

Latest News From Yoga and More

Jan/Feb, 2011

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Contact Information

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Yoga is the golden key
that unlocks the door to
health, joy and happiness

Namaste

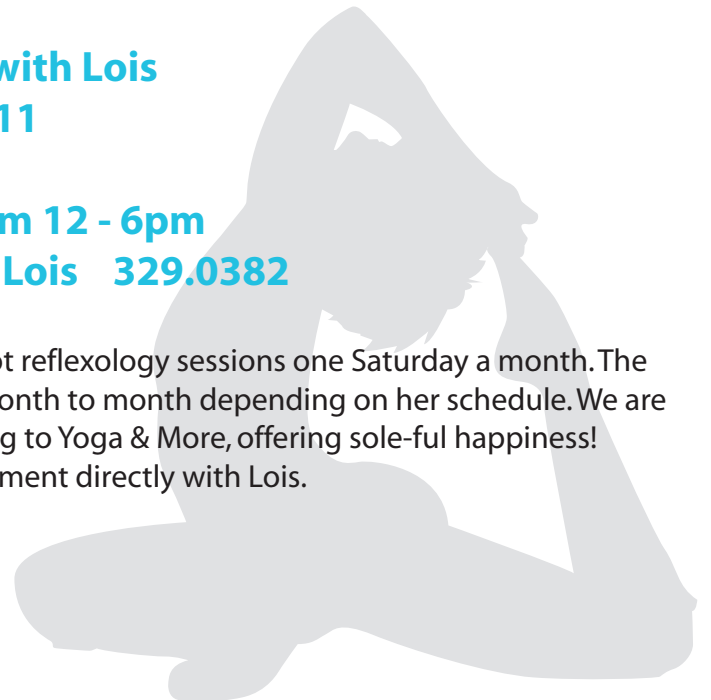
Winter is upon us in full force, brrr. Though it has been cold, I must say that I very much enjoy the falling snow. I love seeing the snowflakes streaming from above, dancing in the wind and settling on the ground. The movement is so free and spontaneous, always reminding me of the infinite beauty that is present as well as each unique moment in our lives. It is fresh and clean, and effortlessly offers a complete fresh look at things. The best part for me is making a snow angel, and remembering the simple beauty of being part of something special.

Included in this month's newsletter is the listing of new yoga classes, and the upcoming events for February, including Foot Reflexology with Lois, Ayurveda with Sonam, a view into 'Aikya Healing' and our 'Ask Retha' section. Enjoy!

Peace, warmth and harmony
~ Retha

Foot Reflexology with Lois
February 12th, 2011
Saturday
Appointments from 12 - 6pm
\$30 - sign up with Lois 329.0382

Lois will see clients for foot reflexology sessions one Saturday a month. The Saturday will vary from month to month depending on her schedule. We are happy that she is returning to Yoga & More, offering sole-ful happiness! Please book your appointment directly with Lois.



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Aikya Healing Sessions Available!

Aikya (pronounced "Eye-key-Ah") sessions cultivate healing and health with the presence of heart using age old traditions and skills of energy healing and deep listening. The word Aikya comes from Sanskrit and means unity with the divine, a harmonious spirit balanced with that which is formless with that which has form.

The sessions have been known to help with healing hurts of the heart, relieve anxiety and insomnia, healing depression, improve energy, enhance physical health, release emotional blocks from illnesses, bring peace, increase overall health and well-being, establish balance of heart from cancer treatments, etc. Many times the sessions reveal additional information from the spirit, from your healing guides as to what needs to happen to create or re-establish the luminescent potential that exists within.

Perhaps there are physical, emotional, or mental shifts which need to take place first before you move forward into a new direction. Perhaps you are connected with someone who has need of a shift themselves, would you be willing to be a conduit for their growth and healing? Perhaps you just need an energetic restart or reboot to get you going! Perhaps you would just like to breathe comfortably in your own being.

Sessions are individually booked with Retha, **\$75 1 hr**

Ayurveda Appointments with Sonam

Sonam Targee, Ayurveda Specialist will see clients on Saturday the 19th. Ayurvedic Medicine was the original medical model and the foundation for modern medicine. The model was constructed based on the fact that medicine (Ayurveda) was to prevent and cure diseases from their root cause. It is an ancient tried and true system to reduce cholesterol, lower blood pressure, lessen anxiety, improve all aspects of health without the use of pharmaceuticals. Clients in Corning have reported lower BP, lower cholesterol levels, fertility, improved liver function, decreased pain and arthritic symptoms, decreased anxiety, improved sleep patterns, reduction of ADD/ADHD symptomology... the list goes on. If you would like to have a more natural method of treating, preventing and curing your ailments - then Ayurveda may be a worthwhile approach for you.

Call Retha to set up your appointment. **962-9642**

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New Yoga Classes!!!

Wednesdays 10:30 - 11:45 am
Thursdays 4 -5 pm

Can't come to an evening or Saturday class? Perhaps the Thursday afternoon yoga class with Melanie Wood and Tim Sallade is the one for you! Melanie and Tim trade off every other Thursday to give you an afternoon yoga class, to help you decompress, destress and unwind from your day

Or perhaps a daytime morning yoga class is what you have been looking for: Retha is teaching a Wednesday morning class 10:30 - 11:45 am. This is a 'whatever you need' class! Need to stretch? Need to relax? Need to become flexible? Need to lose weight? Need to be stronger? Need to be more insightful? Need time for 'yourself'? Whatever needs to happen will happen in this class!

Ask Retha

Dear Retha,

My children seem to get a cough every winter. I do not like giving them prescription medication, and the over the counter medication makes them really drowsy. Is there something more natural that we can use which will get rid of the cough?

Sincerely,
Overprescribed in Corning

Dear Overprescribed,

First of all, Kudos to you for wanting to keep away from prescription medication and over the counter stuff! Children's bodies and minds are particularly sensitive to everything we give them. Yes, there is something so natural and easy which will get rid of their coughing immediately. It is also very simple. So simple you will make a face and go "huh?!" Unbelievable and simple, and to top it off...it works!

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Ask Retha (Continued)

(answer continued from previous page)

Mashed banana, honey, and fresh ground pepper! Yes, that's it. It is quite tasty too. The kids will love it and probably ask for more. Mash the banana (a tablespoon or two), mix with a teaspoon or so of honey, and add a couple of pinches of crushed black pepper (freshly ground). The cough will be gone in no time! Sometimes after one dose. ;-) Worthwhile for your home remedy tool-kit.

Kindly,
~ Retha

If you have questions that you would like to have answered in the next newsletter, please mail it to Retha with the subject: "Ask Retha"
spirityoga@yahoo.com