

## North Woods Summer Yoga Schedule and Events

The moment of just opening your eyes in the morning is apparently close to the state of bliss in yoga, awareness without life's details to distract towards thought and away from the experience of the Now. The other day, as I was just waking, the birds songs came through, then the warm breeze, the green color and early sun, and I felt 'the summer package' and it was good! Up here, with the winters we get one has to store experiences like that the way squirrels store nuts. I hope your summer is going well, and that you have had at least a dunk in good old Lake Michigan. She is quite accessible this year, clear, warm and blue. We tried to take our dog Sammy kayaking yesterday on a small lake, since Greg's old kayak has a nice big hatch. I had the thought to try it because when he sensed we were going somewhere he wouldn't get out of the car, so I thought, why not try and take him.. Well once we pulled up to the lake and he understood the actual plan he wasn't so keen. When Greg had his boat all ready on the shore and we invited him into the hatch he turned tail , ran up ten yards to where a fisherman had parked his car and leaped from the ground right through the open window of his car!! Luckily the guy was nice about it, and actually after one more try Sammy had a great time kayaking and even fell asleep in the hull.

This summer North Woods Yoga is bringing in a special guest teacher, Linda DiCarlo from Rhode Island. Linda is a Iyengar certified teacher and director of Yoga Source, an Iyengar yoga studio in Rhode Island. She has studied on a regular basis at the Iyengar institute in Pune , India and assists in Patricia Walden's yoga classes in Boston. Her 30+ years of teaching experience and masters in exercise science bring wonderful depth to her teaching. I have traveled a lot to workshops to study with other Iyengar teachers in my yoga education, and I have come away with a new understanding of Iyengar yoga. It is a great way to deepen your practice. I hope you take advantage of this opportunity. Linda is teaching three classes, all appropriate for all levels of current North Woods Yoga students and I will be there to lend a hand and help with any special needs. Linda is also giving a free lecture entitled: Yoga, Your body and your Weight. I requested this topic because Linda told me she has helped some of her students use their yoga as an adjunct aid to lose weight. Here is the schedule of events for Linda's workshop: Please sign up soon so we know you are coming. Though there is a special rate for all three classes, you can take them individually as well. The flyer download on the website is easier to use. Go to [northwoodsyooga.com](http://northwoodsyooga.com)

Special Guest Teacher Linda DiCarlo

Friday, August 13 & Saturday, August 14, 2010

Open to all current students of Iyengar Yoga and North Woods Yoga

Friday 5:30 PM

A free talk: Yoga, Your Body and Your Weight

What part does yoga play in weight loss and maintenance?

Friday 6:30-8:30 PM : Asana classes

The Physical, Energetic and Mental Bodies: Tools for an Asana Practice

Standing poses to cultivate stamina and concentration.

Saturday 9-11:30 AM

Responsibility and Discrimination: Safe, Honest Asana Practice

Chest opening poses to tap into courage and personal power.

Saturday 2-4:00 PM

Clarity of Intention and Declaration of Commitment: The Muscular Mind and Asana Practice

Inversions and forward bends to bring clarity and contentment.

Class fees:

2 hour classes \$30

2 1/2 hour classes \$35

Entire workshop \$85

Date: August 13 & 14, 2010

Location:

North Woods Yoga Studio

316 1/2 E. Mitchell

Petoskey, MI 49770

231-526-9093

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Classes attending

(check all that apply):

REGISTRATION - Linda DiCarlo Sessions

Mail this form and payment to:

North Woods Yoga Studio

316 1/2 E. Mitchell

Petoskey, MI 49770

Friday 6:30-8:30 PM

Saturday 9-11:30 AM

Saturday 2-4:00 PM

Other events: Joy of Yoga workshop with Mary this weekend, see details and registration at [northwoodsyooga.com](http://northwoodsyooga.com). In order to make it feasible for you to attend both events (August workshop with Linda) , you may use a class from your card and take \$15 off any class for this workshop only. Schedule is as follows:

Friday, July 23rd 5:30-7:30 Jump for Joy, using the basis of Surya Namaskar or salute to the sun, we will explore how the Iyengar method employs vinyasa or linked sequences. (Not suitable for new beginners.)

Saturday :July 24th Backbend Playground 9-11:30

This class will show how props can help the student to experience the many facets of backbends. Not suitable for beginners with less than one term experience or pregnant or menstruating women.

Saturday Cooling and Soothing 2-4

Quieting poses, known as Restoratives ,will be offered for every level of experience.

Sunday July 25th Pranayama 8-9 Breath work, pre-requisite: one year of Iyengar yoga experience

Sunday Yoga for Your Back, 9:30-11:30 Therapeutics for creating space and freedom in the back., open to all levels.

see registration at class or at the website.

Our summer schedule will continue with no breaks until Thursday August 26th. Use your summer classes before then. I will be giving a certification assessment exam in New York the next weekend and then taking a break.

Our new session for fall will begin September 13th.

Check Out :

The new yoga wear from my nieces company Play, it's wonderful and I have several pieces for sale. She's doing very well with this first line. I love wearing it and I'm proud to sell it.

Perfect Cream: made from all natural ingredients , recipe there to see, \$25

Essential Soaps: Made in Charlotte NC, these soaps are very special and have high quality essential oils in them.

Red Elephant Jewelry: some items are made from gems I bought in India. More is available at the Northern Michigan Artists Market on Lake Street.

Scarves , pillow covers and shawls from India: I will be putting out some textiles I purchased last February while on a buying trip to Delhi. I went with a friend of mine who has a store in Pune, it was a lot of work, but very fun.

Enjoy the rest of your summer, hope to see you in our special class offerings.

Peace,

Mary