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Print Version

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.

SOL YOGA, LLC



### Student News

HUGE congratulations to our students who attended the most classes in 2005:

1st—Laura White— 65 classes

2nd—Meredith Brown-61 classes

3rd—Robert Strasser-53 classes

3rd—Betsy Cain-53 classes

4th—Richard Murtagh—48 classes

5th—Connie Pryor-43 classes

Well done :-)) You all get 1 free workshop in 2006

If you have a birthday this month, you have to let us know. You get a free class on us.

Melissa delivered a nearly 10 lb Preston James Yost on Nov 20th.

Anyone tried Yoga on ice skates? Dorcas, Adam and Kristen did! Adam mastered UpDog, Dorcas managed a Bird of Paradise variation and Kristen put us both to shame with exquisite dancers and spinning eagles.

Eva is off to [Patagonia](#)

Jan is off to [Guam](#) to visit family

Got news? [Email us.](#)

### TRY YOGA FOR FREE

New to Sol Yoga? Bring this coupon and enjoy an entire week of unlimited yoga for the price of just one class.

## *New Beginnings*

The lotus flower, a breathtaking display of nature, is an inspiring symbol for new beginnings, personal growth and infinite potential. It rises from muddy water in a tight bud to spread and blossom into its fullest expression of beauty. It closes at night, sinks underwater only to re-emerge and bloom again in the day, making it a symbol of purity and resurrection.

In this New Year, and season of reflection, we can strive to move through our lives with the grace of a lotus flower. Consciously taking time to arise and absorb the dew of the morning, slowly waking to stretch our limbs and spread our wings in a graceful display and to move through our day with the radiance and brilliance of an opened lotus. And then, as the sun dips, we turn inward into our own space to re-charge and absorb the nutrients of the earth and find new beginnings.

Happy New Year from Sol Yoga

## *Reflections*

There is a lot of discussion and focus on living in the moment and 'being present.' This is all fine and dandy, and even great. But I've been checking into a place called Reflections lately and would highly recommend a visit.

It's not always open. Nor am I always welcome, but when I find the time to go, I make huge discoveries. Patterns, Accomplishments and Lessons are all rooms that I hang out in. Sometimes, when I'm feeling brave, I'll enter the Unsaid & Undone room. I try to go to these rooms at different times and absorb the sweetness or bitterness of each memory and thought. There is much to be learned.

Before you leave, you are required to walk down the Let Go Hallway.

I live my life at an excessively fast speed and go to bed every night feeling like I haven't accomplished anything. And it's not until I sit down to write holiday cards that I realize what I've accomplished in a years time.

Sit down, turn around and look back. Enjoy the visit.

Then, a little later, sit down, pick up a pen and look forward. What do you see? Create your destiny and start living it today. Now is your time.

Namaste & Happy New Beginnings, Dorcas

## New 2006 Schedule

### Important Schedule Changes

**WE ARE CLOSED UNTIL THE NEW SCHEDULE BEGINS MONDAY JAN 2ND:** You asked us for:

**LONGER CLASSES** We lengthened almost all of our classes so you can enjoy more yoga for the very same price. Check out the new end times.

**MORNING CLASSES** You wanted more morning classes, so we moved Friday noon class to Friday morning at 9:15am, so you can start your day off right three times a week now!

**YOGALATES & PRENATAL** —Check out the details below on these new classes!

For details anytime, visit

[www.solyoga.org](http://www.solyoga.org)



### Other Tidbits

If there is inclement weather, please call 877.SOL.YOGA for the schedule.

Please read about and welcome our newest teachers, Anya, Deb and Kristina [on our website](#)

[Helpers wanted:](#) it's a part time job for free yoga. Must love yoga.

Want to join us for some yoga outside the studio? Check out workshops with [Baron Baptiste](#), [Lisa Black](#), [Rolf Gates](#)

Sol Yoga's 1 year anniversary is this month! We've come a long way! Endless thanks to everyone for helping us grow, its been a special year.

Interesting fact— did you know that you breathe 3000 gallons of air in a day. Wow!

How bout this trivia—there are studies out there that show that multitasking lowers your IQ!

MON	TUES	WED	THURS	FRI	SAT	SUN
		MIXED 9:15-10:30AM DORCAS		MIXED 9:15-10:30AM STAFF	MIXED 9:15-10:15AM STAFF	
			<b>EVENING</b>			
GENTLE 5:30-6:45 DORCAS	GENTLE 5:15-6:30 JAN	Downtime Meditation 6pm HEATHER	GENTLE 5:15-6:30 JAN	TGIF (MIXED) 6-7:15 DORCAS		COMMUNITY 4-5PM STAFF
VINYASA FLOW 7:00-8:15 DORCAS	YOGALATES 6:45-7:45PM KRISTEN	MIXED 7-8:15PM EVA				PRENATAL 5:15-6:45PM CARLA

### NEW & SPECIAL CLASSES & WORKSHOPS IN JANUARY

**Get Movin' Series** Invigorating Yoga for a lifetime of health and vitality: Three separate sessions in January to include Calorie Burning Yoga to help you shed layers, Mindful Eating-learning to listen to your eating & Make it Happen-a session with Personal Trainers to help you construct your plan for health.

