

# shine

March 1, 2006

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Email 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.

## Get to the Core

On occasion, I fondly refer to my dad as an M&M. He's a hard shell on the outside, but a mush of sweetness on the inside. It makes him smile to hear this because he knows it's the truth. Despite his efforts to appear anything but tough, his whole modus operandi moves from this place of purity and his life is filled with a sense of wholeness and genuine purpose.

Its unlikely the exterior most of us wear is akin to the secret inside. Whether it's a well of empathy or a source of hidden power, it's not often enough that we tap into our core truths and strengths. Everything begins here, in the deepest part of our center. We must expand from our core on a physical, intellectual and soulful level. If not, we will flail about, and eventually, or repeatedly, fail. What inspires you? Dig in. Uncover, discover, and tap into your potential. Join us this month and next as we 'get to the core.' *Namaste, Dorcas & Sol Yoga Crew*

## solyoga Spring Schedule

**NEW** Mixed level class on Tuesday night at 6:45pm. If you've been enjoying Gentle for a while, why not step it up a notch? Join Jan (see below) for a bit of fun.

**VINYASA FLOW** Is now MID WEEK and longer. How many times a week do you sweat? Indulge at least once! Purify, strengthen and surf your edge with Dorcas as your guide to safety.

**YOGALATES** will stick around in workshop form (see below).

**MEDITATON** will temporarily move to Friday night after TGIF. What a way to set your weekend off on the right foot!

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		GENTLE 5:15-6:30 JAN	TGIF (MIXED) 6-7:15 DORCAS	RUNNERS 4:00-5:15PM EVA	COMMUNITY 4-5PM STAFF
	MIXED 6:45-8PM JAN	VINYASA FLOW 7:00-8:30 DORCAS		DOWNTIME MEDITATION AFTER TGIF		PRENATAL 5:15-6:45PM CARLA

CHANGES EFFECTIVE MARCH 1, 2006

## solyoga Adventures

We're embarking on new territory and you are invited. This year, Sol Yoga will launch Sol Yoga Adventures, yet another way to connect with each other, nature and our inner diamond. We hope you'll put your life on a shelf for a day or more to join us as we explore!

### A WALK IN THE WOODS

April 29, 2006

A 1/2 day adventure in the peak of spring to enjoy scenic Harpers Ferry. Plan to explore views, nature and the concept of walking mindfully on a 4.2 mile hike & stretch. Lunch included. 9:30-2pm.



### SOUTHWEST WANDERER

September 2006

The grandest canyon in the world, the greatest sand dunes in the states, a 10 day tour of the southwest, a balance of camping & days at a spa resort, Yoga daily, explorations and adventures, basking in the sun. Ahh. Details soon.

### Trance Dance, March 10

A contemporary exploration of the spirit of dance within yoga. Yoga breath, or prana initiates yogaasana and from there the body flows into a free form exploration of creative movement. A fantastic and fun way to increase fluidity, range of motion and stamina. Learn how to let go and move freely. Led by Maria Garre, who has trained extensively with Shiva Rea and teaches Yoga, Pilates, and Trance dance throughout Maryland. Must pre-register, only 12 spots

**Date:** Friday night, March 10th

**Time:** 7:30-9pm

**Cost:** \$20

### Yoga of Journaling, March 18

No prior writing or yoga experience needed! Plus, you don't need to be a great speller or know where the heck a comma goes! This class is about journaling to empower healing and explore self-discovery. You will also receive tips on breaking through creative blocks, and suggestions for starting a journaling practice. There will be a small amount of movement during this class, but mostly it will consist of guided meditation and writing from the body. Bring a pad of paper or your journal, and a few favorite writing instruments. Led by Heather Whittington

**Date:** Sat March 18

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

**Cost:** \$20

### Tap Into Your Core: Cultivate a More Powerful Yoga Practice through Pilates, March 25

You've heard the buzz about Pilates, now find out what's it all about. This class/workshop will be a fun fusion of yoga and Pilates to help you understand the relationship between the two while learning how to connect to your core and move from there. Taught by two Power Pilates Instructors, Lori Love & Kristen Townsend, you will get lots of hands on attention and instruction as well as a great Saturday morning workout! This class will take the place of the regular morning class. Must pre-register. Open to all.

