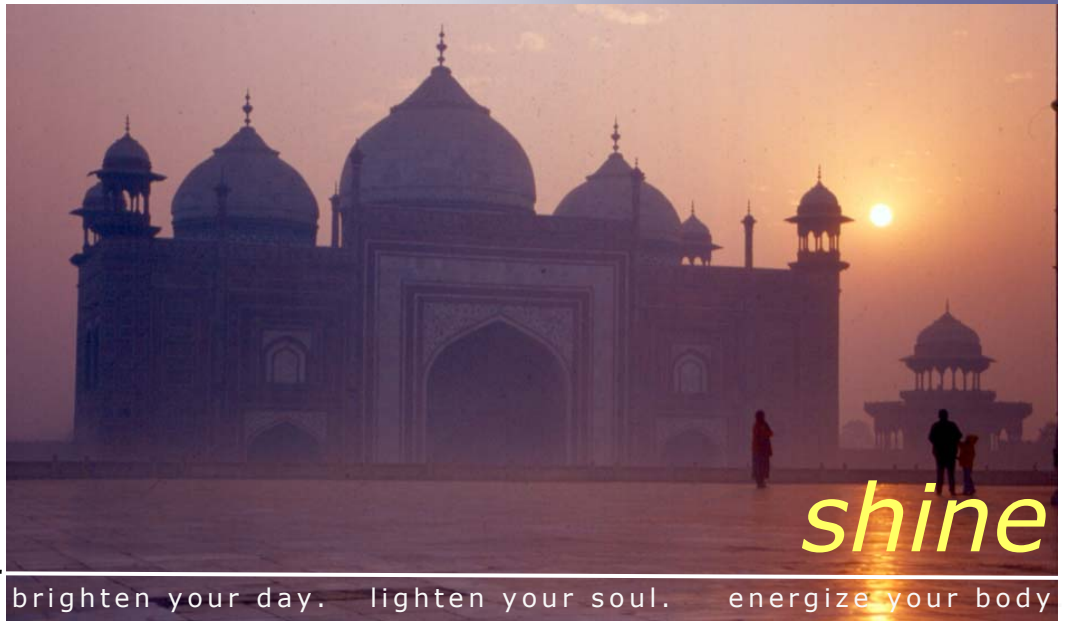


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SOL YOGA, LLC



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.

Light on Yoga

BKS Iyengar is a living legend. Now in his 87th year, he is considered one of the world's foremost yoga teachers. He first published Light on Yoga in 1966 which has become the bible of modern yoga. After 12 years away, he has traveled to America once again and will visit DC this month to share his teachings. This issue of Shine pays respect to this great yogi and to the birthplace of Yoga.

Light on Life

I've just started reading Light On Life, BKS Iyengar's much anticipated new book. It's an easy read and surprisingly simple. But then again, BKS Iyengar has spent the past 50 years bringing yoga to the west and de-mystifying the ancient practice for Americans. Yoga saved his life and transformed him from a sickly child to "one of the world's masters of Yoga." His approach to life is practical and sensible and his new book shares his seventy year Yogic Journey and sheds light on the transformation yoga brings to life. As the days get shorter and we spend more time inside, why not enjoy a little "Light on Life." Dorcas

Excerpts from Light on Life... "...The yogic journey guides us from our periphery, the body, to the center of our being, the soul. The aim is to integrate the various layers so that the inner divinity shines out as through clear glass. Yoga identifies five of these different levels or sheaths of being (kosas) which must be completely integrated and in harmony with each other in order for us to achieve wholeness. When these subtle sheaths are in disharmony, they become sullied like a mirror reflecting what is in the world around us rather

than letting the clear light of the soul within shine out. It is then that we experience disease and despair. True health requires not only the effective functioning of the physical exterior of our being, but also the vitality, strength and sensitivity of the subtle levels within."

"The kosas are like layers on an onion or the Russian dolls where one is nested within the other. These include (our anatomical body,) our energetic body, our mental body, our intellectual body and ultimately our soul body."

"The physical body must connect with and thereby imprint upon the energetic and organic body, which must, in turn, accord with the mental body, the mental body with the intellectual body and the intellectual body with the blissful body.

