



Crescent Moon

Crescent Moon is the newsletter for Namasté Yoga Center in Springfield, Illinois. Your comments and ideas are welcome!

SUMMER INTO FALL

2008

Issue No. 2

Volume 8

NAMASTÉ YOGA CENTER - since 1991

≈ *Our Vision* ≈

To develop & support a community of people dedicated/committed/aspiring to Yoga as a means of realizing peace.

≈ *Our Mission* ≈

To advocate health, equanimity and Self-awareness through Yoga.

From Nancy's Cushion



Our vision and mission guide Namasté Yoga Center not only for long-range planning, but also in our day-to-day operation. It was over two years ago that Friends of Namasté was created as a way for our loyal students and friends to help support the renewed vision and mission of Namasté Yoga Center. We have been amazed and overwhelmed by your ongoing support. We thought you might like to know how much has been accomplished during the last year.

- We launched our beautiful new website with a calendar of events, online registration for classes, and lots more.
- Podcasts are a work in progress and should be available soon! CDs and MP3s are being created, too.
- We have sponsored two successful retreats at Villa Maria Catholic Life Center and plan to continue offering both a spring and fall retreat annually.
- We have been able to continue our advertising campaign in the *Illinois Times* and on a local radio station.
- We were able to stock our retail store with new products resulting in a continued increase in retail sales.
- We were able to acquire a sorely needed computer and we have been able to continue contracting out our book-keeping.
- We have volunteers that have come in to clean Namasté, to help in the office, and to work on our database.
- Our Board of Stewards meets three times a year to reflect on the progress made and plan for the future.

Your outpouring of love and support continues to help Namasté remain, not just a *place to be* but a *place of being*. We sincerely hope you have seen the difference!

If you would like to become a Friend of Namasté and help build the Namasté community, your time, talents, and financial support are most welcome. Please let us know how you would like to assist.

It is with deep gratitude that we continue to serve you.

Namasté,

Nancy



“ABIDING AS PRESENCE”

On a weekend in April, fourteen yoga practitioners met for a silent retreat at the Villa Maria Catholic Life Center on Lake Springfield to relax, refresh, reflect, and renew. The weather was rainy - a refreshing spring wash - and perfect for renewal. Those who took meditative walks along the lake appreciated the steady drumming of the gently falling rain.

In the Center, Mary and Nancy led sessions in hatha yoga, body-sensing, meditation, and satsung. Namasté yoga students had the pleasure of meeting Debra Risberg, director of Main Street Yoga in Bloomington, and two of her students, Maureen and Nicole. The first-time Bloomington participants formed a friendship with Namasté that we hope will continue and blossom at future retreats and classes.

A memorable evening occurred when Bob Croteau led the participants in a three-part chanting of *Dona Nobis Pacem* in the Villa Maria chapel. The echoes off the walls and floors of the marbled, stained-glass chapel allowed even untrained voices to sound like a heavenly choir. For some, it was a very emotional experience.

After a weekend of “abiding as presence,” the yoga practitioners returned to their daily routines relaxed, refreshed, reflected, and thoroughly renewed.

If you have never experienced a retreat, we invite you to come and taste the delightful sharing of deep awareness. Another silent retreat is scheduled in October at Villa Maria. Check this newsletter or our website for more information.

NAMASTÉ YOGA CENTER

offers

"In the Heart of Being"

A Fall Retreat

October 23 - 26, 2008

Villa Maria Catholic Life Center

Lake Springfield

Begin Thursday evening with dinner

End Sunday with lunch

Vegetarian meals (some fish)

**Early Bird Prices (add \$25 after Sept. 15):
\$350 for double room/\$450 for single room**

**Satsung, meditation, body sensing, asana,
pranayama, Yoga Nidra
~ Social silence held ~**

Namasté Yoga Center's four-day fall retreat invites you to depart from your daily schedule and dive into the "Heart of Being." Time to just be ~ nothing to do or accomplish, no striving ~ everything just as it is. Through the practice of hatha yoga, body-sensing, meditation, and satsung (a Sanskrit word for time spent in community with like-minded people), there is the opportunity to know yourself as you truly are ~ pure Being. And because silence nurtures this undistracted abiding as Being, we hold social silence throughout the retreat. Experience an ease of Being that opens your heart and mind to your true nature. Then return to your daily routine allowing life to simply unfold.

