

shine

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.



Reflections Perspective

Its that time of year when we like to go inward—to hibernate in our homes and snuggle up by the fire. The good news is that this is natural. In this most YIN time of year, we have innate tendencies toward quiet activities, and reflective moments. Instead of feeling lazy, go with it. Start by enjoying your latest edition of Shine in a bubble bath, then turn the TV off, close your email, find a journal and reflect on the past year, dream for the future and observe your thoughts & patterns. From that quiet space, let wisdom and perspective float to the surface and inspire fresh ideas and new beginnings. Shine on friends.

Photo: Lake Matka, Skopje, Macedonia, Winter 2006, D. Quynn

A Peek Inside

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FREE STUFF

Top News Story

Sol Yoga Expands to New Market

Starting January 26, Sol Yoga, LLC will now be offering yoga classes on Friday nights at 6pm in Downtown Historic New Market.

SY will continue to hold all its regularly scheduled classes at the home studio in Downtown Frederick. With over 50+ classes & workshops every month, it is now possible to make a yoga class part of your every day life. Details: visit www.solyoga.org

Life is Rigid Sometimes

...but SOL YOGA is FLEXIBLE.

Buy our 10 class *flexi-pass* and use it for any of our classes & workshops in Frederick or New Market,

ANYDAY, ANYTIME within 4 months

Winter 2007 Yoga Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
		MIXED FLOW LEVEL 2/3 9:15-10:30am		MIXED FLOW LEVEL 1/2 9:15-10:30am	MIXED FLOW LEVEL 2/3 9:15-10:30am	
					PRENATAL 10:45-12:30PM Call for details	
			EVENING			
GENTLE FLOW 5:30-6:45pm	EXTRA GENTLE 5:15-6:30pm		GENTLE FLOW 5:15-6:30pm	Sun Sal Sunday now starts at 4:30pm		SUN SAL SUNDAY 4:30-5:45pm
Pick up a copy of this schedule in the studio & remember that all classes (unless noted) are drop in.				\$5 FRIDAY (MIXED 1/2) 6-7:15pm		
MIXED FLOW LEVEL 2/3 7-8:15pm	MIXED FLOW LEVEL 1/2 6:45-8pm	VINYASA FLOW 7-8:30pm		YOGA IN NEW MARKET 6-7:15PM	Our newest class!	



Happy New Year

fellow Yogis and Yoginis,
I snuck out of town to Peru for the harried holiday season and returned relaxed and full of idealism and energy for this coming year.

One of the reasons I love to travel is for the perspective it brings me. I rush out complaining that my house is a disaster because there are dishes and clothes strewn about and not enough closet space. I return home realizing that a family of four could live in my closet and survive on my kitchen waste. It's shocking & inspiring how the rest of the world lives. We, in the land of plenty and opportunity, quickly forget how good we have it. The point is not that our suffering is really any less or more than anyone's else's, but that it IS a function of perspective. Once in a while its good to turn our world upside down and look out from a new vantage point (try inversions this month). The New Year is a great opportunity for a fresh perspective. We usually take a few extra minutes to reflect on the past and or plan for the future. In those moments, don't forget to consider those around you and make your resolutions inclusive of the world. We may be a small **part** of the whole cosmos, but our impact is massive and our community spirit vital to vibrant living.

As if I didn't get the point by traveling through one of the poorest countries in the world, the movie "The Inconvenient Truth." showed up in my mailbox. Although the message is a little frightening, it is an important one of hope and truth that we all should see. Just as our lives and the lives of our loved ones are precious to us, so too should be the care of the earth. (www.climatecrisis.net).

Now that we are solidly into the New Year, perhaps you have already set your intentions and charged out to save the world (or maybe just lose 5 pounds). Whatever your goals and ambitions, a consistent yoga practice is essential to your physical, mental and spiritual health & wholeness. It brings us clarity and steadiness, hope and joy. Be good to yourself this year and join us in having fun and helping make the world an even better place! Cheers to 2007!