**Dates & Times:**

**Mindful Eating**  
Sat Jan 14th ~ 10:30-12:30pm

**Calorie Burning Yoga**  
Thurs Jan 19th ~ 6:45p-8:15pm

**Goal Setting**  
Sat Jan 28th ~10:30-12:30pm

**Cost:** \$75

### Mindful Eating

Join Heather Whittington for an insightful look at YOUR very own eating habits and tendencies. Begin to really notice what you eat, why you eat and how it makes you feel.

**Date:** Sat Jan 14th

**Time:** 10:30-12:30P

**Cost:** \$25

### Sol Yoga Women's Circle

**Goal Setting** - make it work for you. whether you are a worker bee or a dreamer, goals can help inspire and direct. Get on track in 2006. Read more about the women's circle on the website.

**Date:** January 28th

**Yoga class Time:** 9:15-10:15am

**Workshop Time:** 10:30-12:30pm

**Cost:** Wkshp \$25/ Yoga \$15 /Both \$35

**Who can attend:** anyone

### Yogalates (starts Jan 3)

Pilates is a bit of a workout, so we're introducing a fun fusion of core strengthening Pilates exercises with yoga. This will be a creative mix of movement, music, strengthening and stretching, taught by Kristen. Tuesday night 6:45-7:45pm **Enjoy this new class for only \$5 for the month of January.**

### Prenatal Yoga (5 spaces left)

Kripalu Certified teacher [Carla McAdams](#) will be joining our staff to offer our first 8 week session of yoga for moms to be and new moms.

**8 Week Session Date:**

January 9th – March 5th 2006

**Time:** Sunday's 5:15-6:45pm

**Cost:** \$99

### Downtime Meditation

**Wednesday's 6-6:45pm, On-going** Drop ins are welcome and no pre-registration or experience is required. Dana (Donation) is appreciated to support the space and the instructor.

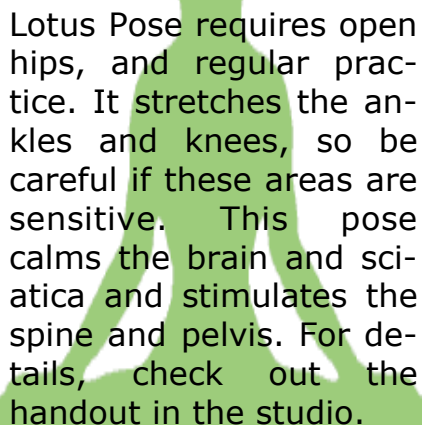
**Silent Night** A special recap from a participant: "The candle light provided an excellent atmosphere that was part isolation and part community. The four "space" candles, in a strange way, aided my inward reflection... I achieved several "personal bests" during the practice. It seemed that everyone would have happily continued on and on!"

To Register for All Workshops & Series : Call 877.SOL.YOGA or [email](#)



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## Pose of the Month: Padmasana~Lotus



Lotus Pose requires open hips, and regular practice. It stretches the ankles and knees, so be careful if these areas are sensitive. This pose calms the brain and sciatica and stimulates the spine and pelvis. For details, check out the handout in the studio.

### LOOKING AHEAD TO FEBRUARY

**Break it Down** Want to learn more about the mechanics of asana? Do you wonder if you are doing it 'right,' what it is 'supposed' to really look like and how to make adjustments? This series will dissect a few poses each class to help you find proper alignment & better understanding of each pose. There will be helpful handouts and lots of individual attention. Some of the topics will include: *Grounding: The basics*—down dog, tadasana, etc. *Standing Like a Warrior*: Warrior poses & variations *Twisting to New Depths*; *Geometry*—Perfect Triangles, *Balancing it All*, etc. This series will begin in February and will continue throughout the year. There will be a limited number of students. More info on specifics will follow soon.

**1st Session:** Grounding  
Thursday February 2

**2nd Session:** Thursday February 23  
**Time:** 7-8:30pm

### Kid's Yoga

Wednesday's, Ages 7-12, but **WHAT TIME?** We have a teacher and a day, and are ready to offer our first session in February, so send us your vote about what time. **Start time 3:30pm, 4pm or 4:30pm?** Please [email us](#).

### Yoga for Skiers & Snowboarders

**Date:** February 4  
**Time:** 10:30-12:30p  
**Cost:** \$20

### Partners Yoga

**Date:** Sunday February 12  
**Time:** 10:30-12:30p  
**Cost:** \$15

### Runners Yoga Workshop

**Date:** Sunday February 19  
**Time:** 2-3:30p  
**Cost:** \$25

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