – July 18-25, 2009
- Costa Rica – November 8-15, 2009
- India – February 25-March 10, 2010

For detailed itineraries, go to [www.peacethroughyoga.com](http://www.peacethroughyoga.com)