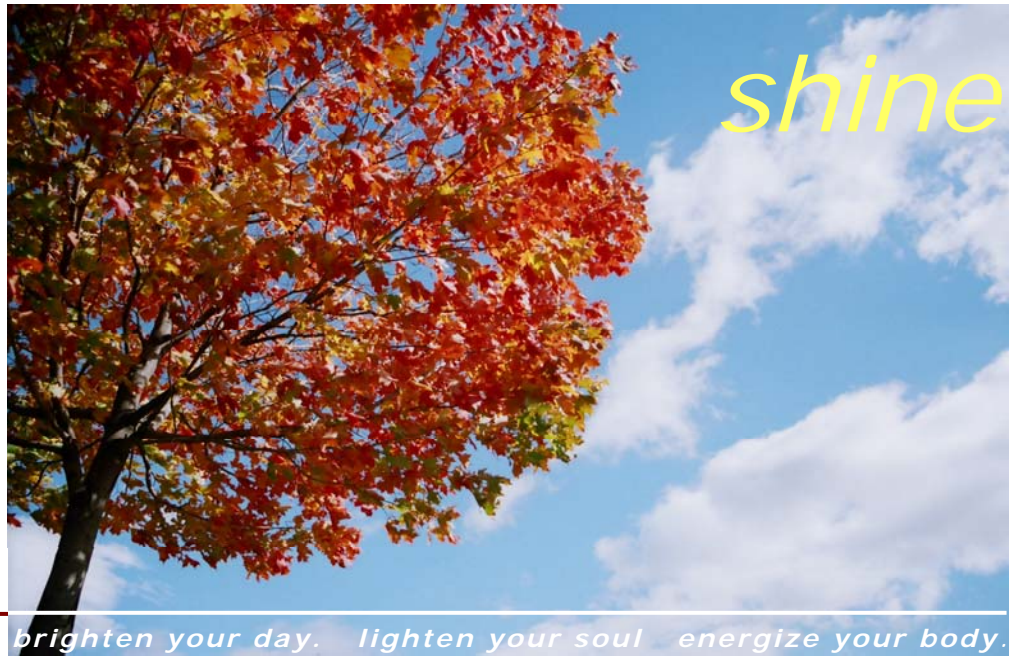


Nov/Dec, 2006

Volume 2, Issue 5
Mini Edition

Shine is a Sol Yoga, LLC publication meant to fuel our souls and encourage us on our paths - just another way to infuse & inspire health, wellness and wholeness into our daily lives.



UPCOMING EVENTS

Saturday December 9

Restorative Yoga

Slow, meditative, restorative stretching for a calm, cool & collected holiday season.

10:45am-12:15pm. \$25,
Led by Heather

Sunday, December 10

Runner's Post Season Stretch

1:00pm– 2:30pm. \$15, Led by Eva

Thursday, December 14th

Yoga 4 Snowboarders & Skiers

Get ready for the season!

7pm-8:30pm, \$25, Led by Heather

December 3rd & 16th & 30th

Prenatal Yoga

10:45am-12:15, \$20, Led by Carla

Friday December 22nd

Silent Night

Special Candlelit yoga practice on the eve before Christmas Eve.

6:00pm—7:45pm, \$20, Led by Jan

For all special events:

Register in the studio

Web: Kristina@solyoga.org

Phone: 877.SOL.YOGA

Tis the season..

In this **special time** of year when leaves blanket the earth, cold weather sets in and our calendars seem to be moving much faster than our bodies & minds, let's take a moment to get grounded and remember what this season IS about.

Try this: Stand up. A very practical way to get 'grounded' is to **balance**. You must find your center, stay focused & steady your mind. Take Tree (Vrksasana) Pose on one side then the other. Simply lift one foot and place the sole of the foot on the calf or the inner thigh and bring your hands together at your **heart**. Draw your core in, let your eyes focus on a spot ahead of you and breathe so you can hear it. Stay here for seconds or minutes, but the longer you can stay, the more grounded you'll become. If this **inspires** more yoga, just let yourself stretch and breathe—right there at your computer, or anywhere.

I've been known to be one of those hectic holiday shoppers—spending the entire 3 weeks before Christmas **PLANNING** for THAT day and often times realizing too late that the best part of the holiday is the **anticipation and magic** of the days and weeks leading up to it. Regardless of the holiday you celebrate, the intention of the season is to **give thanks, spread cheer, love and serve** those that are in need.

Nothing is more precious than the **moment** we are in. Enjoy YOURSELF, the people around you, the random acts of kindness, the sounds of music, the candlelight and of course, the eggnog.

