

FREE SPIRIT YOGA

A WELLNESS CENTER

MAY NEWSLETTER

IT'S GETTING WARMER!

Have you taken a look outside lately? Have you had a chance to be outside yet? The colors, sounds and smells are everywhere! As the weather gets warmer, try this little exercise in awareness:

Take some time each day to simply be in nature and silently witness your experience. Even if only for 5 minutes, sit or stand and silently witness a sunrise or sunset, listen to the sound of the birds or smell the fragrance of a flower...notice your experience. ☺

Stephanie and Heather

YAMA OF THE MONTH - ASTEYA

This month's yama is Asteya. Asteya is usually translated as non-stealing. The practice of asteya asks us to be careful not to take anything that has not been freely given. This can happen in many ways. The most obvious form is taking something that doesn't belong to you. More subtle ways are asking whether someone is free to speak with us before we begin to moan and complain about our problems, or doing personal business on company time. Asteya comes from the understanding that any misappropriation of time, money or possessions comes from a feeling of lack. This feeling of lack usually comes from a belief that our happiness is dependent on external circumstances and material possessions. When we look outside of ourselves for satisfaction, we are less able to appreciate the abundance that already exists - our health, food on the table, connection with others, and the beauty of nature that is always around us. The interesting twist with asteya is that when we relate to others from the mindset of abundance rather than lack, we find that others become more generous with us and all the good things in Life begin to flow our way. So when you find yourself focusing on not having enough, you may try asking yourself, "How is this attitude preventing me from enjoying the things I already have?"

TO SPRAY OR NOT TO SPRAY...

The answer is, not...☺. If you are typically someone who wears perfume, cologne or other scents, please remember to **not** use them before you come to practice your yoga. If you come to a morning class, please try to remember not to apply your perfume during your morning routine. You can certainly give yourself a spritz when you are finished with your practice ☺. The reason for this request is that many people are sensitive to scents and perfumes. This sensitivity can manifest as

sneezing, headaches and mental “fuzziness” all of which can interfere with a fulfilling yoga practice. Thank you for understanding and honoring this request. ☺

CHECK OUT OUR UPDATED WEBSITE!

We’ve had a website for quite a while, but we just finished updating and revising it. It features Heather and Stephanie and the services we offer as well as an ongoing schedule of yoga classes and upcoming events. Check it out at freespirtiyogahershey.com! Who knows, you might even see yourself! ☺

END YOUR WEEK WITH AHHH.....

Our next Restorative Yoga Class will be on Friday, June 6 from 6:00PM to 7:00PM. This is a great way to finish a potentially stressful week. Restorative Yoga uses props like blankets to support you in various yoga postures. You literally release yourself into the support of these props...the result is a deeper, slower stretch as well as a deep release of muscle tension and joint stiffness. Feel free to bring your own blankets or pillows from home.

*****Last month a portion of our profits went to Angels Gate Animal Hospice which is home to more than 200 physically challenged or seriously ill animals. Many of these animals come from puppy mills. To read more about this wonderful place, check out angelsgate.org. Please remember that we are still looking for ways to give. IF YOU KNOW OF A CAUSE TO WHICH WE CAN GIVE PLEASE LET US KNOW!**

MASSAGE THERAPY SERVICES OFFERED BY HEATHER

Swedish Massage, Therapeutic Massage and Integrative Reflexology

30 Minute (targeted) Session.....\$30

60 Minute Session.....\$60

90 Minute Session.....\$75

**Add a foot scrub with aroma therapy to any massage session for \$10

YOGA SERVICES OFFERED BY STEPHANIE

5 Yoga Classes.....\$55

10 Yoga Classes.....\$87

60 Minute Yoga Massage.....\$60

90 Minute Phoenix Rising Yoga Therapy Session....\$75

****FIRST CLASS IS FREE!!!**

FREE SPIRIT YOGA - A WELLNESS CENTER.....1515 EAST CHOCOLATE AVENUE

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