

Peace through Yoga



Dear Yoga Friends,

It is an exciting time at Peace through Yoga. Our international retreat going to Costa Rica November 8-15 only has a few seats left. We are actually getting air fares from some cities less than \$400. It is hard to describe just how incredible the week will be especially prior to the holidays--participating in yoga classes and women workshops, working in a village school one day, kayaking, eating incredible vegetarian food, staying in bungalows in the rainforest overlooking the Caribbean.... If interested, call the PTY Reservations Desk at 866-326-6110.

We are pleased to announce a new Teacher Training class starting in January. If you want to deepen your practice and/or teach yoga in the future, you might consider this 30 week in-depth program. Check-out www.peacethroughyoga.com.

Our bi-annual fundraiser, Women Like Us Tea and Inspirational Speakers Series, for sending high school girls to Costa Rica and supporting a village school is October 21 at the Colombia Club of Indianapolis. For more details, refer to our website for complete flyer. If you would like to implement a tea in your

Yoga 101: Eight Steps of Yoga - Part 4

Our last few newsletters have covered three out of the eight steps of yoga: yamas, niyamas, and asanas. These can be reviewed on our website - www.peacethroughyoga.com.

The fourth step is Pranayama - the breath. Most Americans only use 10% of their lung capacity. The breath is considered to be the link between body, mind, and spirit. The practice of conscious breath control allows for a vital and long life.

Pranayama - a simple practice:

Sit in a comfortable posture and close your eyes. Start with normal comfortable breathing, then, increase the length of the inhale and exhale. Try these two simple exercises:

a) Three part breath: Begin inhaling fresh oxygen by filling the lower part of the lungs and expanding the stomach muscles, then the sides of the chest, and all the way to the top of your lungs---almost like you are filling up a balloon. Exhale from the top of the lungs, middle part of the chest, and finish by contracting the stomach muscles emptying your entire lungs. Visualize that you are filling up a pitcher of

In This Issue

- *Letter from Sally*
- *Yoga 101: Part 4*
- *International Yoga Retreats*

Dates to Remember:

**Labor Day Class - 10-11:30 a.m.*

**Laughter Yoga - Starting Saturday, September 12*

**Family Yoga - Saturday afternoon October 3 from noon to 5 p.m. Just stop in!*

**Women Like Us Tea and Inspirational Speakers Series - October 21*

**Partner Yoga - Saturday, October 24 from 2-4 p.m.*

**Costa Rica Yoga Retreat - November 8-15, 2009*

"My own experience has taught me this: If you wait for the perfect moment when all is safe and assured, it may never arrive. Mountains will not be climbed, races won, or lasting happiness achieved."

Maurice Chevalier

own city with this same objective, contact info@peacethroughyoga.com.

Until next month...

Namaste!
Sally

Laughter Yoga is fun with lots of benefits!

Laughter Yoga is a unique exercise routine which combines unconditional laughter with yogic breathing (Pranayama). Laughter Yoga is the only technique that allows individuals to achieve sustained hearty laughter without involving cognitive thought, while promoting a strong union between those who laugh together! You do not need to be in shape, you do not need a sense of humor, you do not need to be familiar or practicing yoga at all and you do not need to be specially dressed. Just bring your willing body and let us do the rest! Remember that laughter boosts your immune system, releases endorphins, reduces stress, improves circulation and provides an excellent cardio and mind body workout without breaking a sweat! Join us for this uplifting class and laugh yourself into a more joyful life!"

May there be peace within today. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May

water from the bottom to the top on the inhale then emptying from the top to the bottom on the exhale.

b) Ujjayi breath: Continue to make your breath calm and rhythmic. Now begin to focus on your throat. Imagine there is a valve in your throat that you close slightly in order to control your breath. Gently contract your glottis (the opening at the upper end of your windpipe, between the focal cords) so that a soft snoring sound is produced in your throat. Think of a cat purring and create a similar sound. Ujjayi is a tranquilizing pranayama, and it also has heating effect on the body.. It soothes the nervous system and calms the mind. It can help to relieve insomnia, so it is good to practice before sleep.

There are many more variations of pranayama when you are ready to expand this part of your practice.

"Take one more breath, feeling that you are uniting all the aspects of yourself--body, mind, and spirit. Softly chant the sound of "Om," extending the "mmm" sound. Hear it, feel it, and see it as it resounds around you." Shakta Kaur Khalsa

*you be content knowing you are
a child of God. Let this
presence settle into your
bones, and allow your soul the
freedom to sing,
dance, praise and love. It is
there for each and every one of
us.*

International Retreats

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

* Uganda with Seane Corn and Suzanne Sterling -
February 6-19, 2010

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

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

www.peacethroughyoga.com