

FREE SPIRIT YOGA

A WELLNESS CENTER

JANUARY NEWSLETTER

HAPPY NEW YEAR!

It's a New Year and we wanted to thank all of you for your support in 2008! We love what we do and we are looking forward to making 2009 even better! As we all enter this New Year, we have the opportunity to live our lives in the same way or to do things differently...which way will you choose? ☺

Namaste'

Stephanie and Heather

THE MANY FACES OF RELEASE

Yoga literally means "to unite". The deeper purpose of yoga is to give us the opportunity to connect with the deepest part of who we are...our true nature. As we do our yoga practice, both in class as well as off the mat, there are many opportunities to explore the ins and outs of who we are. As our practice deepens, so does our awareness. As our awareness deepens, we begin to notice thoughts, emotions and ways of being that define who we are. As we continue to gain awareness, we have the chance to either hold onto these thoughts, emotions and ways of being, or we can choose to let them go. Like an onion, we begin to peel away the layers of who we are in order to get closer to what is *really* true for us. Part of this peeling away can involve the process of release. Release is, just as it sounds, a letting go and there are several types of release that can happen in your yoga practice.

1. **PHYSICAL RELEASE** happens in the physical structures of our body. It happens as our body lets go of old patterns of holding or tension. Although we usually associate this release with our muscles, it can actually happen anywhere in our body including our joints, organs, skin and connective tissue. We typically experience physical release as a sensation of expansion or lengthening, or as a sudden feeling of relaxation. It can be specifically felt as we stay present to what is happening in our body as we do our practice (both in class and off the mat as we go through our day to day lives). These releases can be big and very noticeable or they can be small and subtle. The next time you do your practice, see if you can notice your body releasing.
2. **MENTAL RELEASE** happens when our mind, which was full and busy, slowly or suddenly becomes quiet - less thought, more space. Many times we come to a

yoga class with our minds racing or perhaps focused on a particular person or situation. By the time we are finished, our mind is quiet and calm. This is mental release and interestingly mental release often precedes physical release 😊.

3. EMOTIONAL RELEASE happens when we experience emotions as we practice.

These can be any emotions from anger or annoyance to happiness and joy to sadness. As we let go of “old stuff” the most common way we release emotionally

is through tears. I have had many people tell me “I find myself tearing up in yoga

class. Is this normal?” The answer is a resounding “YES!” Emotional release is a

literal cleansing of emotions that have been held for either a short time or for a

long time. When tears do happen, often they occur during Savasana, but they can happen any time. If you ever feel tears coming during class, feel free to

let them flow. This is actually the reason there is a box of Kleenex in the studio...

not just for blowing your nose! If you are around someone who is experiencing

an emotional release, there is nothing you need to say or do...you can just allow

them the dignity of their own experience and know that all is well. If anyone ever

feels like talking after class, Stephanie is always available.

*****Last month a portion of our profits went to the Bethesda Mission in Harrisburg which helps homeless people in our area. Beginning this year, we will be doing something new. Each month we will be purchasing grocery cards from Giant and Weis Markets and will give them away to random people! It seems to make sense to help the people in our own area this year 😊.**

FREE SPIRIT YOGA SERVICES:

Massage - \$33 for 30 minutes

\$65 for 60 minutes

\$80 for 90 minutes

-Foot scrubs will continue to add \$10

Yoga - \$59 for 5 classes

\$92 for 10 classes (an increase of 50 cents per class)

\$65 for Yoga Massage

\$80 for Phoenix Rising Yoga Therapy (90 minutes)

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