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SOL YOGA, LLC

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.



brighten your day. lighten your soul. energize your body.

Special Thanks

In 1621, after a hard and devastating first year in the New World the Pilgrim's fall harvest was very successful and plentiful. The Pilgrims had beaten the odds. They built homes in the wilderness, they raised enough crops to keep them alive during the long coming winter, and they were at peace with their Indian neighbors. Their Governor, William Bradford, proclaimed a day of thanksgiving that was to be shared by all the colonists and the neighboring Native American Indians. So this November, remember to give thanks for the bounty in your life, having food on your table, family & friends to surround you and yoga to nurture your soul...Namaste & Happy Thanksgiving.

A Little Perspective

The paradox of service strikes again.

As I sat at Café Du Monde in the heart of New Orleans, sipping a café au lait and listening to live street side jazz, I felt a bit guilty. This was easy. Fly away from my lovely life, sleep in a tent for a few weeks, work in the New Orleans sun handing out diapers and orange milk and enjoy all the goodness that is left of a place that has been utterly destroyed.

I wanted to be miserable, to suffer more, to sweat more, to cry more, to be terribly affected by these people's sorrow, in hopes that I could somehow take a little bit away from them. I wanted to shoulder some of their pain. But my plan wasn't working. I felt great. I felt happy. I felt so incredibly grateful for all that I have and all that I don't.

I'm not one that has a hard time being positive or seeing the good in things, but a huge catastrophe has a way of putting

everything into crystal clear perspective instantly. But just as fast as the wind blew in and destroyed a city, we quickly tuck these lessons in the back of our mind and return to our natural tendencies. There is no doubt that the drama and suffering in our lives is just as real to us as those that have lost their lives and homes in New Orleans, but it's so important to keep it in perspective. There will always, always, always be someone much worse off, and taking a moment to realize that truth should give you strength.

Volunteering is underrated. Service heals all involved. It's easy, it's simple and it's incredibly natural. This is my hypothesis: service = gratefulness = happiness and contentment – not too far off from the good ol' "give and you shall receive."

~DorcasQM

[Click here to view more New Orleans Pictures](#)

I know you aren't thinking about Holiday Shopping yet, but if you were...

Holiday Special—Sol Yoga is offering a special **Beginners Starter Kit to include: 1 Yoga Mat, Beginners Workshop & 1 regular class for just \$49.** We also have gift certificates in any amount. A new shipment of mats & goodies will be arriving in December!



IMPORTANT DATES

Mark your calendars - Thanksgiving weekend, we will offer 1 class on Saturday morning at 9:15am. Pay regular price for yourself and bring up to 2 friends or family for only \$5 each! There are NO classes November 24, 25 or 27th. Classes WILL be held as scheduled on Wednesday November 23rd.

MON	TUES	WED	THURS	FRI	SAT	SUN	WORKSHOPS
		MIXED 9:15-10:15AM DORCAS			MIXED 9:15-10:15AM STAFF		Nov 19 Women's Circle
				MIXED 12-1PM STAFF			Dec 10 Gift of Yoga
GENTLE 5:30-6:45 DORCAS	GENTLE 5:15-6:15 JAN	Downtime Meditation 6pm HEATHER	GENTLE 5:15-6:15 JAN	TGIF (MIXED) 6-7:15 DORCAS		COMMUNITY 4-5PM STAFF	Dec 15 Restorative
POWER VINYASA 7:00-8:15 DORCAS	PILATES 7-7:45PM KRISTEN	MIXED 7-8PM EVA					Dec 23 Silent Night

Other Tidbits

Thanks for all your feedback this month with our survey's. We're compiling responses & will make some changes/additions in the new year.

B.K.S. Iyengar said a lot of fantastic things last month during his visit to DC. My favorite quote "Where there is awareness there is health. Where there is no awareness, there is disease."

Dorcas, Jan & student Jen Rinehart enjoyed 3 days of intense yoga trainings at the Omega Conference in Miami, Florida. Some of our favorite teachers included Sean Corne, Ana Forrest, Duncan Wong & Baron Baptiste. Picture below.

Don't be surprised if we ask you to lay your mat out a different way than you are used to—we are experimenting—and keeping you on your toes :-)



Student News

Melissa still hasn't had her baby! **DQ** went to New Orleans. See below. **Colleen Miller** ran ANOTHER marathon (and came to yoga a little sore:-))

Congratulations! **Kristen** is always taking some kind of test—this week it was the GRE's Happy b-day to **Kristina Molinari** & special thanks for her contribution to this issue—the history of Thanksgiving at the top!

NOVEMBER—FEBRUARY WORKSHOPS

Downtime Meditation

Wednesday's 6-6:45pm,

Ongoing— Drop ins are welcome and no pre-registration is required. There is no set fee for this event. Dana (Donation) is appreciated to support the space and the instructor. No experience is required.

Sol Yoga Women's Circle

Nov 19 This workshop is overfull but we'll have another one in January.

The Gift of Yoga

Dec 10 as the stress of the holiday season builds, refocus your intention & attention to the things that matter—taking care of yourself, so you can give and serve others. Learn more about Anusara Yoga in this special heart centered practice before a day of shopping. Led by Julie Kaus

Date: Saturday Dec 10th

Time: 9:15-10:45am

Cost: \$15 (or use classes you own)

Register: 877.SOL.YOGA or email us.

Restorative Yoga

Dec 15 Back by popular demand and offered on a weeknight, come enjoy deep, relaxing poses. Sink into blankets, breathe and completely relax. This time of year can get hectic, so plan an evening for yourself.

[Led by Heather Whittington](#)

Date: Thursday Dec 15th

Time: 6:30-8pm **Cost:** \$20

Register: 877.SOL.YOGA or email us

Silent Night

Dec 23 Special candlelit yoga practice to ring in the season. Mixed level class led by Dorcas.

Date: Dec 23 **Time:** 6-7:45pm **Cost:** \$20

No Registration required

New Series to Begin in '06

Get Movin' - Invigorating Yoga for a lifetime of health and vitality: 3 separate sessions in January to include *Calorie Burning Yoga* to help you shed layers, *Eating with Awareness*—learning to listen to your eating & *Make it Happen*—a session with Personal Trainers to help you construct your plan for health.

Dates & Times: to be set soon. Will include an evening & weekend

Cost: \$75

Register: [Email us](mailto:email@sol.yoga) or call 877.SOL.YOGA

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*—downdog, 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. Call 877.SOL.YOGA or email us if you are interested.

Pre Natal Yoga we've been promising for a long time, and finally we have found a qualified teacher! The first session will begin in January. We haven't nailed down a day/time yet, but we'll let you all know as soon as we do. We will accept 12 ladies for the first class & sign up for the entire multi-week session will be required. Call 877.SOL.YOGA or email us to get on the list.