

Newsletter - December 2011

Inner Light Yoga Studio



Merry Christmas!

Dear Yoga Friends,

As we come to the end of the year, it is a good time to pause and reflect on the past 12 months and do a little self-survey. Did we accomplish our goals, make the career or lifestyle changes that we desired, focus our attention on matters of the heart? At this busy time, we tend to fixate on *what we have to do* and *what we need to get*, as opposed to acknowledging all of our blessings, large and small, and remembering to live in gratitude for all that we have, for all that we can do, and for all that we are. I am so thankful to have you in my life, for sharing your energy with me, for continuing to make Inner Light a beautiful place to "be."

Karen

~At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us~
Albert Schwietzer

Inner Light Yoga Studio

Our goal at Inner Light Yoga Studio is to help you develop a meaningful yoga practice and to provide you activities and tools to deepen your awareness and to live life more fully.

Activities at the Studio include:

Yoga Classes of many types

Pilates

Meditation Classes

Personal Healing Consultations

Reiki Massage

Reflexology

Life Path Readings

Self Empowerment Workshops

Belly Dancing

and many other activities

Details are available in the contents of this Newsletter and in the Studio Fall schedule on the website

www.innerlightyoga.info/Classes.html

Inner Light Yoga Studio
2807 44th Avenue, Vernon

You have received this Newsletter because you have chosen to be placed on the Inner Light Yoga Studio mailing list.

If you wish to unsubscribe from this Newsletter or update your email details, please use the links provided at the bottom of the page.



This Newsletter can also be downloaded as a pdf file from the Studio website:

www.innerlightyoga.info

Contents of the Newsletter

(Click on the event title links below to get the details)

[Studio News](#)

Yoga

[Winter Solstice - Yoga Nidra](#) - with Karen

[Prenatal Yoga](#) - with Karen

[Beginner Yoga](#) - with Karen

Workshops

[Nutrition and Wellness Workshop](#) - with Rose

[Tantra "Playshop"](#) - with Satyama

Classes

[Develop Your Intuition](#) - with Elara

[Guide To Meditation](#) - with Elara

[Belly Dancing](#) - with Sandra

[Pilates Classes](#) - with Rose

Services

[Personal Healing Consultations](#) - with Elara

[Life Path Readings](#) - with Elara

[Reiki Massage](#) - with Elara

[Reflexology](#) - with Elara

Groups

[Circle of Love Guided Meditation](#) - with Elara

[A Course in Miracles Study Group](#) - with Elara

Studio News

The studio is closed from December 24th to December 27th inclusive.

We will be open for regular classes Dec. 28th – Dec. 31st.

The first class of 2012 will be on Tuesday, January 3rd.

The class schedule for the Winter will be available in late December.

**Relaxation CD by Karen
with original music by Chris Madsen:**

Available for purchase. The CD includes two 20 minute tracks:
Guided Relaxation and **Yoga Nidra**.
The cost for the CD is \$10

Services Now Available at the Studio:

**Personal Healing Consultations,
Life Path Readings,
Reiki Massage,
& Reflexology
with Elara**

See below for details.

Yoga

Winter Solstice - Yoga Nidra

with Karen

This “Bliss Opportunity” will be held on Wednesday, Dec. 21st at 7:30 (as part of the regular Gentle Class) in honour of the winter solstice.

The evening consists of a 40 minute Gentle Yoga Class, followed by approximately 30 minutes of “Yoga Nidra” or “Yoga Sleep.” During this time, most people journey to a special place, feeling like they’ve been gone for only a few minutes, then “awake” feeling totally relaxed and refreshed.

Holiday refreshments will follow. There is no charge for this class, but we will gratefully accept donations for the Transition House (food, toys, personal hygiene items for women, gently used clothing for women or children, towels, blankets) or cash.



Moms and Babes...

Prenatal classes continue on Thursday evenings at 7:00. In addition to helping moms feel great during pregnancy and aid in preparing for

labour and delivery, the classes are a wonderful opportunity to connect with other moms-to-be.

After delivery, moms are invited to resume a gentle yoga class, with their babies (birth to one year) on Thursday mornings from 10:30-11:30 with Debbie. New moms are welcome to use any remaining prenatal punch-passes they may have.

