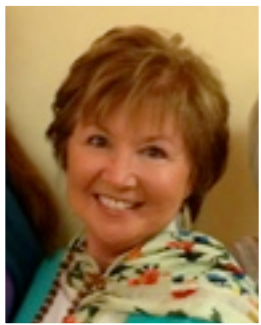




JANUARY NEWSLETTER



The New Year, 2012, stretches ahead of us like an unknown road. We get a fresh start, to make any minor or major changes we choose. 2011 was a really good year at Rehoboth Beach Yoga, thanks to our wonderful community, coming to classes and supporting all that we offered. This brings much inspiration for the upcoming New Year. We will add new

Terry's New Years Day Yoga Class

workshops and weekend courses to continue the evolution of a yogic lifestyle that promises more peace, joy and strength to our community of students and teachers.

Yoga states that, "Yoga is the resolution of the spiraling mind" and to contribute to that promise, we will add meditation evenings. There is a meditation weekend planned to assist all who are truly ready for the next step. And there is more....

The teachers of Rehoboth Beach Yoga wish for all of our students to have a good year that includes yoga and the joy and peace that it offers.



**Back row, l to r: John, Bern, Alan, Mark, Lynn, Jim
front row, l to r: Silvia, Leah, Julie, Suzette, Al**

Monthly Features

Sukhasana-sweet, easy pose

Sukhasana-sweet, easy pose. This pose relieves physical and mental tension; is both soothing and calming; balances ida and pingala energies on both sides of the spine. Your mind is quieted and your awareness turns inward easily, making it one of the best poses for meditation. RBYoga is now offering more meditation events this year including a whole weekend retreat, so this pose will be important. The key is using enough propping to keep yourself comfortable for a period of time so you can meditate without too much distracting physical discomfort. Most of you have learned the propping for your own seat, including the knee props and the wedge. You may notice that this works well for a period of time, you could use more for a longer sit, work with the teacher to add extra propping so you are comfortable for a longer time.

You have heard us say, "support equals release", and this will work well for Sukhasana, the still and steady seat as Patanjali says in the yoga sutras. The word 'asana' means 'to sit'. The word is seen in every pose name such as Kurmasana, tortoise pose giving it the meaning of pose. The goal of every pose is the still and steady seat. So we can meditate on the infinite.



Quote of the Month

Sukhasana-sweet, easy pose

Exploring Shavasana in Sukhasana pose was truly blissful. We were both so much into Sukhasana that a change would not have brought forth the same tranquility, inner peace and joy. I feel when you are already into a pose, e.g. Sukhasana, one should be able to just go on and enjoy it to its fullest: the bliss stage.

I should not have changed anything and just stayed the way I was and I would have been fine. Somehow my right leg just wanted some attention! I sit on my three-blanket stack in Sukhasana at home and find total peace, sometimes longer, sometimes shorter, depending on the mind too. In any case, it was a wonderful experience. Thank you and Namaste, Love, **Silvia**

**ENLIGHTENED RELATIONSHIPS
(A Weekend Meditation Retreat)
With Rukmini (Maria) Abbruzzi**

Rukmini will be holding a **Weekend Meditation Retreat entitled Enlightened Relationships** on February 10-12, 2012. Your relationships change as you grow into your Self, which happens quickly and powerfully through *Svaroopā*® Vidya Meditation. Learn more about the program in Rukmini's own words:

The recent satsangs here at Rehoboth Beach Yoga have opened up a tributary to the river of grace that flows through the meditation teachings and practices of Swami Nirmalananda Saraswati and the *Svaroopā*® Vidya lineage. Students have reported deep meditation experiences in these brief group meditations. The Enlightened Relationship weekend in February is an opportunity to dive in to these simple yet powerful practices for a whole weekend!

In this weekend, I'll guide you into deep meditations with *Svaroopā*® Vidya's accessible yet profound techniques. There will be meditations, chanting, teachings, and discussions that will draw, support, and expand the flow of grace in your life.

Relationships of all kinds play a central role in your life. As you expand into the joyful dimensions of your true Self, you, your relationships, and the people you are in relationship with, are all transformed. We'll address the effect your gradual enlightenment has on your relationships, as well as the effect being in relationship with one who has preceded you on the path, Swami Nirmalananda, has on you.

This weekend retreat will be held at Rehoboth Beach YOGA, 20245 Bay Vista Road, Unit 101, Rehoboth Beach, DE. The hours for this program are Friday February 10 (7:30 to 9 PM); Saturday February 11 (9AM to Noon and 2-5:30 PM); and Sunday February 12 (9 AM to Noon). **Early registration by January 20th is \$195. After that date, the price will be \$245. Please register early.**

Please call 302-226-7646 or email rehoyoga@verizon.net to register or to get additional information.

Upcoming Events !

**Meditation Retreat at RBYoga –
February 10-12, 2012**

**Pura Vida, Costa Rica, Retreat-
February 23-March 3, 2012**

**Holistic Health Fair –
March 24, 2012**

**Mayatulum, Mexico, Retreat –
April 7-14, 2012**

**Foundations (Svaroopā® Yoga
Training) – April 12-16, 2012**

JoJo Kirtan – May or June 2012

Yard Sale – Saturday, June 9, 2012

**FOUNDATIONS –
Svaroopā® Yoga
Training**

Mark your calendars now! *Svaroopā*® Yoga Training will be held April 12-16, 2012. Dive deeper into your own practice and/or learn how to teach others. No prior experience necessary.

How to Find Us

On the Web:
www.rehobothbeachyoga.com

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