



February Newsletter 2018

YOGA Talks- Wednesdays

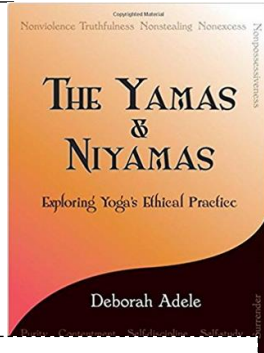
7:30-8:30 PM

February Topic: Yama

March Topic: Niyama

February 7th starts the YOGA Talks topic of the Yamas. We'll follow Deborah Adele's book *The Yamas & Niyamas*, do the exercises, and discuss the concepts she presents. Read the first Yama for February 7th.

March 7th we'll keep going with her book but move onto the Niyamas.



I have purchased 5 of these books if you want to borrow it, however, it's under \$8 on Amazon.

Mini Beginner Ashtanga- Mondays 5:30 PM

This 8-week series started in January and will go through February.

We'll take a break from it in March, and resume with the same 8-week series starting in April for those of you who want to try this but weren't able to make it for the first

Thai Yoga Massage with Burg!

TYM is a different kind of massage. It promotes relaxation as well as healing and mindful awareness of your own body. Tight, tense, energetically blocked? TYM may be just the answer.

See the Thai Yoga Massage tab on the website, under Services + Pricing, for a sample video.

Open Studio: Sundays 10am – 12pm

Use the studio for your own self-lead yoga practice Sundays anytime between 10 am & 12pm! Use the space, the props, the books. Enter and leave quietly, please!

Trance Workshop

Saturday, February 3: 10am – 3pm \$30

Our workshop will include three different trance sessions as well as instruction on the shamanic spirit world/s. At the core of this program is the groundbreaking research, discoveries, and teachings of Dr. Felicitas Goodman.



WORKSHOP: WHAT IS KUNDALINI YOGA?

Saturday February 17: 4-6:30 PM \$30

With Sada Nam Singh

This workshop will give you the experience of some fundamental kundalini yoga practices for joy and vitality culminating in chakra balancing meditation to uplift your spirit and integrate every aspect of your being. Learn asana sequences, some of which are also used in Hatha yoga, as well as powerful pranayama breathing practices, mantras, mudras, and kriyas or meditations for specific purposes such as heart opening, mental clarity, lymphatic detoxification, clearing addictions, realizing prosperity consciousness, etc.

To register, email Burg at Burg@yogahappiness.us
Wear comfortable clothing. Bring a mat if you have one.
Payment due the day of the workshop. Cash or check only.

Upcoming Guests on the Yoga Happiness Podcast!

- Genie Giaimo, Program Manager for OSU's Writing Center
- Natalie Spiert, Assistant Director of OSU's Sexual Civility and Empowerment Program
- Mike Lisa, Physics Professor at OSU

Find the Podcast link under the Media tab on the website.

Interested in being interviewed? I am looking for all types of experts. Let's see how your field might shed light on everyday yoga! Email me and we'll discuss!

From Burg: Changes: A First Month Review

First, I want to thank all my regulars who have transitioned into the new way of paying and signing in. No one likes change, I know. Second, thank you to all the new folks who have come to class because of a more affordable payment structure. So far, this is working out as I had hoped.

Many of you know teaching yoga and operating the studio is not my primary income, but I want it to be. This year, I am continuing with things I started last year such as podcasts, videos, non-asana classes, and Thai Yoga Massage to work towards an income from work I enjoy. From starting the YOGA Talks class that delve into non-asana yoga to launching a Patreon page that encourages supporting my endeavors to educate and inform outside of the studio, I'm enjoying creating content in many forms that will engage all kinds of students.

It is my firm belief that people should be able to work hard doing something they love that benefits others, and also make a living doing it. I'm probably not doing this the easiest way, but it's the way the universe has laid out, so far. Thank you all for coming along on this journey. Who knows what life will look like in 6 months or a year!
~Burg