

August 2009 Newsletter

Hi Everyone,

I hope all your summer time has been good for you and that you have been able to incorporate some yoga into your days. If you want a little guidance through August with your practice, come to the Thursday evening class with guest teacher Jan Wilson.

Jan has been practicing Iyengar yoga for 10 years. She has recently completed a 3 year teacher training program led by Manouso Manos. Jan has studied with Manouso for 7 years. For the past 2 years years she has enjoyed visiting Lopez and studying with Felicity, and this spring with Swati Chanchani. Jan studied the Yoga sutras of Pantanjali with Swami Vidyadhishananda, her neighbor in Carpinteri, California. She considers these studies the core of her practice.

Please join Jan on Thursday evenings August 13, 20 and 27, from 5:30 to 7:00 to experience a new, yet familiar approach to yoga.

The cost is \$12.00 for drop-in., or \$30.00 for all 3 classes. Just drop by the studio at Midnight's Farm for the class or you can call Jan directly at 468-2041

The website for Anahata Yoga Circle is up and running. We are still filling in all the categories but feel free to check the site for updates. The fall schedule will be posted there soon at www.anahatayogacircle.com

Also, there is still room in the Women's yoga/kayak retreat on september 4,5, and 6th. we are planning a wonderful relaxing and transformative retreat on Jones Island. Please contact Cascadia kayaks at 468-3008 if you have questions or want to join us.

See you in September

Namaste,
Lewellyne

