

Newsletter - February 2012

Inner Light Yoga Studio

Happy Heart Month



Dear Yoga Friends,

This month's theme is the heart. Please, enjoy the articles I have included about the heart.

There is a fun workshop coming up next Saturday, February 18th: **Chocolate Bliss Yoga!** I couldn't think of a better combination!

Also, Elara and I will have another **full day of Yoga and Meditation** at my home studio on Saturday, March 10th. This is always a wonderful event. Please, pre-register early, as space is very limited.

Drumming continues every second and fourth Saturday. Please, see website for more info under Special Events, and please, note Robin's correct email address is: drummer-am-i@hotmail.com!

Next **Beginner Belly Dancing** classes start on April 13th!

Once again, Inner Light Yoga will be participating in the amazing **Body and Soul Wellness Fair** which will be held at the Vernon Recreation Center on March 3rd

Inner Light Yoga Studio

Our goal at Inner Light Yoga Studio is to help you develop a meaningful yoga practice and to provide you activities and tools to deepen your awareness and to live life more fully.

Activities at the Studio include:

Yoga Classes of many types

Pilates

Meditation Classes

Intuition Classes

Personal Healing Consultations

Reiki Massage

Reflexology

Life Path Readings

Workshops

Belly Dancing

Drumming

Details are available in the contents of this Newsletter and in the Studio Fall schedule on the website
www.innerlightyoga.info/Classes.html

Inner Light Yoga Studio
 2807 44th Avenue, Vernon

and 4th from 10-5. Please plan to attend.

Have a Happy Heart Month!

Karen



This Newsletter can also be downloaded as a pdf file from the Studio website:
www.innerlightyoga.info

Contents

Articles

[Heart News](#) - 2 Articles

Yoga

[Prenatal Yoga](#) - with Karen

[Beginner Yoga](#) - with Karen

Workshops

[One-Day Yoga & Meditation Workshop](#) - with Karen & Elara

[Chocolate Bliss Yoga Workshop](#) - with Satyama

Classes

[Develop Your Intuition](#) - with Elara

[Guide To Meditation](#) - with Elara

Services with Elara

[Personal Healing Consultations](#)

[Life Path Readings](#)

[Reiki, Massage & Reflexology](#)

Articles

Heart News

In the castle of Brahman, our own body, there is a small shrine in the form of a lotus flower, and within can be found a small space. We should find who dwells in this little space within the heart, and we should want to know him. – Chandogya Upanishad

Our sun travels through the galaxy in an orbit that is 26,000 years long. On Dec 21, 2012, we will reach the end of one of these great cycles. For thousands of years the laws of matter have dominated Spirit and now in this new age, Spiritual laws will rule matter. Many of the ancient traditions tell us that we must live from our hearts to make this mass shift of consciousness – our very survival depends on it.

So what does that mean? And more importantly, how do we do it?

Firstly, it is important to understand the nature of the heart. Modern science is finally catching up to what sages and mystics have been telling us all along about the importance of the heart to our Spiritual Evolution.

Here are 5 Things to Know About the Heart:

1. Your Heart Beats in Sync with Mother Earth

The Earth has a heartbeat (resonant frequency) called the Schumann Resonance which has been 7.8 cycles for thousands of years, but has been rising since 1980. (It is at about 12 cycles at present and increasing each year). Planet Earth is our mother and our heart beat must synch with hers. When we are not in sync, we feel fearful, insecure and anxious that there is not enough time in the day. To counteract these effects, make time to be with your Mother: go out in nature, breathe fresh air, look at the sky. As you intentionally send the frequency of Love from your heart to the center of the Earth, you will feel her Love return back to you.

2. The Heart has its Own Brain

Science has discovered that 60-65 percent of the heart is made up of neurons that connect directly to the limbic system. What we think of as 'the brain' is not just in the head – but also in the heart. These neurons have a direct connection with the right hemisphere of the brain and is responsible for dreaming, intuition, and creativity. The ancients tell us that we used to create our world with our hearts. When you visualize or pray, bring your awareness to your heart.

“Whenever you pray with the head, it takes a long time before you see the desired goal. Whenever you sing or pray from the heart, it will be timeless, spaceless and absolutely effective. Praying from the heart is 108 trillion times more effective than praying from the head.” – Yogi Bhanjan

3. The Heart Has its Own Electromagnetic Field

Heart cells are unique in that they produce strong and measurable electromagnetic signals extending as far as twelve to fifteen feet from the body in the shape of a torus. The electromagnetic field of the earth, the solar system, and the galaxy has the same toroidal shape. The quality of our thoughts and feelings affect the electromagnetic field of the heart which in turn affects all the people around us.