Likewise, if there is not communication between the blissful body and the physical body, then the blissful body cannot bring its illumination to the motion and action of the physical body, and there is darkness in life and not Light on Life."

"The demarcation of the different sheaths is essentially hypothetical. We are unique and integral. Nevertheless, in order to achieve the integrity and wholeness we desire, there must be communication from the inner to the outer and the outer to the inner as each sheath blends with the next. Only then are we bound together as one functional human being. If not we experience dissolution and fragmentation, which make life uncomfortable and confusing."

Excerpts from Introduction & First Chapter.

*"Yoga is like music
the rhythm of the body,
the melody of the mind
and harmony of the soul,
create the symphony of life"*

-bks iyengar



October & November Schedule

IMPORTANT STUFF!

Monday's Mixed Level Class is changing to **Gentle level**. If you are used to Mixed, still come, you will just sweat a little less :-)

Friday night TGIF will now end at 7:15pm, giving you a bit longer session.

Friday night Power Vinyasa will go away for now and return when the days get longer.

Read below about **DOWNTIME meditation**, our newest class.

Starting 10/22, **Saturday class will begin at 9:15am**, so you can sleep in AND do yoga!

Mark your calendars,

NO class Oct 31, & November 24th or 25th.

NO PILATES CLASS ON OCTOBER 18th.

Other Tidbits

If you haven't met our studio helper extraordinaire **Kristina**, you will soon. She is taking on more responsibilities around the studio and coming up with all sorts of fantastic ideas!

Like... **In the Streets**.. One of Kristina's brilliant ideas! She & DQ set up a booth and handed out tons of flyers.. And have had lots of new students because of it!

Please also welcome **Charity** Ring as our newest studio helper. She has just moved from Colorado and is anxious to get back into yoga.

Some of our classes have been getting pretty full and people are concerned about having enough **room to spread out**. There is comfortable space for 19 students in the room, so please place your mats carefully when you arrive.

Community Yoga—it's a fantastic way to wind down your weekend. Bring \$7 and help us raise money for Red Cross.

Eva's Wednesday night mixed level class will be \$5 this month. It's a great class @ a great time, so come try it out.

MON	TUES	WED	THURS	FRI	SAT	SUN	WORKSHOPS
		MIXED 9:15-10:15AM DORCAS			MIXED 9:15-10:15AM STAFF		Nov 2 DOWNTIME MEDITATION WKSHPP
				MIXED 12-1PM STAFF			
			EVENING				Nov 19 SOL YOGA WOMEN'S CIRCLE BODY IM- AGE
GENTLE 5:30-6:45 DORCAS	GENTLE 5:15-6:15 JAN	Downtime Meditation Starts Nov 2 6pm	GENTLE 5:15-6:15 JAN	TGIF (MIXED) 6-7:15 DORCAS		COMMUNITY 4-5PM STAFF	
POWER VINYASA 7:00-8:15 DORCAS	PILATES 7-7:45PM KRISTEN	MIXED 7-8PM EVA					

RECAP, WORKSHOPS, NEW CLASSES, NEW TEACHERS

Nov 2 6-6:45pm

Downtime Meditation This date will mark an introduction of an ongoing Wednesday night meditation group. 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. The Nov 2nd session will include basic meditation instruction. No experience is required. No Class will be held Nov 16th.

Why Learn to Meditate? Many of us are familiar with our own "fight or flight" response – our breath shortens, our heart beat quickens, and we may begin to feel sweaty and dizzy. Did you know that your body is equipped with the equally powerful "Relaxation Response," and that practicing relaxation for only minutes at a time can invoke this powerful antidote to anxiety & stress?

Even when practiced for only minutes a day, the benefits will include reduction in tension headaches, symptoms of PMS, lower blood pressure, an overall feeling of peace and relaxation. Based on the principles of mindfulness, the practice of paying attention will bring awareness and vitality to your life.

Learn more about certified Phoenix Rising Yoga Therapy Practitioner [Heather K. Whittington](#).

As an ideal way to prepare for your asana practice, plan to enjoy both Meditation w/ Heather @ 6pm & Yoga with Eva @ 7pm on Wednesday nights.