We've strung a few extra lights in the studio and made things a little **cozier** for the holidays. Do join us for some **soothing** (& invigorating) yoga in the midst of your busyness! Recharge, so you can spread more cheer!

"Love wholeheartedly, be surprised, give thanks and praise—then you will discover the fullness of your life." -Brother David Steindl-Rast

Peace, Blessings & **Happy Holidays** ~ Dorcas & Sol Yoga Crew

Forget the mall!

Why not stop in for some relaxing yoga & pick up a few gifts after class?

Make your
Holiday **EASIER!**

solyoga **Boutique**

Check out our great gift ideas for friends, coworkers and family.

- Buy gift certificates in any amount.
- Starter Kits—\$59 for 3 classes & mat
- New SY logo Sweatshirts & tees—\$22-\$34.99
- Deluxe yoga mats & yoga accessories—\$8.00-39.00
- Cool inspirational gifts from Zena Moon & Quotable's



Get Movin' in 2007

Live a life of health and vitality. Jumpstart your wellness goals with our balanced 3 part series.

January 17—Jan 20

Session 1: Intro to Power Yoga

Would you love it if your yoga could double as your workout? Dorcas will teach you how to add a dose of vigor and an ounce of sweat to your yoga practice. Leave with a 20 minute routine you can enjoy at home.

Open to all levels.

January 17th, 7pm, \$15

Session 2: Journaling/ Goal Setting

Observe your tendencies & patterns through introspective journaling. Then, construct a personal plan for health & wellness in 2007. Led by Certified Phoenix Rising Therapy Practitioner Heather Whittington, you'll be encouraged to delve INSIDE to find answers. Tentative date:

January 18, 6:30pm, \$25

Session 3: Intuitive, Mindful & Healthy Eating – Join Holistic Health Counselor Linda Pruce for an insightful look at diet. Discuss, explore & understand the connection between the quality of your food & the quality of your life. Sample organic snacks, talk about whole foods & get practical suggestions for integrating healthy eating into your life.

Saturday January 20, 11-1pm, \$25

Cost: \$59 for all 3 workshops
(Sessions are available individually)

MARK YOUR CALENDARS

It's the new year AND its SY'S 2 year anniversary! Lets BLAST OFF a prosperous 2007 together!

New Years

Blast Off Party

Eat, drink, win prizes & spread good energy for the new year!

Saturday

Jan 13th, 7pm

\$5 for entrance & 1 raffle ticket

Heads Up

Schedule Changes & Additions for 2007

New Mixed 2/3 Begins

We've added another class! Led by Dorcas or Anya. Kick it off with us for only \$5 on January 8th

Monday Morning class is suspended until February

Meditation Moves to Thursday Night

Sun Sal Sunday starts later.

In January it will be 4:30-5:45pm

Yoga in New Market—our first satellite class will begin in January. Details Soon.

Special Workshops

Wednesday, Jan 17th

Mommy & Me

11am-12pm

Anya, \$49 for 3 Wednesday's

Wednesday Jan 17th

Vinyasa Basics

Build grace, strength, stamina & flow into your practice.

7:00-8:30pm, \$15,

Led by Dorcas

Sunday Jan 21st

Rasa Vinyasa

A 'juicy' 2 hour practice for experienced yogis.

9:30-11:30am, \$25

Led by Dorcas

Saturday Jan 13, 27

Prenatal Yoga w Carla

Saturday February 3rd

Moon Lounge

7:30pm, \$15

For More info visit:

www.solyoga.org

To Register

for All Workshops & Specialty Classes: Call 877.SOL.YOGA or kristina@solyoga.org

Community News & Tidbits (mini version)

~ Students & teachers are stomping all over the world this holiday season. Kristina is in Florida, DQ goes to Peru, lots of students visit family & friends. Bring us pics! ~ Do you know you get a discount coupon to Golden Orchid Spa & Holistic Health Associates when you buy our Flexi pass? ~ We've raised money for charity, where should we send it? Check out www.globalgiving.com & send us your picks. ~ Want to learn to Ballroom Dance? Talk to our teacher, Deb Spotts, she's been teaching dance for many, many years. ~ Miami was an awesome yoga adventure for the SY crew—look for the recap in the next full edition of Shine. ~ Thank YOU to Sean O'boyle for installing a LIGHT in our closet & dimmers to our over head lights! ~ Sweaty palms? Ask Jan about our new Jute Mate. She says it's the best! ~ Got news, interesting facts or cool pics? Send it to us ~