*The newest additions to our Inner Light Family are:
Baby Girl, born to thrilled mom, Jane
Baby Stefan, born to happy mom, Dianna
Baby Reed, to excited mom, Karli*



Beginner Yoga

with Karen

The next beginner's yoga session starts Monday, January 9th. This is a four week, pre-registered session ideal for those who want to learn the basic foundation postures. Please share this opportunity with family and friends.



Workshops

Nutrition and Wellness Workshop

with Rose Harryman



Focused 2 hour workshops designed to help you plan and achieve a healthy lifestyle.

Do you need help understanding what wellness really means for you, how to choose foods that are healthy, taste good and give you the nutrition you need or how to add physical activity to your hectic life? Sign up for this fun and instructive two hour workshop and get the answers you need.

Date & Time: Saturday January 21st from 1 to 3pm

At Inner Light Yoga Studio

Sign-up by January 11th and complete a pre-assessment to receive your personalized wellness assessment report at the workshop.

Investment: \$50 for the workshop, assessment package, workbook and follow-up consultation.

Sign-up sheet at Inner Light Yoga Studio or contact rose@rosepilatesandfitness.com

The grand essentials for happiness are: something to do, something to love and something to hope for.

-Chalmers

Tantra "Playshop"

with Satyama

Saturday, January 14th, 7:00 - 9:30 pm



Enjoy an evening of exploration of the divine masculine and divine feminine at Inner Light. Explore the ancient art of relating and connecting to each other through meditative experiments inspired by Osho Rajneesh, one of the world's most renowned spiritual masters, as well as the most controversial.

The greater the diversity of people we have at this "playshop", the better it will be, so bring a friend, a partner or a kindred soul and get ready to open the door to bliss, experience greater awareness, and uncover things about how you walk in this world through this unique social meditation.

Wear comfortable clothes - we will move.
\$10 per person suggested donation at the door.

“Experience life in all possible ways --
good-bad, bitter-sweet, dark-light,
summer-winter. Experience all the dualities.

Don't be afraid of experience, because
the more experience you have, the more
mature you become.”

— Osho Rajneesh

Satyama Lasby
Yoga teacher, Massage Practitioner, Facilitator of Conscious and
Tantric Creations

www.opentobliss.com

(250) 545-4774

May you have -
*Walls for the wind
And a roof for the rain,
And drinks bedside the fire
Laughter to cheer you
And those you love near you,
And all that your heart may desire*
- Celtic Blessing

Classes

Develop Your Intuition Connect with Your Inner Guidance

with Elara



A Six Week Class

Each of has been given the gift of Intuition, not just a special few.
Learn ways to develop your Intuition,
the main focus being on connecting with your Inner Guidance.

This class will help you to recognize and honor your Intuition
and to discover
your own unique Inner Guidance System.

Dates: 6 Tuesdays, Jan. 24th to Feb. 28th

Time: 4:00 - 5:15 pm

Fee: 6 weeks - \$75.00 per person. **Special discount:** bring a friend
or
family member: two places for \$120.00

Class places are limited. Pre-registration with payment is required.

Register at Inner Light Yoga Studio or
[Click here to register online](#)

Guide to Meditation

with Elara



Next class starts on January 24th

**Learn techniques of meditation
Connect with inner peace
Achieve deep relaxation**

Class time: 5:30 to 6:45 pm

Class dates: 6 Tuesdays, Jan 24th to Feb 28th

Fee for the 6-week series is \$75.00 per person

Special Discount: bring a friend or family member: two for \$120.00

Class places are limited. Pre-registration with payment is required.

[Click Here to register on line,](#)
or register in person at the Inner Light Yoga studio.

For more information about Elara and her classes, visit her website
at:

www.TransformationWithElara.com

Belly Dancing

with Sandra



We are having so much fun with our Friday night Belly Dancing classes!

We are currently taking a break for the holiday season.

Classes will resume January 6th.

Beginner Classes will be held on Friday evenings beginning January 6th at 6:15 - 7:30.

You must pre-register for the 4 week session.

Intermediate classes continue from 7:45 – 9:00 every Friday evening.

For more information, please, call or email the studio.