The retreat will be held at Villa Maria Catholic Life Center. Villa Maria, located next to the Lincoln Memorial Garden on Lake Springfield, offers a tranquil, meditative setting. Meals are vegetarian (perhaps some fish). Rooms are comfortable, but modest, furnished with twin beds and a full bath.

Information on-line or at Namasté. Please consider sharing this very special time with us!

VACATIONASANA

As many of you may remember, in the early years of Namasté we had a small bulletin board dedicated to Vacationasana, pictures of us in an asana on vacation. We are continuing this tradition and have found a new place for it, the *Crescent Moon*! Send us your pictures and they will end up in the "Moon."



NAMASTÉ'S LITTLE LOBBY SHOP

Come on by and check out the neat items for sale at Namasté's Little Lobby Shop.

Where? You guessed it - in our little

lobby! Although our space is limited, we have a great selection of Yoga accessories, including Namasté t-shirts, water bottle carriers, beautiful Mysore practice rugs, sticky mats, Neti Pots, zafus, bolsters, eye bags, neck pillows, and hand-rolled incense made in India. We also have a large assortment of BodySense products which are calming, soothing, and provide deep penetrating relief for stiffness and inflammation.

If you are interested in learning more about Yoga Nidra, you will want a copy of Richard Miller's book *Yoga Nidra, the Meditative Heart of Yoga*. Students enrolled in the Yoga Sutra class may purchase "Enlightened Living," the translation of Patanjali's Yoga Sutras used in the Namasté class. Several CDs used for the Yoga Nidra class are also available.

And, finally, if we don't have it, we can special order anything you want for your practice. So, come on by and check it out. Remember, the holidays are coming - what better gift can you give than something to enhance (or begin) a yoga practice?

INTRODUCTION TO MEDITATION & YOGA PHILOSOPHY

Coming in September ~ Introduction to Meditation & Yoga Philosophy! Starting Wednesday, Sept. 17, 5:30-7:00 pm, for six weeks, Mary will be introducing the philosophy that sustains our practice of Yoga. Although many people think of Yoga as just a form of exercise, at Namasté we teach the "full meal deal!" Hatha Yoga is a moving meditation that focuses the attention on the feelings and sensations of the body. When you are feeling, you are not thinking! That is what keeps us coming back to Yoga. Seated meditation is a practice of being with stillness, watching those habits of the mind to discover what has always been there: the peace that passes all understanding. When we find ourselves aware of our habits of thinking, we can begin to be real participants in our happiness—our well-being! This is the basic philosophy of Yoga. Patanjali wrote it all down over 1500 years ago. Take this class to deepen your practice of Yoga. Email or call to sign-up!

NAMASTÈ SHARING CARD

Do you know someone with whom you would like to share Yoga? A friend, co-worker, sibling, or parent? Pick up a Namasté Sharing Card the next time you come for practice. These cards can be given to anyone you think would be interested in coming to Yoga. Each card entitles the recipient to \$10 off one of the following classes: Introductory, Yoga Nidra, or Restorative Yoga. If you have yet to experience Yoga Nidra or Restorative Yoga, you may even use a card for yourself!

PODCASTS OF CLASSES

Soon your computer will become a portal to Namasté! You will be able to go to the namasteyoga.com website and, for a small fee, download a podcast of a class. We're working on making this available, and we hope you will enjoy this new feature! There will be Yoga Nidra, Body/Breath Awareness, Breath Meditation, and General Practice classes from which to choose.

JOSEPH CAMPBELL AT NAMASTÉ!

Joseph Campbell is coming to Living Presence! Beginning Wednesday, September 3, we will be watching and discussing *Mythos I*, a five-part series of lectures on CD presented by Campbell originally presented on PBS. The programs are: *Psyche and Symbol*, *The Spirit Land*, *On Being Human*, *From Goddesses to God*, and *The Mystical Life*.

Join us for all or as many of the programs as you can. The lectures will run for five weeks ending on October 8 (a break for Yoga Nidra, Sept. 24). For prices and more information call us or check our website or the bulletin board at Namasté.

