



REHOBOTH BEACH YOGA NEWSLETTER

Fall

2015

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Offering

Instruction Since 2000

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Terry's Thoughts

Rehoboth Beach Yoga had a wonderful, busy and prosperous summer! Our students and many visitors attended our classes, workshops and special events.

We ended the season with a most special event on Saturday, September 26. Svaroopo Yoga's creator, Swami Nirmalanda, visited Rehoboth Beach Yoga to offer a Satsang, chant and meditation. Forty six people attended, and we have received a lot of great comments and feedback about their experiences, we hope to see more. Swamiji talked about life when it's overwhelming, I relate to the crowded classes and busier schedule of summer and the mundane, back to winter with our smaller classes and routine schedule. It's the nature of life and of course our lives have this same flow and yoga is our support.

Swamiji also talked about Pope Francis' as a spiritual guru, a man who has dedicated his life to his calling and the profound effect his visit had on our nation and the world.

I heard all of this first hand from Swami when she returned to the ashram in Downingtown, where I had been staying since Thursday immersed in a new teacher training that Swami had created and was teaching So I missed the big event at our own studio, but I knew she and Maria left at 5 am and returned late that night. She led the 6:30 am chant the next morning and taught us deeper elements of warrior pose along with new tools for teaching teachers of other styles at Yoga Conferences around the country and the world.

It's been awhile since I was actually in a course taught by Swami, of course Vidyadevi, Karobi and Devi also taught portions of the 10 hour days, six days of work in four..... It was amazing to see Swami's creativity, precise methods, skill and clarity while she taught and created this course all at the same time. A Force of Nature! This is what she called us, I thought of her and that I might aspire to accomplish a portion of what I've watched her do over my 15 years of yoga studies.

Still, one of my favorite moments was on the final day, just before leaving, I was honored to cut her hair for her and we had a sweet personal visit I will cherish.

I drove home full of energy with a smile on my face. Feeling very grateful that I can share this amazing yoga Svaroopo! Do more Yoga.



Svaroopa® Yoga Meditation

Svaroopa® Yoga Meditation is based on finding and honoring your own true Self or Divine Essence within. This practice is based on ancient yogic texts from thousands of years ago – passed on in the beginning by word of mouth. Eventually, these texts were written down and then through the ages were translated into English.

We are divine beings in individual form – you and me are individuals – but we are so much more. Are you searching for this something more? Even busy happy productive people wonder at times if there is more to life. *Svaroopa®* Yoga meditation helps answer this question.

This style of meditation uses a lineage mantra to quiet our very busy and cluttered minds and prepare us for meditation. A mantra is a sacred word or syllable used for concentration and embodying some aspect of spirituality.

If you are interested in learning the tools to find inner peace and your true Self, attend one of our three-week Learn to Meditate Series. RBYoga plans to hold several of these series in 2016.

Three meditation satsangs are held each month. A satsang is a Sanskrit word. “Satsang” means “in the company of Truth” – made up of Sat (truth) and sangha (in the company of). Meditation satsangs at Rehoboth Beach YOGA continue the old tradition sharing the depth and breadth of yoga’s timeless teachings. These satsangs provide a teaching, a period of question and answer, chanting, and meditation.

The meditation satsangs are scheduled for the second Thursday at 7:30 pm; the third Monday at 5:30 pm; and the fourth Wednesday at 6:30 pm. Come meditate with us in a group setting.

So powerful!

Yoga and Your Digestion

Digestion is a great subject for the upcoming holiday season! As we leave the season of fresh fruits and vegetables and enter into the season of stews and sweets.

This change in our diets can put added stress on our digestive system. Yoga has much to say about healthy digestion, both through poses/asana and the sister science of Ayurveda, or the "knowledge of life".

If you have been doing yoga for awhile you may have sat back on your heels in Vajrasana or "firm pose". This pose has a profound effect on digestive troubles when done properly and long enough. So, if you have ever suffered from belly pain, constipation, irritable bowel, etc. learn more in this month's classes and in the 3 hour workshop on Saturday, November 14 from 1 to 4pm. This workshop will teach propping that can make this important pose possible even for those who find it uncomfortable. Of course full spinal release is included.

Have a happy belly and feel better this holiday season! Do more yoga!

Half Day Workshops

Terry Gardner and Kelly Sharp offer a Half Day yoga workshop each month. Three hours of doing *Svaroopa(R)* Yoga is like doing two yoga classes back-to-back. Just think how wonderful your body will feel and how quiet your mind will be at the end of class! Day and date of workshops differ each month. RBYoga will send out emails announcing the theme and the specific date. To receive these notices, be sure your name is on the RBYoga email list.

Mexico 2016

Svaroopaa Yoga Retreat at Maya Tulum

**Maya Tulum Resort
on the
Yucatan Peninsula
February 6 - 13**



With Kim Abplanalp & Terry Gardner, leading Certified *Svaroopaa*® Yoga Teachers

Tulum and Coba ruins, Yucatan biosphere trip, great food, twice daily yoga classes, Mayan spa services, aqua blue sea, snorkeling, day trips, rest, quiet, shared times, laughter.



DOUBLE OCCUPANCY RATES:

*(airfare and staff tip separate,
but all other costs covered including shuttle)*

Beach Front: \$2495 • Ocean View: \$2350

Garden: \$2225

Inclusive: Yoga instruction • 7 nights lodging
3 meals per day 1/2 day trip (\$50 value) • Round trip shuttle
One Mayan spa session (\$100)



Single rates very limited. \$500.00 deposit.
2nd payment due 11/25/15. Balance due 1/3/16 .

Refund policy: All but \$100.00 until November 6th,
\$300.00 returned from 11/6/15 to 12/6/15.
No refund after 12/6/15. You can buy trip insurance if need be.

We have limited space available.

For information, contact Kim Abplanalp at kimabplanalp1@gmail.com.

Please send deposit to Kim:
305 Bay St. Berlin, MD 21811

Terry and I would love to have you join us. Namaste.

Student Quote

Yoga has helped to loosen my tight muscles and joints. It is a great stress reliever that has the added benefit of calming the mind through quiet inward meditation. Terry has shown me a calming way to achieve this release through *Svaroopaa*® Yoga. - Dr. Jerry Groll

The Holidays are upon us!

Need a last minute gift? Start your holiday shopping early and give the "Gift of Yoga" to your family and friends. You know everyone needs yoga and this year we will offer some.

GIFT CERTIFICATE SPECIALS!



Purchase 8 classes for a student for \$120 (a \$10 savings)

Purchase 4 classes for a student for \$65 (a \$5 savings)

Purchase a gift certificate in any amount toward classes, tuition for Foundations training, or to purchase blankets, blocks, CDs, and DVDs.

Class Schedule

Effective Fall 2015

Sunday	10:00AM	Terry
Monday	9:00 AM 4:00 PM	Terry Sandy
Tuesday	no class	
Wednesday	no class	
Thursday	9:00 AM 6:00 PM	Terry Terry
Friday	10:00AM	Mary Jean
Saturday	9:00AM	Kelly

Prices

\$20 Walk in

**\$70 for a four class series
to be used within 5 weeks**

**\$130 for an eight class series
to be used within 10 weeks**

**\$250 for sixteen class series to
be used within 20 weeks**

*Free Introductory Svaroopa(R) Yoga
classes held on the
Second Sunday of each month.*