



The Movement Studio

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

Namaste Friends of Yoga!

Nature is awakening and showing signs of activity after the long, wet winter sleep. Buds are bursting on the trees, spring flowers are blooming, and seeds are germinating on the windowsill. The power of the Sun is increasing; days are lengthening and nights are shortening. We are beginning to feel empowered again to reach out for what we spent all winter dreaming about and to take risks, strike out on our own or grab the hand of our partner, go for walks and connect to the Earth again. We can use the potential and fertility of this time to create opportunities for positive change in our lives and in the world.

That can begin with renewing your connection to yourself through Yoga!

The word Yoga comes from Sanskrit, it's root is the verb *yuj* meaning "to yoke" or "to unite". Yoga is often translated as "union". The union between complimentary opposites helps us to find balance in our lives. Here are some complimentary opposites that Yoga unites:

yin & yang earth & heaven self & universe breath & mind body & spirit

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

New Student Special! 10 days for \$20!



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

Spring Cleaning Meditation

A little dose of spring cleaning for the mind can go a long way to clearing away old thought patterns and shaking off the dust from winter...

Find a comfortable spot, inside or out, sitting upright so you don't just take a nice nap...which are also gifts from heaven but not the purpose of this time...

Set an alarm for 5 or 10 minutes and sit; eyes closed, breathing, until the alarm goes off. No cheating or peeking. Just sit and just be - which is really difficult and oddly refreshing. It may feel like an eternity, but it will soon get easier to focus your mind.

Practice in this case doesn't make perfect, but makes one simply more self aware.

The more you practice, the longer you can sit and the easier it will be to let go...

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

next session: Sunday, April 15, 5 pm

monthly date will vary, check online/MindBody for dates

Featured Asana (Pose)

Vrikshasana *Tree Pose* *vriksha = tree, asana = pose*



Benefits

Tree pose increases balance, focus, memory and concentration and strengthens the ankles and knees.

From Mountain pose, bend the right knee shifting all the weight into the left leg. Turn the right knee outwards, away from the body. Rest drishti or gaze on the floor. Slowly slide the right foot up the left leg, only as high up as you can maintain your balance; above or below the knee, or you can leave toes on the floor.

When you are balanced here, slowly bring the palms together at heart center. Keep gaze on the floor, the left leg strongly pressing down towards the earth, and the right knee bent 90 degrees towards the sidewall.

Shoulders are down and back, chest pressing forward.

Breathe and hold for 4-8 breaths.

To release: slowly exhale the arms down and then release the legs back into mountain.

Repeat on the other side.

Modifications:

- ❖ Bring the arms out to the sides for more stability.
- ❖ Practice next to a wall, placing a hand on the wall for support.

Teacher Updates

New Yoga teacher joins our team! Welcome, Fidel Forde.

Yoga Fusion with Fidel is an invigorating full-body flow (vinyasa) with a balance of strengthening, flexibility and rejuvenation. Several styles of yoga, mindfulness and other mind-body therapies are combined into a unique flow and synchronized with the breath. It's grounding, energizing, rhythmic and fun. Basically you'll feel like you were challenged just right, practiced meditation and are ready to take on your family, work and life with patience, ease and focus. *Yoga fusion is taught with modifications so the newbie or experienced yogi gets exactly what they need.

Next class with Fidel is Saturday, April 28th 8:30-9:30am.

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.