Campbell, an American writer and speaker on mythology and comparative religion, is the author of many classic books and writings on mythology including *The Hero With a Thousand Faces* and *The Masks of God*. His theories were made popular with Bill Moyers' television interviews on PBS. He has won many literary awards including the 1985 Medal of Honor for Literature from the National Arts Club. He held the position of Professor Emeritus at Sarah Lawrence College until his death in 1987. For more information about Joseph Campbell, visit the Joseph Campbell Foundation website at: <http://www.jcf.org/>.

* * Sanskrit Sudoku * *

Are you a sudoku junkie? It seems to be the rage now and it can be as fun as it is good for your mind. Anyone can solve a simple sudoku puzzle. We thought it might be fun to bring the challenge of solving a sudoku into yoga practice. So, we decided to replace the usual 1-2-3-4-5-6-7-8-9 digits used in solving a sudoku with letters from a Sanskrit word. We decided to use the word *ayurvedic*. Simply solve the puzzle like you would solve a sudoku using the letters a-y-u-r-v-e-d-i-c only once in every 3x3 mini-box and only once in every horizontal row and every vertical column in the whole puzzle. Good luck!

And now for the yoga practice: a short lesson on Ayurveda. Ayurveda, known as the "Science of Life," is a native Indian practice of medicine that emphasizes prevention. It relies on the interactive unity of body and mind, as in yoga, to fight disease. The belief here is that a healthy life must be happy and good, and tranquility, self-knowledge, and prudence are priorities. Instead of focusing primarily on the treatment of a disease, the emphasis is to promote health from within. Which brings us to our diet.

There are certain types of foods the ayurvedic diet offers for promoting health and happiness. To get an idea of this kind

of diet, you may want to read *Heaven's Banquet* by Miriam Kasin Hospodar. It's a cook book, but this cook book has much to offer. Hospodar's goal in compiling this wonderful mouth-watering collection of gems was to offer "a simple, joyous,

delicious, fulfilling way of cooking and eating." It contains all kinds of information about the ayurvedic diet which you can use as a guide to a holistic lifestyle that will balance your mind and body. She helps you set up an ayurvedic kitchen and explains how to cook healthy food using ayurvedic principles. She explains the three doshas: Vata, Pitta, and Kapha and discusses the ten general mind-body types of Ayurveda that arise from a combination of the doshas. The cook book also contains a questionnaire to help you find your mind-body type and offers special diets to nourish each one. And, last but certainly not least, there are hundreds of

delicious inspirational recipes accompanied by her cooking wisdom notations that you will surely return to again and again.

And now, back to the puzzle. Give it a try. It's fun. And if you learn anything from this practice, you may just walk away from this being able to spell ayurvedic forwards and backwards!

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puzzle answer: page 7

A DAY AT WORK

by *Hernando Albarracin*

I am standing in front of 40 people and am speaking about a topic that is controversial to a few persons. I am the boss of these 40 people, and we are gathered at an all-day meeting. In the morning, I didn't feel ready to speak about the topic; I felt uptight. Maybe I was avoiding the topic. Maybe I was avoiding something I felt inside, having to face something uncomfortable. After lunch, I felt ready to speak; I felt loose and lighter than in the morning. I began to speak to the audience in a matter-of-fact manner, laying out the reasons for my position on the topic and directing the audience to how I wanted the "issue" to be handled in the program. In government speak, this is called policy.

At some point during my talk, one person began to interrupt me. She repeatedly raised her hand to express her displeasure and disagreement with my position, and she attacked it from every angle. She carried on in the back of the room while I spoke. Basically, she was very rude. I remained calm during the entire 45-minute talk. At one point, she tried to pin me into a corner, to which I responded, "You're playing games with me. Don't get smart with me," and continued with my talk as if nothing had happened.

After the meeting, I received compliments for my handling of that situation. "You handled that with finesse," someone wrote in an e-mail. The same person added, "You set the tone and laid out the ground rules from the start." Another person wondered, "What happens when Hernando gets mad?"

I can't describe what happened in that particular moment, or to be more precise, in that series of moments for 45 minutes. Maybe I was in a "zone." Maybe this can be explained by sūtra 2.16, as it appears in T.K.V. Desikachar's *The Heart of Yoga* (p. 170):

"Painful effects that are likely to occur should be anticipated and avoided."