**Date:** Sat March 25

**Time:** 9:15-10:45am

**Cost:** Same as regular class

**To Register  
for All Workshops & Specialty  
Classes: Call 877.SOL.YOGA or  
[email us](#)**

WOW! Check out all these workshops! Sol Yoga is offering you lots of opportunities to deepen your practice and explore new things. Sign up early as our workshops are becoming quite popular.

**If you sign up for 2 workshops  
at once, we'll give you 1 free  
regular yoga class!**

**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: *Core Movement, Twisting to New Depths; Geometry*— Perfect Triangles, *Balancing it All*, etc. The series will begin in February and continue throughout the year. It has been filling up quickly and we will only take 14, so sign up early to secure your spot.

**3rd Session:** Thurs March 30,

**4th Session:** Thurs April 20

**Time:** 7-8:30pm

**Cost:** \$25 per session or register for series of 5 for \$100

### Power Yoga: Vinyasa Basics, April 1

Put the power in your yoga and get your body sweatin and movin! Learn how to safely link your poses together and build a seamless flow that will have you shedding your clothes (with confidence) and wiping your brow. Join Dorcas for this special 1.5 hour Saturday morning session and help jump start your spring health and fitness routine. This class will take the place of regular Saturday morning class. Must pre-register.

**Date:** Sat April 1

**Time:** 8:45-10:15am

**Cost:** same as regular class

### Sol Yoga Women's Circle, April 1

**Core Beliefs: Use Them or Lose Them** Core beliefs are the beliefs that you believe to be true, without question. Positive core beliefs help you meet goals in your life but negative core beliefs can keep you stuck in a rut. Join Linda Pruce & Dorcas to uncover and trace back your core beliefs, determine which ones you want to use and which ones you should lose to create positive change in your life. Wear yoga gear as relevant yoga poses will be explored.

**Date:** April 1 (no joke)

**Yoga class Time:** 8:45-10:15am

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

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

**Prenatal Yoga, April 9** Kripalu Certified teacher [Carla McAdams](#) will be on a voyage to India in March. New session will resume April 9<sup>th</sup>. \$75 for 6 weeks. [Contact us](#) for details. Registration is now open.

### Prana Vinyasa, April 23

Guest teacher Maria Garre will teach a special 2.5 hour Vinyasa Flow class. Inspired and trained by Shiva Rea, Maria will lead you through a variety of challenging asanas and sequences. Some experience required. More details to follow.

**Date:** Sunday April 23

**Downtime Meditation Fridays 7:30-8:15pm, Ongoing** Drop ins are welcome and no pre-registration or experience is required. Dana (Donation) is appreciated to support the space and the instructor. Led by Heather Whittington

### Runner's Yoga

Our Runner's Yoga Workshop was a hit and we're in the middle of a 4 week mini series of Yoga for Runners. Classes are taught by Eva and meet on Saturday at 4pm. [Check with Eva](#) for the most up to date schedule of classes and stay tuned for details on the next session.

**Date:** Saturday's Until March 18th

**Time:** 4-5:15pm

**Cost:** \$15 each unless pre-registered

**Stress Management Classes** - Join [Heather Whittington](#) for an 8-week Stress Reduction Group using Phoenix Rising Yoga Therapy Group Facilitation, and incorporating: meditation, gentle yoga, group discussion. Participants report an average 55% reduction in stress-related symptoms! Classes held at Sol Yoga starting in May 2006

**Extra Gentle Yoga Classes** – Coming soon. If you have limited flexibility for any reason or an injury you are nursing, this is the class for you. Class size will be small and a variety of techniques & props will be used to help you work with your body.