We are all connected to one another through these electromagnetic fields and to that of the earth's electromagnetic field. This is why when we see harm done to another we can feel it – because in truth, it is also being done to us.

One of the 5 Sutras for the Aquarian Age is Recognize the Other Person is You!

4. Heart Cells Naturally Beat in Unison

Science has discovered that if the cells of the heart are removed and separated they will beat at their own unique rhythm. When these cells are brought together they will naturally synchronize and start beating in unison.

This is why when you listen to someone speaking from the heart you feel included in the conversation. No matter how large the group, it feels as though that person is speaking directly to you. The heart is beyond duality and conflict – it is the perfect balance point where the upper and lower chakras meet. The heart does not judge others as higher or lower- it knows we are all brothers and sisters on this planet.

When you experience conflict with someone this is an opportunity to bring compassion to the situation. Go into your heart and see and feel things from their point of view. If this is challenging, pray to the Infinite to see this person as God sees them. Relate to their light not their darkness (ego).

5. The Heart Responds to Laughter

Science has discovered that a hearty laugh causes the lining of our blood vessel walls (called endothelium) to relax, increasing blood flow for up to 45 minutes afterwards. Damage to the endothelium can lead to the narrowing of blood vessels and eventually cardiovascular diseases.

Laughter brings comfort to the heart. When you embrace your Divine Nature you can't help but laugh at the silliness of the mind/ego and how perfect the world is – how perfect we all are.

What is this precious love and laughter budding in our hearts? It is the glorious sound of a soul waking up! – Hafiz

Blessed is he who makes his companions laugh. – The Koran

<http://catalystyogi.com>

The following is an excerpt from the online article:

Yoga: Chicken Soup for the Heart! at ASK.com

Yoga & Your Heart

...If you think Yoga is just a "new-found ability to touch your toes", you're mistaken! The practice of Yoga has a substantial foundation in science and provides all-round benefits to a human being.

Owing to its many positive effects - direct and indirect - on the cardiovascular system, Yoga can play a pivotal role in heart care. Yoga, as defined by Pitanjali, is "restraining extrovert activities of the mind so the self emerges in its own form". It drives a person to self-realization, to awaken latent powers of the body through various asanas (yogic postures) and the mind through meditation and pranayama (breath control). All of this results in relaxation of the body and the mind.

Treating the Heart Through the Mind

Yoga treats a person not merely as a mass of flesh and blood, but as a being with a soul. Doctors have come to recognize that this kind of treatment can give patients greater solace and better recovery.

As soon as a person takes to Yoga, there is potential for...life pattern, personality and diet changes. Dr. S Thanikachalam, a specialist in heart diseases, feels that yoga is "a combination of psychoanalysis, psychiatry and physiotherapy", and that it directly affects the hypothalamus - area of the brain controlling endocrine activity - in preventing cardiac

attacks. This helps generate positive spontaneous energy, which helps the person correct himself, and think clearly.

Yoga is at the core of alternative systems that are widely employed to prevent and treat various diseases of the heart. The physical activity in Yoga enhances cardiac efficiency precipitously soon after a person starts practicing Yoga. In fact, Yoga is as effective in increasing muscle efficiency as any dynamic exercise like running or swimming.

Yoga & Cardiovascular Care

Yoga has an important role in both the primary prevention of cardiovascular diseases as well as recurrence of heart attacks, hypertension and coronary heart diseases. As opposed to a therapeutic intervention, such as an angioplasty or bypass surgery, which cannot stop the disease from cropping up again - medical practitioners agree - Yoga can definitely help in hindering the progress of heart diseases.

According to Dr. HS Wasir, mental relaxation through meditation and Yoga contribute heavily to the prevention of atherosclerosis (narrowing of coronary arteries and brain blood vessels). Asanas or Yogic postures have a positive catalytic effect that helps control not only heart diseases, but many others, such as diabetes, obesity, and psychiatric illnesses.

Happy Heart Month!

Yoga

Please, see schedule on our website for on-going classes.

Moms and Babes...

Prenatal classes continue on Thursday evenings at 7:00. In addition to helping moms feel great during pregnancy and aid in preparing for labour and delivery, the classes are a wonderful opportunity to connect with other moms-to-be.

After delivery, moms are invited to resume a gentle yoga class, with their babies (birth to one year) on Thursday mornings from 10:30-11:30 with Debbie. New moms are welcome to use any remaining prenatal punch-passes they may have.