The explanation that accompanies this sūtra is: "Whatever helps us to anticipate or reduce painful effects must be done. Patañjali goes on to present the causes of such painful effects and what we can do to develop within ourselves the capacity to anticipate, prevent, reduce, or accept them. In brief, the practice of Yoga has as its purpose the reduction of effects that are painful to us by increasing our clarity. This means we must learn to contain and control the obstacles listed in sūtra 2.3." (For reference, sūtra 2.3 says, "The obstacles are misapprehensions, confused values, excessive attachments, unreasonable dislikes, and insecurity.")

I decided to write about my experience that day after listening to Richard Miller's discussion of sūtra 2.16 during Living Presence class one Wednesday night. Richard said something about "avoided" that caught my attention. He said something like "it is felt, but no aversion and attachment goes with it." By 'it,' fill in whatever it is you are feeling at a particular moment that you find uncomfortable or unpleas-

ant. Richard also discussed various types of suffering: "Not wanting things to change"; "when the mind fears doing things a certain way"; and "when we don't accept our own way of being or true nature."

During my experience that day, I remember feeling certain emotions, but I didn't react as I have on other occasions. I want more moments in which I feel in control. Richard says that wanting things to be a certain way causes suffering. Avoidance of pain causes suffering, too. Allowing each moment to exist as it is, without the ego getting involved, frees you of suffering.

By the way, the Living Presence class meets Wednesdays at 7 p.m., except the last Wednesday when Yoga Nidra takes place. The program for the class is varied. We have watched videos, listened to tapes on the sūtras, and read poetry. For me, the class is part of my practice and is a way to stay connected with Namasté Yoga Center. ॐ

BUY FRESH BUY LOCAL

by *Julie Roland*

The Illinois Stewardship Alliance is introducing a new marketing tool for local farmers by establishing a Buy Fresh Buy Local Central Illinois chapter. Through the "Buy Fresh Buy Local" campaign, consumers can identify locally produced foods.

The marketing materials include a colorful label encouraging consumers to "Buy Fresh Buy Local" and can be used at any point of sale including farmers' markets, restaurants, grocery stores, and farm stands. Consumers can look for the "Buy Fresh Buy Local" logo in these areas.

Illinois Stewardship Alliance is a statewide membership organization that promotes policy development, advocacy, and education to support the development of environmentally sound, economically viable, and socially responsible local food systems.

The first program developed by the local chapter is Local Flavors which features farm fresh food at Springfield's finest restaurants. Restaurants will offer a special meal highlighting seasonal, fresh, locally grown and produced foods.

Dates and restaurants for 2008
Local Flavors dinners are:

August 21: *Augie's Front Burner*

September 4: *Maldaner's*

September 18: *Sebastian's*

October 2: *Caitie Girl's*

October 16: *Sebastian's*

November 6: *Ross Isaac*



We encourage you to support this worthy cause by visiting these restaurants and dining on the days noted.

VACATIONASANA

"Hamo Flow? You sure it's 'Hamo'? Never heard of it."

by Gale Myers

"Hmmm, usually around 35 to 45 people." Cindy, my friend from college, told me how many students were usually at the yoga class she taught at '24 Hour Fitness' in Kanaohe, Hawaii. My eyes opened wide. "Wow!! That's a lot." My visit to this yoga class proved to be insightful. There were indeed over 30 people there, in the big, open fitness room. The lights were dimmed; a huge floor fan kept the air moving and gave us some white noise. Soothing music was played and Cindy used a microphone as she guided the dozens of yogis and yoginis through the early morning practice with her calming, friendly voice.

Cindy has always led a magical life. Growing up with a navy father and her mother from the Philippines, they were always on the move and she became comfortable all over the world. We met at ISU and lived in close proximity of one another for four years. As was the custom in the 1970s, we played guitars together and sang for hours, sometimes in the stairwell of our dorm. I found out recently that she had been jealous that I was an art major!! After graduation, she held various mundane jobs; she aided refugees in southeastern Asia, taught scuba diving, and rehabilitated drug addicts. She won a medal in the South Pacific Games (the regional Olympics) in the sail boarding competition on New Guinea. While she lived on Guam for 13 years, she married a marine biologist and gave birth to their daughter, Keana. She is an award winning painter in oils and watercolors. (Once again jealousy proved to be a ridiculous waste of time.) The family moved to Oahu, Hawaii, several years ago, in part to be closer to her family - in Chicago. After years in the heat of Guam, Hawaii was freezing cold to them for several months! ("Gale, remember when we would sneak onto the roof of the dorm and sunbathe in the spring. It must have been all of 60 degrees!" Her daughter squealed, "Oooo! How could you stand it!") These days she is teaching yoga and home-schooling 12-year-old Keana. They took their "Spring Break" to be gracious hosts to me and Sierra for our week in Hawaii.