See you in the studio,

Dorcas



kids yoga



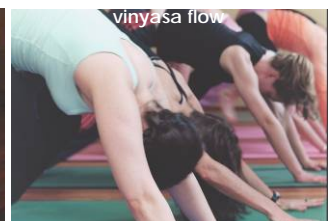
self defense workshop



walk in the woods



moon lounge



vinyasa flow

Thank You

Sol Yoga had a great '06 and we have no one to thank but YOU! I am constantly overwhelmed by the outpouring of generosity, authenticity and support from students, volunteers and teachers alike. Sol Yoga seems to be a magnet for great people. Our 2 year anniversary party was a grand gathering of all those tremendous people and naturally, we had a great time! Lucky Robin won 10 free classes, Ricky a mat and Aaron a yoga mat bag! Thank you to Jerree who dreamt up and made sinfully delightful treats for our special night. Special thanks to Richard M for the gift of the salt crystal light and to Linda Pruce for a Feng Shui fountain. Our studio is a collection & expression of all of your light and energy and does it ever glow.

Check Out These Facts From 2006:

Sol Yoga raised \$903.00 for charity!

A portion of every Friday night community class and other special events goes to various local & international charities. One of our favorites: www.heiferinternational.org

Sol Yoga saw 3,399 students come through our doors. WOW!

Sol Yoga's 2007 Intentions:

Tis the season for checking in and starting over. Sol Yoga has been busy setting goals too. Aiming high, we need your help and want you to hold us accountable in 2007. Here they are:

- Inspire goodwill to oneself & to others
- Inspire health & wellness into daily life
- Serve 7,000 students
- Raise \$5,000 for charity

Yoga in New Market Ongoing every Friday night, Marge will be calmly guiding you through Mixed Flow Level 1-2. This is a well rounded yoga class accessible to most levels. Moderately paced, it is good for those with active lifestyles who might be new to yoga or if you have some basic exposure to yoga. Check our website for more information on finding the right level for you, or just stop in and give it a try!

Friday's Starting Jan 26th
Time: 6-7:15pm
Cost: \$15 or flexipass

2 for 1 V-Day Yoga Do you have a hard time getting your significant other to yoga? Make it known that all you want for V-Day is for them to join you in yoga class. If they need further encouragement, tell them its FREE for spouses & partners (2 for 1 yoga). If they are yoga skeptics, or scared they will have to do something really hard, weird or embarrassing, tell them not to worry. It will be all right!

Wednesday February 14th
Time: 9:15am OR 7:00pm class
Cost: \$15 for 2 or use flexipass

YOGA PHILOSOPHY 101
(the non-credit, *no stress, fun* course) You might not know it, but there is A LOT more to yoga than just asana (physical postures). In fact, it's a system of health and wellness that's been around for over 7,000 years. If you're interested in taking your Yoga practice to a new level, or just a curious beginner, come to this introduction to basic yogic philosophy. Learn about the 8 limbs of yoga including Pranayama (breathwork), Yamas (social restraints/ethics) and of course, asana (posture).

Saturday February 17th
Time: 1-2:30pm
Cost: \$20 or use flexi-pass

MARK YOUR CALENDARS

Jan 26—New Market Class
Feb 3—Moon Lounge
Feb 3 Prenatal
Feb 7—Mommy & Me Starts
Feb 14th—2 for 1 Yoga
Feb 17th—Prenatal
Feb 17th—Yoga Philosophy
Feb 24—Go Upside Down
March 2 -Trance Dance

Mommy & Me Join [Anya](#) & her infant son in this yoga based class to promote bonding, relaxation, & exercise with baby & mom. For babies that aren't quite walking. Only open to six moms & babies, so register quickly.

Wednesday's February 7 - Feb 21st
(3 class sampler session)
Time: 11:00am- 12pm
Cost: \$49 (3 classes)

Prenatal Yoga—Ongoing
Has your doctor recommended that you do yoga during your pregnancy? Take time to connect with your body, your breath and your baby during this special time. This workshop will include breathing techniques, yoga instruction & some time to bond with other mothers. Carla will suggest some poses you can practice at home as well. Open to moms-to-be in their second or third trimester

Dates: Feb 3, 17th, more in March
Time: 10:45-12:15pm
Cost: \$20 per session

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

Moon Lounge

A modern day gathering of women of diversity, we pool wisdom, stories, ideas & energy. Intuitively, you give or take what you need from the collective while enjoying an evening of fun! Join us to mingle, connect and create each unique Moon Lounge. 4 per year. Sell out event. MUST pre-register. NO drop-ins.

