

The Movement Studio

Chiropractic Lifestyle Center 991 NE Riddell Rd.
Bremerton
www.clc4health.com

Namaste Friends of Yoga!

Happy Solstice! (June 21)

Summer Solstice is a time to reflect on what we want to nurture and develop in ourselves during the coming months. Solstice is the doorway into the second half of the year, energizing and inspiring growth. Stand on the threshold and ask yourself what you wish to encourage in your life? Create a new intention or *Sankalpa** that you can carry with you into the next half of the year.

Sankalpa* ~ *Sanskrit*. Yogic philosophy. Meaning a heartfelt intention used to focus and harmonize mind and body. Stated positively, as if it is happening right now. Commit to your *sankalpa* and use during asana (Yoga class), **meditation, or any time you need to take a break, catch up with the breath and refocus the mind.
san = connection with highest truth *kalpa* = vow

Join us on the mat this Summer in our cozy, peaceful studio!

New Student Special!

10 days for

\$20.



Yoga Newsletter June 2018

See our full schedule and sign up online @ www.clc4health.com or on MindBody

OR...

***FREE Yoga at the Market!!!
Bremerton Farmer's Market
Thursdays @ Evergreen Park***

Fourth Thursday of the Month:

June 28 w/ Kathleen Sheets

July 26 w/ Sarah Nolan

August 23 w/ Kenna Cox

September 27 TBD

BRING YOUR FRIENDS!

Bring a mat and maybe a towel or sheet to place underneath.

Cancelled if raining...

Meditation



Meditation loosens our conditioning, helps to change negative thought patterns and habitual reactions, and brings greater flexibility and tolerance to the present moment. Meditation brings you to your edge, introduces you to the unknown, gives you fuel for your personal journey all from a settled, open-hearted place

Join Sarah every month for a **FREE**
meditation session!

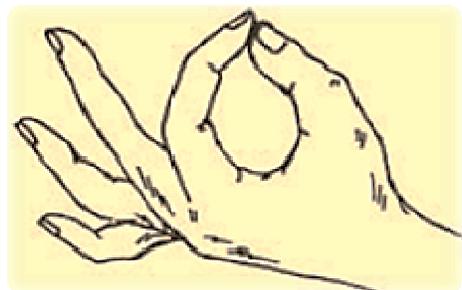
next session: Sunday, June 24, 5:00 pm

monthly date will vary, check online/MindBody for dates

Featured Asana (Pose)

Chin Mudra

chin = consciousness mudra = gesture



Chin Mudra signifies the union of the Self, (first finger), with the Universe (thumb). The other three fingers represent what we need to let go of; Ego (middle finger), Illusion (ring finger) and Karma (pinkie finger).

Chin Mudra is a traditional meditation mudra. It is a universal remedy for improving states of mental tension and disorder, as well as for promoting memory and concentration. It clears the mind, can be used for insomnia, sleepiness, depression and high blood pressure.

Mudra is a term with many meanings. It is used to signify a gesture, a mystic position of the hands, a seal or even a symbol. However, there are eye positions, body postures (asana) and breathing techniques that are called mudras. These symbolic finger, eye and body postures can vividly depict certain states or processes of consciousness. Conversely, specific positions can also lead to the states of consciousness they symbolize.

The origin of mudras is a mystery. Mudras are not only found in Asia, they are also used throughout the entire world. In India, mudras are an established component of all religious activities.

The pressure of the fingers should be very light and fine, one's hands should be relaxed. Mudras can be done while seated, lying down, standing and walking. They can be practiced at any time and any place.

Great book:

Mudras; Yoga in Your Hands, by Gertrud Hirschi

Teacher News

Indigo Moon Yoga coming soon!!!

It is with joy and inspiration that Kathleen Sheets will be moving on after 10 years at The Movement Studio @ Chiropractic Lifestyle Center. Kathleen is realizing her dream and opening her own Yoga studio!!! ***Indigo Moon Yoga*** will open later this summer with a Grand Opening in September. Located on Lebo in West Bremerton, between the bridges. Congratulations Kathleen, we look forward to sharing practice in your new space!

With much love,

Your devoted teachers at

The Movement Studio

Kathleen Sheets, ERYT Kenna Cox, RYT

Fidel Forde, RYT

Sarah Nolan, ERYT

Aly Anderson, RYT is away for a bit on maternity leave. We wish her the best and look forward to her teachings back on the mat later this summer.