Everyone in her yoga class at the fitness center was familiar with yoga, and only a few students had never been to Cindy's yoga class before. She began with detailed instructions along with two or three or even a fourth option for the more experienced to follow. As she walked around the room, she paused to concentrate on a specific asana, or gave personal support to an individual who needed it.

I was eager to discuss the difference between her classes and mine at Namasté as we ate Japanese noodles for lunch after class. The class size (and the microphone!) was the most dramatic difference. I told her, "Sometimes we do partner work." "Oh! I would love to do that! But with so many students I'm not sure of their experience levels, and I

couldn't watch them all to make sure somebody didn't pull too far or twist the wrong way..." I told her that much of my class in Illinois was very similar to hers. Her class was just one hour long, so there was not enough time for as lengthy a relaxation or meditation as we have in our 90-minute class. They didn't use zafus or blankets. If someone wanted to learn a pose that needed some closer attention - like a shoulder stand - she taught it, but one-on-one after class. Cindy is very aware of the fact that without her yoga class, most of these people would have no exposure to yoga at all. She is glad to provide a yoga experience to dozens of people and loves watching them change with experience.

One student, who was new to Cindy's class that day, asked if there was a more difficult, advanced class he could take. Cindy and I rolled our eyes later, both understanding that if he was more experienced, he likely would be able to adapt this class to fit his desired level.

Later, on the beach, with the turquoise water, the azure sky, and our daughters keeping us company, I taught Cindy the Hamoa Flow - my favorite vinyasa - supposedly created right here in Hawaii. ("Hamo???? Are you sure it was 'Hamo'? Never heard of it.") She took notes and made stick figure drawings to help her remember the series of asanas. I took pictures of Cindy and Keana, and my daughter Sierra, doing the Dancer on the beach. I will tell you that shifting sand doesn't make balancing any easier.

Yoga class in Illinois? Or in Hawaii? Both had the same attitude. The same, because it was my attitude as a yogini that makes my experience. Not the giant fan, the microphone, the zafu, or the carpet. Because as soon as I focused my concentration and my breath, I was not in Hawaii or in Illinois, but in my yoga self. Nothing could change that.

Aaaaah! Beautiful Hawaii! If only I hadn't cracked a rib playing in the waves on that boogie board...



Cindy, Keana, and Sierra in Dancer pose



Gale in Triangle pose

MEET OUR DESIGNERS - JULIE AND CAROL

Namasté Yoga Center has been very fortunate to have a number of students with special talents. In the last issue of *Crescent Moon*, we featured student artist Gale Myers and her design of the 2007 City of Springfield Ornament. In this issue, we would like to present two talented student designers who have volunteered their time and service to Namasté: **Julie Roland** and **Carol Kneedler**. Julie is our graphic designer and Carol is our webmaster. To give you an idea of what makes these two talented students tick, we asked them a number of questions about their life and careers and how each is affected by their practice of yoga. The following is the list of the questions and their answers.



Julie Roland

Namasté student **Julie Roland** of BeCreativeWeb.com has been practicing yoga since 2001. Julie is a member of the Board of Stewards at Namasté and designs our brochures, art work, and t-shirts. Her favorite poses are warming poses such as cat stretches, knee down twist, crescent moon, and cow face.

Would you tell us how and where you received your

training in art?

I graduated with a B.A. in Graphic Arts from Bradley University and began working at advertising agencies and design studios in Springfield and Milwaukee.

Tell us about your business. When did you start it? What does it entail?

I started my freelance design business in 1999 while living in Chicago. My business primarily has been in print design; logos, corporate identity, brochures, advertisements, package design, and illustration. I recently began designing websites and plan to do more of that in the future as well as spend more time dedicated to the fine arts.