Saturday February 3rd
Time: 7:30-10:30pm
Cost: \$15 (snacks included, BYOB)

Go Upside Down

With Confidence Is something holding you back in poses like Crow, Headstand & Handstand? Want to do them, but don't know how? Join Dorcas, Anya & Kristina to help you get over the hurdle and GO UPSIDE DOWN WITH CONFIDENCE! Similar to our Break it Down Series, we will examine the components of inversions & some arm balances in a safe and comfortable environment, then work toward reaching new heights! Already LOVE going upside down, but don't know how to steady or explore new variations? With 3 teachers that love gravity surfing, you'll be sure to learn some new tricks.

Saturday February 24th
Time: 10:45am-12:30pm
Cost: \$20 or use flexi-pass

Yoga Trance Dance

Inspired by Shiva Rea & taught by her disciple & assistant Maria Garre, you won't want to miss this phenomenal experience. Move, breathe & flow with the pulse of life and the rhythms of great music. No dance or yoga experience needed, just a sense of fun.

Friday March 2nd
Time: 7:30-9pm
Cost: \$20

Important Studio Tidbits

~ **Inclement Weather Policy:** Check our voicemail 877.SOL.YOGA. The only thing we know for sure is this: MORNING CLASSES ONLY will follow the FCPS schedule. If schools are closed (not delayed), there will NOT be a morning class. ~ **Want free yoga?** We need a helper for the Friday New Market class. You must love yoga and be able to commit ~ **Know a yoga teacher?** We are always looking for new talent. ~ **New retail coming in this week**—mat rugs, mat spray & new mat colors. ~ **Need a massage, acupuncture, manicure...** Buy a flexipass & receive 10% off coupon for Holistic Health Associates (just a few doors up the street) and Golden Orchid Salon & Spa. ~ **Plug our number in your mobile: 877.SOL.YOGA (9642)**



My last class at the Art of Vinyasa Conference in Miami was perhaps my favorite. The obvious reason was that it was just that, the LAST class. After 12 hours of vigorous yoga in a short 2.5

days, my body was wrung out and my throat hurt from so much Ujjayi breathing. But that wasn't the reason; I can't get enough yoga. Rather, I liked this class because it was pure & simple.

At the helm of our practice, sat Mark Whitwell. Visibly wise with his long gray hair & smile of contentment, he began with a very profound point. **"Source cannot be separate from the scene,"** he repeated. We are made by our creator, and because of that we are part of that source. "We are not separate; we cannot be separate from Nature, which sustains us in a vast interdependence with everything." We are already perfect, already complete, already brilliantly intelligent, and yet, we focus on our imperfection & spend much of our lives trying, seeking and aspiring be what we already are; connected to God, to Nature & to others. It was brilliantly simple.

The title of the class was "Designing your Personal Practice," and I was curious if we would get to that. Mark meandered through a jungle of yoga (life) philosophy touching on seemingly disjointed topics while I enjoyed the rest from asana. My body was depleted and my mind free to wander and ponder. Occasionally, I would notice my surroundings. Separated by a partitioned wall, I could hear Shiva Rea in the room next door – music blaring, complex asana instructions being hollered & beautiful chanting mixed in with it all.

I realized that even in this short weekend, these few 12 hours of yoga, that I had experienced an entire spectrum of the practice. From uber cool, super hip hop, "Rock Yoga", complete with rap music, cuss words and extreme asana, to the "True Vinyasa," yoga by metronome, to "Yogic Arts," a wild fusion of martial arts and yoga and all the way back to Mark Whitwell & Beryl Bender Birch—old school yogis that play no music, speak without a microphone and might even know your name by the end of class.

Its easy to judge and be critical, but truthfully, every bit of it was good, in different ways. No matter where one plugs into the spectrum, yoga can profoundly impact your life – physically, mentally or spiritually. It's all up to your perspective.

Mark did indeed bring his discussion & the whole weekend full circle. He suggested designing a simple, honest daily practice. We practiced his method. His asana wasn't show stopping, but his wisdom infinite. "Would you consider showering just once a week," he questioned us. Then why would you not bother to cleanse the inside of your body & mind in a similar fashion, he suggested.

