

Welkin Words

Official Grand Opening!!

Namaste,

I hope this finds you relaxed and well. All is moving along here at Welkin Wellness Centre. We've only been running classes for only two months but to my heart it already feels settled and easy, as if Welkin had been operating for years.

Over the holiday break I leapt over some major cosmetic, structural, and organizational hurdles and feel ready to properly introduce Welkin Wellness Centre to the community by holding an official **Grand Opening**. During the open house there will be **free food and door prizes**, as well as **free yoga classes and discounts on the merchandise** lining our shelves. We now have books, CD's, DVD's, Frog Pond Hemp and Organic Cotton products, and other items to suit a yogi's needs. I would love to see you here anytime between **January 12th and 14th, 10am until 7pm**. For those whom I haven't seen it some time, it will be lovely to reconnect during this celebration. I appreciate that you continue to email me and keep in touch even though we don't see each other regularly in class anymore.

Outside of the Grand Opening Hours, please contact Welkin Wellness Centre before dropping by to ensure that there will be someone available to meet you, rather than teaching or doing healing sessions.

Another piece of exciting news is that **Jodi Brown** will be joining the roster here. Many of you may remember Jodi, a fellow yogi from Park Fitness. Jodi has been a beloved **Astanga** teacher at various facilities in town and has a special gift for working with younger yogis and yoginis. She will be holding **classes for children and for "tweens"**. Welkin is thrilled to welcome her. Check out the Yoga Class Schedule for details.

Julie has kindly offered to schedule a Saturday morning Vinyasa class for those of you who want to instill the peace of practice into the beginning of your weekend.

In Peace,
Erin

Celebrate what you want to see more of. ~Thomas J. Peters

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One kind word can warm three winter months. ~Japanese Proverb

Butternut Squash Soup

We absorb the energy of the colours around us, be it on the walls, our clothes, or the food we eat. When we are intentionally working on healing ourselves and circulating our energy more healthfully, we have the power to do this through colour therapy, as well as modalities such as reiki or acupuncture. This soup is made from vegetables that grow close to the Earth and are orange and red in colour. There are also apples in it, which are readily available to Brant County residents from local farms.

This particular combination of fruits and vegetables are helpful in nurturing the three lower chakras, associated with the “physical” reality of body, sexuality, and personality. People dealing with nervous conditions, low self-esteem, and certain fears will benefit from this food.

It also behooves us to take in hot fluids during this time of year. We feel comforted by the warmth and it helps to heat us from the inside. Fluids help flush the system, making the body less homey for certain wintertime bugs.

The recipe for Bob’s Healing Broth is a stand-alone recipe. It has nursed many back to health, especially when cooked with loving intention. Please remember that it is key to use *organic* vegetables. When we boil foods laden with pesticides and other chemicals, we concentrate those chemicals in the broth and by extension our bodies. That’s not healing.

Bob’s Healing Broth

1 5lb bag each organic: carrots, potatoes, onions, celery
 5 cloves organic garlic
 2 T. organic gingerroot, grated

Cut vegetables into 1.5” pieces. Cut 1.5” into potatoes, as if peeling, using the skin. Bring to boil and simmer 1 hour. Cool and strain.

Butternut Squash Soup

1 tbsp olive oil
 1.5 cups coarsely chopped onions
 2 tsp minced garlic
 1 tbsp grated gingerroot
 1 tsp curry powder

½ tsp ground cumin
 4 cups healing broth
 1 cup PC Organic Carrot Juice
 ½ cup apple juice
 1 each large butternut squash and organic apple, peeled and chopped
 ½ tsp each sea salt and pepper

In as soup pot, heat olive oil over medium heat. Add onions and garlic, stirring until onions are softened, about 5 minutes. Add gingerroot, curry, and cumin. Stir for 30 seconds. Add other ingredients. Bring soup to a boil. Reduce heat to low. Cover and simmer for 15 minutes, or until squash is tender. Puree in blender until smooth.

Services

Along with quality yoga classes, Welkin Wellness Centre offers reiki, psychotherapy, yoga therapy, and a comprehensive yoga teachers' training course. Gift certificates for classes, workshops, products, and services are available at Welkin Wellness Centre. Please visit the website, www.welkin.ca, call 519-751-1368, or email info@welkin.ca for more information.

As persons interested in Self-Development and Self-Improvement, we have to make the most of structuring our organism along a spiritual path, rather than allowing the contrary tendencies to structure us.

- Dr. Jayadeva Yogendra (my yogic Grandfather, Bob Butera's mentor)

Yoga Classes

FREE YOGA CLASSES January 12-14!!

January 13: 10:30 Vinyasa with Julie

12:00 and 4:00 Classical Yoga with Erin

January 14: 1:00 and 5:00 Classical Yoga with Erin

Saturday Vinyasa Class begins January 20!