Pilates Classes

with Rose Harryman



***Try something new for the New Year!
Inner Light now offers two Pilates classes per week.***

***Gentle Pilates for those who want to ease into the practice
Mondays from 9 – 10am***

***All levels Pilates for those who seek more challenge
Thursdays from 4 – 5pm***

Pilates is an innovative system of mind-body exercise that encompasses hundreds of exercises for the mat, it is often referred to as the “thinking person’s” exercise of choice. You learn the value of really thinking about what you are doing to maximize the benefits of each exercise. What participants quickly discover is that awareness and mental focus make the Pilates experience a truly effective, safe and deeply-felt exercise program. Many report feeling stronger almost immediately – especially in midriff, and notice that their overall flexibility is better. As a result, posture improves, and aches and pains virtually disappear.

Pilates consists of more than 500 exercises designed to strengthen and elongate muscles without adding bulk. It favours quality of movement over the number of repetitions and results in a body that is strong and graceful. Dancers, athletes, physical therapy patients and fitness buffs alike have relied on the Pilates method for more than 50 years as a way to stay in top form and achieve optimum health. Pilates exercise focuses on postural symmetry, core control to facilitate optimal movement of the spine, hips and shoulders, muscular flexibility, joint mobility and strengthening through the complete range of motion of all joints. Instead of isolating muscle groups, the whole body is trained, integrating the upper and lower extremities with the trunk.

As a comprehensive system of conditioning and rehabilitation, this gentle yet intense routine is beneficial for people of all ages and activity levels.

Services

Personal Healing Consultations

With Elara

These consultations are powerful life-transforming sessions addressing your specific needs.

Elara uses her training in Energy Therapy and Meditation, and her natural skill as a Life Coach to help you transform your life.



For more information please, see Elara's website:
www.TransformationWithElara.com

Life Path Readings

with Elara



To help you gain clarity about where you are on your life path and any specific issues that you may be dealing with.

1 hour Reading - \$50.00

For more information and to book an appointment, please, email Elara at:
transformationwithelara@gmail.com
or call 250-306-5325

Reiki Massage & Reflexology



*Give yourself a wonderful loving gift this winter season
to lift your spirits and make you feel good!*

1 hr - \$50.00
1 1/2 hrs - \$75.00

For packages available, please, see Elara's website:

www.TransformationWithElara.com

Also, Gift Certificates available to purchase for your loved ones.

For more information and to book an appointment, please, email Elara at:
transformationwithelara@gmail.com
or call 250-306-5325

Groups

Circle of Love Guided Meditations

with Elara



Guided meditations with Elara are held regularly on the Sunday closest to the New and Full Moons.

A beautiful experience of Guided Meditation in a safe and loving atmosphere.

Some previous meditation experience is recommended.

Upcoming Dates: Jan. 8th & 22nd, Feb. 5th & 19th

Time: 4:00 - 5:15 pm

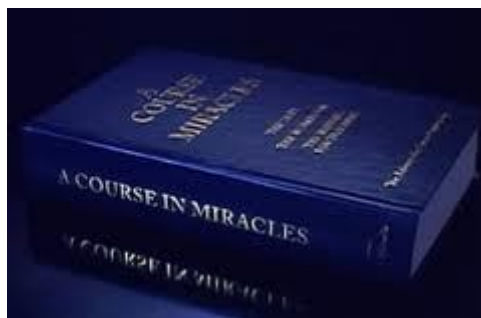
Drop-in fee: \$5.00

For more information about Elara and her work, visit her website at:

www.TransformationWithElara.com

***A Course in Miracles* Study Group**

with Elara



Have you wondered what *A Course in Miracles* is all about, or are you struggling to understand the Course, or how to apply it?

Upcoming dates: Jan. 8th & 22nd, Feb. 5th & 19th

Time: 2:30 - 3:45 pm, before the *Circle of Love* Meditations.

Drop-in fee: \$5.00

No previous experience with the Course is required.
Everyone is welcome to attend.
You will enjoy friendly conversation based on the principles of the
Course.

For more information, contact Elara by email at:
transformationwithelara@gmail.com

***Happy Holidays...
Best Wishes for a happy, healthy prosperous
and love-filled New Year!***

Karen
Owner and Instructor
Inner Light Yoga Studio

This Newsletter is also available to download at Studio Website:
www.innerlightyoga.info

[forward to a friend](#)

Copyright © 2011 Inner Light Yoga Studio, All rights reserved.



[unsubscribe from this list](#) | [update subscription preferences](#)