## Want us to come to your office?

How about some lunchtime or after work yoga or meditation? We have several teachers available throughout the week. Have your boss contact

[info@solyoga.org](mailto:info@solyoga.org)

We're going CORPORATE

## Kids Yoga Workshop, March 31,

4:45-6pm, \$15, \$12 for siblings

Sign your 7-12 year old up to join our Kids Yoga Certified Teacher Deb Spotts for our introductory workshop. If they like it, you can sign the kids up for a series of weekly classes. Kids Yoga will explore fun-filled yoga poses and breathing exercises to promote:

- physical strength and flexibility
- concentration, focus and awareness
- inner strength and body awareness
- confidence and self esteem
- relaxation and self control
- a feeling of well being and respect for others

**solyogaStudents** - Congratulations to Tara Fager-Morcock. She birthed a very tiny Katie. Misa is found; she's alive and well back in Japan. Ricky is teaching at Downtown Yoga in Leesburg. Kristen, Kim & Ed powered through a Pilates certification. Dq goes to Macedonia in March, Meredith is off to Botswana, Julie just returned from a blissed out trip to Mexico and Kristina and Sean toured California in 48 hours. Katherine Lollar (for those of you that remember) passed her real estate exam and will take on a new career. Welcome Meredith McAdams as our newest helper & many thanks for all of Christine's great help. Anya will be back to teaching in mid April, she's off her feet until her baby arrives. Welcome all new students – there are loads of you!

## Do you know Gentle Jan?

Gentle Jan, as she's come to be known this year, fits her name, but it hardly describes her. She's like constant running water – seamless, fluid and smooth. Her calm demeanor makes it seem as though she floats through her busy life. Most



wouldn't know that she's a mother to 2 beautiful girls, 11 cats and 15 dogs (ok, maybe only 5 dogs and 8 cats), a grandmother to 1 precocious boy, a world traveler by nature and a successful entrepreneur. Once a fashion designer, and forever an artist, Jan is eclectic and fantastic. Always early, beautifully poised and ready to go, Jan teaches yoga just like she lives. She's inspirational and confident and will take you right where you need to go. This month, Jan adds a Mixed level class on Tuesday's from 6:45-8pm. With a background study in Ashtanga Yoga, you'll get a glimpse of Gentle Jan's deep well of strength and power. Enjoy!

## Other tidbits

If you borrow a studio mat, please be sure to use our mat cleaner when you are finished.

Notice the tape on the floor. Please place your mat inside the lines so there is room for everyone.

Anyone want spider babies? Help yourself to one from our plentiful plant

We need helpers – part time job open to any current regular students who are interested in become more a part of the studio. We need you to commit to one regular class per week as well as 2 weekend classes per month, occasional meetings and some other odd jobs. The good news is, you get free classes in exchange for work.



## Testament to the Breath...

About 4 weeks ago, I was playing at the park with the boys and the pain that I learned to manage was taken to a whole new level. I basically woke up the next morning and could not move without almost passing out from pain. I finally got an MRI. Apparently, I had a very large herniated disc in my lower back. I left the Neurosurgeon shaken when he told me my condition was bad and couldn't believe I could still walk and had not permanently lost bladder function. I believe that my spine was still flexible and elongated from practicing yoga that I didn't have the compression that most people have. So when my disc herniated I had more "space" between my vertebrae and less pressure on my spinal cord. I am thankful. Yoga taught me to breath and focus on an inner calm and listen to my body. It help me cope with the pain without drugs. I am just a week from recovering from back surgery and am wrestling with the fact that the recovery is longer than I anticipated. My will is strong, but I sigh when I fight to do things that seem simple. Like being able to lean far enough over the sink to spit when I brush my teeth or to lift the shampoo bottle that now seems heavy and then struggle to wash my hair. Little did I realize how much my back played a part in every movement. It may be a while before I can practice various yoga positions. But I carry the philosophy and patience with me. "Just breath when the moment becomes unbearable". *Donna B. Yoga Student*