Class Schedule - Effective February 1, 2007						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:15	Classical Yoga - Erin			NEW! Flow Yoga -Jodi		
9:30-10:45						Vinyasa - Julie
12:00-1:00			Yoga for Weight Loss -Erin		Friday Flow - Erin	
5:15-6:15		Classical Yoga - Erin	Meditation - Erin	NEW! Yoga for 'Tweens -Jodi	NEW! Astanga Primary Series- Jodi	
6:15-7:15				NEW TIME! Yoga for Kids - Jodi		

6:30-7:30	Classical Yoga - Erin	Partner Yoga - Erin	Pre-Natal* - Julie			
7:15-8:30			*Pre-registration required	Kundalini -Julie		

Class Descriptions

All yoga classes are excellent for improving health, deepening sleep, reducing stress, and improving awareness, concentration, and self-esteem. Every class is suitable for students of all levels.*

Classical Yoga: True to the 4000 year old tradition of yoga, Classical yoga uses postures, breathing exercises, philosophy, relaxation, and meditation to cultivate wellness.

Partner Yoga: Deepen your level of flexibility and intimacy with a loved one. Practice poses and movements together while learning to relax more deeply in each other's company. Special couples' homework will also be included so that the connection continues outside the yoga studio.

Yoga for Weight Loss: This class is designed especially for those with trouble moving in traditional yoga poses. The techniques and philosophy of class will address issues specific to weight loss issues.

Yoga for Kids + 'Tweens: Children LOVE to physical play. It comes naturally to them. These classes, suitable for ages 5-14, use sound, stories, movement, and breath to bring yoga to younger people. Some open discussion also helps children and 'tweens learn how to apply yoga as a tool for stress management.

Meditation: This class is an introduction to meditation and will build on what you already practice in every yoga class. You will learn three styles of meditation: Mindfulness Meditation, Energy Meditation, and Transcendental Meditation, and will have the opportunity to explore each of these and determine which works best for you as a personal path.

Pre-Natal Yoga: A recuperative class geared toward moms-to-be, postures covered in pre-natal will help support your pregnancy and labour & delivery. Postures specifically used for aiding with pregnancy and childbirth issues will be taught and discussed frequently. All postures will be modified to suit each stage of pregnancy. This class is open to all pregnant women and no prior experience of yoga is necessary.

Vinyasa: Vinyasa Flow Yoga is a dynamic practice which combines postures, breathing exercises, relaxation, and meditation to renew and refresh you. You are encouraged to follow the flow of your breath and go at your own pace in order to get the most benefit out of practice.

Kundalini: Strengthen your immune, glandular, circulatory, energetic, and nervous systems through the use of Kriyas, specific sets of postures, breathwork, sound, and meditation.

Friday Flow: This Classical yoga class links the poses together, creating unique transitions.

*Please consult your professional health care/medical practitioner before beginning any exercise routine.

Imagine how it might feel to suspend all your judging and instead to let each moment be just as it is without attempting to evaluate it as “good” or “bad”. This would be a true stillness, a true liberation. ~Jon Kabat-Zinn

Developing a Home Practice

In building upon last month’s suggestion of facing resistance by thinking of the opposite, this month I will address another kind of limiting thought: perfectionism. Please remember that there is no perfect way to practice. Yoga teaches us not to judge ourselves in postures or meditation, nor do we judge the way we incorporate yoga into our lives. When we make time to center the mind, breathe deeply, and relax, we are practicing. For many people, watching the sunrise with an herbal tea *is* their daily yoga practice. Over time, this ritual will become ongoing practice. A person might decide to do a stretch or two while the kettle is boiling, or breathe deeply to inhale the fragrance of tea. This incorporates asana, pranayama, and mindfulness into the practice. If focussing completely on the sunrise, one is also practicing the higher aspects of Raja Yoga: dharana (concentration) and dhyana (meditation). With clear intention, practice will develop. Apart from some basic safety guidelines there are no restrictions on how to practice. Each of us already knows what we need to in order to structure safe practice (check out the www.welkin.ca/newsletter.htm if you missed previous articles on this topic). Although injury, lack of practice, or time management may limit our capabilities, if we approach yoga practice with honesty, compassion, and acceptance, we work *with* our limitations, helping ourselves heal and grow. Do not allow ideals and other illusions to steal this peaceful time from you. Give yourself childlike freedom to explore possibilities with joy, rather than regiment practice with structure and perfectionism. Nonjudgementally witnessing our internal experiences empowers us to choose positive, healing, individualized practices. What is most important in the beginning of establishing a regular practice is taking the time to practice joyful awareness, even if it’s just by drinking tea every morning.

Study of the different styles of yoga reveals how different “proper” practice can be. Anyone who has participated in both Classical Yoga and Iyengar or Astanga can testify to it. Take this to heart as evidence that, no matter how we decide to practice, it *is* perfect. As we remain present in each breath we *are* practicing yoga. Making time to sit will quiet the mind and help us connect to the peace and love of our true Selves. When we follow the guidance of our inner voices, we can cultivate an ideal home practice, perfect for our own individual needs. Remember, we are talking about *personal* home practice - a practice of your very own.

Simply by sitting, the Soul acquires wisdom. ~Buddhist saying

Contact:
519-751-1368
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www.welkin.ca

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From Gretzky Parkway and Fairview Drive/Lynden Road:
East on Fairview Drive/Lynden Road
Turn left onto Dalkeith Drive (at Tim Horton's)
Turn left into driveway #45
Follow driveway to Unit 13 and park in front
Additional parking available in the back

PLEASE NOTE: Due to the nature of Welkin's services, it is only open to the public 15 minutes before and after scheduled yoga classes. All others by appointment only.