NOV 19

The Sol Yoga Women's Circle evolved from a Women's Intuition Workshop that tapped into something special. Come explore and develop your emotional, physical and spiritual power to live an authentic and balanced life. [Linda Pruce](#), a holistic health counselor, will facilitate the discussion and Dorcas will lead some meditation or movement that correlates with the topic at hand. Come find out what the Circle is all about.

You asked—We Listened. Body Image Workshop changed to Nov 19 so more women could participate. Reserve your spot quickly by calling 888.SOL.YOGA or [email](#).

Nov 19 Topic: Body Image—"Except for a rare few, the women I met loathed at least one part of their body. There was almost always one part that they longed to change, that they had a medicine cabinet full of products devoted to transforming or hiding or reducing or straightening or lightening. Just about every woman believed that if she could just get that part right, everything else would work out. of course, it is an endless heartbreaking campaign." From [The Good Body](#), by Eve Ensler

Date: Nov 19

Yoga Time: 9:15-10:15am

Wkshp Time: 10:30am—12:30pm

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

Register: Call 877.SOL.YOGA or [email to sign up](#)



256 WEST PATRICK STREET #4
 FREDERICK, MD 21701
 WWW.SOLYOGA.ORG
 877.SOL.YOGA

“If anybody does something bad to you, you should return something good to them. That’s what you call being a cultured person. Saint Thiruvalluvar says, ‘If somebody hurts you, do something nice to them.’ Let them feel guilty about it. They will think, ‘Did I hurt this nice person? I shouldn’t have done that.’ See? If you return good for the hurt, that’s the best way to teach such people a lesson. It will put them to shame. If somebody hurts you, love them. To be able to do that, you must be a good yogi. Learning never to get offended by anybody is Yoga practice. ~Sri Gurudev

Student News

Melissa will most likely have a baby before the next issue.

We’ve got another prego in the house to take her place!

Congratulations to Audra who had a baby boy, Sam.

Misa snuck off to the Upaya Zen Center in New Mexico,

DQ’s husband Adam, left for New Orleans last week and DQ will meet him there soon.

Kristen signed up for her Level II Pilates certification.

Lisa Ausherman is going to do yoga on the Great Wall of China.

Meredith is off to Mongolia to study her cats.

A special welcome to the many new students this month.

And a huge thanks to Joan for bringing in 5 new people this month!

Happy birthday to my awesome mom!

Do you know your level?

Are you feeling challenged? Is class too hard? Do you feel like you are learning new things? Review these class descriptions & make sure you are in the right place. For a well rounded yoga experience, try them all periodically.

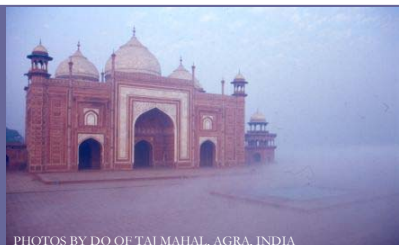
Gentle—this is a great place to begin if you’ve never done yoga, or if its been a while. This class usually involves a few sun salutations to warm the body, followed by a variety of basic poses held for many long slow breaths. As in all classes there is much attention to the breath.

Mixed—Once you’ve taken a few Gentle Yoga sessions, or you’ve been doing yoga for a while, you are ready to graduate to this level. We still often do sun salutations to warm the body, and then move through a variety of basic & more advanced postures. Stages are shown for each pose, so that anyone at any level can participate. This class can include basic inversions. It’s a well rounded class offering a full body stretch and a sometimes a little more workout that you realized :-)

Power Vinyasa—synchronicity of breath and movement characterize this class. It is a smooth flow from start to finish. While it is accessible to all levels, it can be challenging. All poses are fair game, but you can always return to Child’s Pose for a rest. If you are looking for a true moving meditation, this is it. If you like to sweat, you’ll love this class. If you like to have fun and play with your edge, try it out.

Pilates—This class is for everyone and a compliment to any physical activity. It teaches us to use our core strength from the inner layers of muscle out. It seems easy at first but the intensity increases with your own focus and practice. Come try it out. The benefits are incredible!

There is more to life



PHOTOS BY DQ OF TAJ MAHAL, AGRA, INDIA

than increasing its speed.

Mahatmas Gandhi