

Renew Your Spirit in 2010 With Community Events, Workshops, Retreats, and Specials

Restorative Workshops with Carol Huncik:

Friday, January 29th and February 19th, 7:30-9:00pm at Lochmere Pavilion -2 classes from class card or \$25 drop in

Gentle Yoga with Carol on Fridays* Specialty Class*

Friday, January 15th-March 5th 6:00-7:00pm at Lochmere Pavilion



Foundations Workshop "Return to Center" with Susan Jackson:

Friday, January 29th, 5-7pm at Stone Creek Village - 2 classes from class card or \$35 drop-in

February Food Drive: Power Out Hunger One Can at a Time!

February 1st-14th, donate at your home studio. Every 5 items earns a chance to win a 10 class card! Donations benefit the Food Bank of Central and Eastern North Carolina



Community Yoga Class with Brinda Ramaiya to benefit The Food Bank of Central and Eastern North Carolina:

Saturday, February 6th, 3:00-4:00pm at Stone Creek Village—open to all levels!
Suggested Donation: 5 non-perishable items

Partner Yoga: Spread the Love with Phyllis and Susan:

Friday, February 12th, 5:30-7:00pm at Stone Creek Village - 1 class from each participant's class card or \$35 drop-in/couple

Groovy Yogi Retreat with Crys Rivers, Goa, India:

Head to India with one of Triangle Pilates' yoga instructors! Crys Rivers, our own Groovy Yogini, will lead you and 9 others to India from February 21-28, 2010. Spouses welcome (even if they don't do yoga). Brochures available at the studio. Please visit Crys's website: www.groovyogi.com.

Hot Specials Sure to Keep You Warm!



Mid-day Private Special:

Take 15% off any private, duet, trio, or quad thru February 28th.
Good for weekday sessions between 12-4pm. Based on teacher availability.

First Private Session \$35:

Receive your very first private session for \$35 thru February 28th. Based on teacher availability.



Teacher's Corner: Carol Huncik

Carol holds an MFA in Dance and is a professional dancer, teacher and choreographer. She has been practicing yoga for ten years and is certified in Kripalu yoga, which many call the 'gentle yoga'. She has attended Anasura yoga training as well and incorporates the philosophy of Anusara's loving-kindness as well as alignment principles in her practice. Her classes are a rich blend of her experiences in dance, yoga, meditation and spirituality. Carol completed both Beginner & Intermediate mat Certifications through Power Pilates. She welcomes all to her classes; the experienced and also the new yoga student.



Yoga Insight: Trust Change, by: Susan Jackson

Trust Change. Sometimes we realize how challenging is it to trust the ebb and flow of life. It's no secret that we live in a ever changing world and our lives are no exception. Change comes in many different forms...some subtle and long term; others drastic and quick. It is more often through this drastic and quick change that we may have trouble letting go or adapting to our new surroundings. So how can we learn to trust change when we often don't know what lies ahead? Consider the idea that we are not meant to know what lies ahead; the more we try to figure it out prematurely the more chaos we create for ourselves. Sure, we can expect to encounter plenty of twists and turns as we become aware of the changes we face every day but chalk that up as part of the adventure of life. In Helen Keller's words: "Life is either a daring adventure or nothing." By cultivation non-attachment to the outcome of an event we can more easily free our bodies and minds to accept our changing paths free from the burden of fear or worry. Remember to trust yourself equally amidst peace and chaos. By knowing our true hearts and minds we can easily find a balanced path that will lead us right to where we are meant to be...to another present moment. Remember change happens, trust it. Know that you have and will continue to cultivate the tools you need to let go and surrender trustingly to change.

Posture of the Month: Warrior III - Virabhadrasana C

Cultivate your inner warrior with this pose meant to challenge strength and balance. To begin, set your mind on integrity before depth. Root the four corners of your right foot into the mat. Relax your toes. Lift your arms above your head and extend your left leg back. Keep your muscles in the arms, waist, and legs engaged as you fold from the right hip crease. Your body should remain long and active here. Practice keeping your left hip aligned with your right (square hips). Plug the shoulders to the back. No matter the depth, your arms, spine, and back leg should remain aligned. This is what gives your body benefit from Warrior III; improves posture, cardiovascular health, and focus in addition to strengthening the hips and legs. Hold for 5-10 breaths. Remember, depth will come with practice and patience. Breathe well as focus primarily on the alignment. Release with control and repeat on the opposite side.



Posture of the Month: Warrior II—Virabhadrasana B

Open your heart center with this actively restorative backward bend. Bridge pose opens the heart and lung space as well as strengthens the back body and legs.

Lying on your back, bend your knees and draw your heels close to your hips. Lengthen your fingers towards your heels. Keep your head still and your neck neutral and lengthened as you press deeply

through the feet, hands, and shoulders to lift your hips off of the mat. Press your feet deeper into the mat to lift your hips to a comfortable but challenging height. Press your shoulders deeper into the mat to open your heart more. Interlace your fingers and lengthen the arms; walk your shoulders together slightly to create a lengthened feeling between the collarbones. Keep active energy moving between

the inner thighs. Your knees should stay aligned over your heels.

Find your breath and enjoy your pose.

Bridge pose opens the heart chakra, allows the lungs to feel open and spacious, and helps oxygen rich blood easily reach the brain.

Hold for 5-10 breaths and slowly roll your spine back to your mat and rest.

“The breath interweaves the threads of one’s intentions into the fibers of the outer body. It is the uniting force between mind and body.” - John Friend



Monthly Insight: Own Your Practice!

As we watch others practice or become overwhelmed by our teachers words we can often lose sight of what our body truly needs. This month I offer some gentle words of advice for you to expand upon your own practice, giving your body exactly what it needs; a practice that’s truly your own.

Although it is tempting to glimpse at your neighbor’s rendition of a pose remember that you are on your mat working to find YOUR rendition. Everyday our body en-

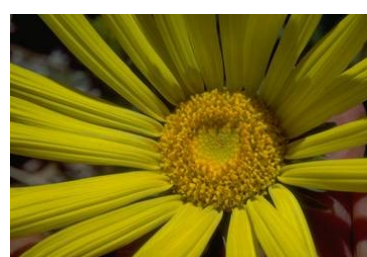
ters a place that may be similar or drastically different than the day before. By entering and exiting each pose slowly and mindfully you are more than likely to notice areas of the body that need a little extra TLC versus the areas that are ready to explore new depths. Begin to accept being comfortable in your own skin. Begin to shift your awareness to what you can do rather than what you cannot do.

Think of your teacher as a tour guide. Their purpose is to help

point out the sights and sounds along your journey. Hold on to the tips that are most meaningful to you and workable for your body! Remember: When in doubt, just ask! Your teachers are there to support your practice.

Happy Practicing!
-Susan C. Jackson, RYT, BS
Cary Yoga Center

Teacher’s Corner: Meet



Caption describing picture or graphic.