The newest additions to our Inner Light Family are:

Baby Paris, born to Joelle

Baby Nevayah, born to Helen



Beginner Yoga

with Karen

The next Beginner Yoga session starts Monday, March 5th.

This is a four week, pre-registered session - ideal for those who want to learn the basic foundation postures. Please share this opportunity with family and friends.



Workshops

One-Day Yoga & Meditation Workshop

with
Karen and Elara



Place: **Bright Angel Yoga Studio** (Karen's home studio)
6896 Herry Road, Vernon BC

Beautiful location. Weather permitting, part of the workshop will be held outside.

Learn breath work, postures and the basics of meditation.
A holistic approach for a healthy, happy life.
A solid foundation for yoga and meditation practice.

Date & Time: **Saturday, March 10th - 9am to 4:30pm**

Fee: **\$85 - Special Discount: 2 places for \$150**
Snacks and drinks included. Bring your own lunch.

Places are limited - pre registration with payment is required.

Register at Inner Light Yoga Studio or
[Click here to register online](#)

Chocolate Bliss Yoga Workshop

with Satyama

Saturday, February 18th, 7:00 - 9:30 pm



**ENGAGE YOUR HEART
ENLIVEN YOUR SENSES
FLOOD THE BRAIN
WITH PLEASURE HORMONES
AWAKEN THE SPIRIT
RELAX THE BODY
ABSORB THE MIND**

Experiment with the bean and the body –move this natural medicine throughout your system in a specially designed yoga practice involving asana, dance and physical interaction that targets the digestion of the cacao in a way where we become more aware of its effects. Ceremony, tantra, and the magic of cacao are united in order to open and connect with the body and the group.

Cacao is widely known for its euphoric affects and antioxidant properties. With its ability to both stimulate the nervous system and relax the muscles in the body through magnesium, this celebratory workshop brings balance to the body and mind, from a heart-centred place.

Yes, you do get to enjoy the best chocolate ever (with products brought in from Costa Rica!) during the workshop.

**CHOCOLATE and YOGA
CAN THERE BE ANY BETTER COMBINATION?**

PERFECT FOR MID WINTER SPIRIT TRAVEL WITHOUT A PASSPORT!!

ONLY \$20 PER PERSON



Satyama Lasby
Yoga teacher, Massage Practitioner,
Facilitator of Conscious and Tantric Creations
www.satyama.ca
(250) 545-4774

Classes

***Guide to Meditation* Classes**
&
***Develop Your Intuition* Classes**

upcoming dates are:

Tuesdays, March 6th to April 10th



Class times:

Develop Your Intuition: 4:00 - 5:15 pm

Guide to Meditation: 5:30 - 6:45 pm

Due to feedback from participants, both classes now run for 6 weeks!

Fee for either class: \$75.00 per person

Special Discounts:

Bring a friend or family member: two spots for \$120.00!

Or, if you wish to take both classes: two classes only \$120.00!

Spaces are limited. Pre-registration with payment is required.

To register on-line, please, click on the link:

[Develop Your Intuition](#)

[Guide to Meditation](#)

Or you can register in person at the studio.

For more information, please, contact Elara:

250-306-5325

transformationwithelara@gmail.com

Services

Personal Healing Consultations

with Elara

**These consultations are powerful life-transforming sessions
addressing your specific needs.**

Elara uses her training in
Energy Therapy and Meditation,
and her natural skill as a Life Coach & Counsellor
to help you transform your life.



For more information and to book an appointment, please, visit:

www.TransformationWithElara.com

or contact Elara:

250-306-5325

transformationwithelara@gmail.com

Life Path Readings

with Elara



To help you gain clarity about where you are on your life path,
and about specific issues that you're dealing with.

1 hour Reading - \$50.00

For more information and to book an appointment, please, contact Elara:

transformationwithelara@gmail.com

250-306-5325

Reiki, Massage

&

Reflexology



Good for the Heart and Soul!

1 hr - \$50.00
1 1/2 hrs - \$75.00

For packages available, please, see Elara's website:

www.TransformationWithElara.com

Gift Certificates available to purchase for your loved ones.

**For more information and to book an appointment, please, contact Elara
transformationwithelara@gmail.com
250-306-5325**

Happy Heart Month!

Karen
Owner and Instructor
Inner Light Yoga Studio

This Newsletter is also available to download at Studio Website: www.innerlightyoga.info

[forward to a friend](#)

Copyright © 2012 Inner Light Yoga Studio, All rights reserved.



[unsubscribe from this list](#) | [update subscription preferences](#)