I was taken aback by his respect for his audience. Clearly serving mankind and living by the 'Golden Rule,' he said please & thank you as he guided us through a practice and reminded us that asana is but one part of yoga and that we are already connected to the source, we just need to tune in.

In October 2006, Jan, Eva, Dorcas, Kristina & Ronnie took a yoga road trip to study with internationally know teachers from all over the world at the Art of Vinyasa Yoga Conference in Miami. 5 girls packed into one room at the Trump Sonesta Resort— they had lots of giggles and tons of fun. Join us on our next Yoga Adventure :-)

Spotlight on Peru

After 30 days spent wandering its high mountains, rugged dessert coastline and everything in between, I can say this: Peru has something to offer every traveler. Machu Pichu is magical and wondrous—the scenery, the history, the energy and the awe are truly breathtaking. Prefer to get off the beaten path? Take an 8 hour bus ride into the middle of nowhere and wake up to a donkey he-hawing just a foot from your ear. Then set out for a 3:30am climb out of the deepest canyon in the world. Like sand & beaches? Dune buggy and sand board to your hearts content on the tallest dunes in the America's. Another 20 hour bus ride gets you to a funky little surf town near the Ecuador border complete with world class waves, and the greatest Ceviche ever. Finish it off with a day in the city, absorbing gorgeous Spanish architecture, museums, excellent food, and a night at a phenomenal jazz club. Peru has it all. And, you can do it for less than \$70/day for 2 (flights included). Get out there and explore. And don't forget your yoga mat! More Peru pics: <http://share.shutterstock.com/action/welcome?sid=8AbOWbFq0cs2II> Want more travel stories? Email DQ.



Student News

Thanks to **Erin Sprague** we have a cool **MY SPACE** page! Check it out & be our friend.

www.myspace.com/solyoga

DQ is off to New York to scope out SY's next adventure trip. Welcome **Jenni Benson** as our latest studio volunteer! Yeah! **Meredith** is engaged & will be married in Ireland! SY is working with student **Eryn Willard** & her graphic design firm www.studio20two.com for some much needed help. **Robert** is now a certified Thai Bodyworker. **Kristina** is excellent at everything she does, including planning her own wedding, set for April. **Linda Pruce** is a funny lady with lots of great info.

Check out her Blog:

www.enterthecircle.typepad.com.

Congrats to **Aimee** and **Melissa** as our newest prego Mama's.

Gretchen is due any time now :-)

WELCOME ALL NEW STUDENTS!

Meet SY Staff



Marge Ely, Sol Yoga's newest edition to the teaching staff, came to yoga like many of us do—seeking balance and relaxation from her career as a professional photographer. Studying Power & Iyengar Yoga in her former home of Dallas, Texas, Marge fell in love with the practice. When she moved to New Market, she wanted to take her yoga to the next level. With the support of her loving family, she snuck away for a month long teacher training intensive at Frog Lotus Yoga in N. Adams, MA. Now a Registered Yoga Teacher (RYT 200) Marge has been teaching small groups and occasional classes at SY. Some of you have experienced her sneaky style! She's soooo relaxing and calming, that you won't realize the workout you've gotten until you are on your way home! Meet Marge on Friday nights in New Market and get your weekend started calm. Check out her work at www.margeely.com.

Share & Tell

Like **FREE** stuff? Check out these cool, **FREE** events: Did I say, they are **FREE!**

Women's Cardio Kickboxing

w/Luke Rinehart @ Clinch Academy

124 South Carroll Street

February 3rd from 11:30-12:30.

A few of us are going, so email if you want to join.

Reiki & Intuitive Energy Healing

The Healing Way (next door to SY)

Friday February 9th 8-8:45pm

Better Eating for Life Series w/

Linda Pruce @ Common Market

Feb 24, 2-3pm



SOL YOGA

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WWW.SOLYOGA.ORG

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\$5 Yoga Class Special

Try a challenge this year: Print & Bring this coupon in

for a one time discount on either of these more challenging classes:

Monday night's Mixed Flow Level 2/3 at 7pm or Wednesday Night's Vinyasa Flow at 7pm