Most of my work is in the Springfield area. I do most of the advertising for Illinois National Bank and I have also done logos for startup businesses including O3 Internet Consulting, Inc., Karma Nightclub, and SpringfieldMoms.org. I am working with the Illinois Stewardship Alliance on "Buy Fresh, Buy Local" chapter kick-off, in which I designed a "Local Flavors" logo and other materials.

How did you get involved in doing projects for Namasté?

After about a year at Namasté, I was an instructor assistant and also helped with small projects that Mary and I worked on together. When Namasté moved to the current location, new materials were needed and we began working on brochures, the website, and cards.

How does yoga help you in your career as a graphic artist?

Being a graphic artist, I am at my computer while I design. Because of what I've learned through my yoga practice at Namasté, I pay special attention to my total posture and my breathing while I am working, which I know will benefit me for many years to come. *continued - see Julie on page 7*

Namasté student **Carol Kneedler** of O3 Internet Consulting took yoga classes when she was younger. Carol is a Friend of Namasté and came back to the practice of yoga when she became involved with Namasté Yoga Center just last fall. She is now designing our website and keeping it up-to-date. Her favorite yoga poses are tree and child's pose.



Carol Kneedler

Would you tell us how and where you received your training in website development?

I have an MS in Computer Science from UIS. I created my first websites for classes, but most of my web-specific training has been on-the-job. I helped to create the first intranet at St. John's around 1994, and then worked as a consultant and manager in the LRS Web Services division for seven years before starting my own company. The Internet is constantly changing, and anyone who wants to do good quality work really needs to be dedicated to keeping up with current standards and best practices. You never stop learning about how to create websites.

Tell us about your business. When did you start it? What does it entail?

I started O3 Internet Consulting in July 2007. My company creates practical, functional, and affordable websites for small businesses and non-profits. I'm especially good at planning websites, organizing projects, helping clients create good content, and pulling all the pieces together. I enjoy helping my clients be successful.

How did you get involved in doing projects for Namasté?

Julie Roland asked me to build and program the website based on the design she created! Thanks, Julie!

How does yoga help you in your career as a website developer?

While creating websites uses both sides of my brain, it does tend to involve a lot of future-thinking, chair-sitting, and following-the-rules. Yoga helps me de-stress and savor the moment. It's also good for my "desk jockey" body, and meditation definitely helps with creativity. *continued - see Carol on page 7*

EXPECTATIONS

by *Hernando Albarracin*

My two nephews from Colombia visited me for three weeks this summer. Ages 15 and 13, they are my younger sister's sons. When my sister asked me if they could stay with my wife Robin and me, I said yes. I was looking forward to their visit while Robin was a little apprehensive.

During the first week, my nephews went to a summer camp to interact with young kids and to speak English all day. That first weekend, Robin and I rented a van and took our four kids and my nephews to St. Louis for two days. We went to the City Museum and Six Flags.

My 13-year-old nephew, David, reminds me a lot of my sister. Both have green eyes and have similar mannerisms. Such was the resemblance that I ended having a "flashback." I got upset with him because he was not meeting my expectations. He was getting up late and often was the last one to get ready to go anywhere. When we arrived at the hotel in St. Louis, as every person helped carry a bag, except for David. It was as though he was royalty, I thought. One time for dinner, I felt like I was having a power struggle with him trying to decide where we were going to eat.

My emotions got the best of me when I felt ill at Six Flags. I couldn't figure out why I was the only who got sick. Until the next day, that is. I realized that my sickness was the result of my intense emotions; my body was letting me know. That's about the time when I remembered the *Yoga International* article "The Tyranny of Expectations."

Written by Phillip Moffitt, the article is excellent. Phillip writes that expectations cause you to be "irritable, disappointed, and disillusioned. Many times they lead you to say unkind words, act unskillfully, or make poor decisions. Expectations are so insidious that you can persist in maintaining them even after you have clear evidence that they are unfounded." Hello! That speaks to me. After noticing the suffering that I was experiencing and causing others, I still couldn't free myself of my expectations. I could see what was happening and could speak about it, but I still felt imprisoned by my feelings. I felt as if I had no options.

So what can you do to free yourself of expectations? Phillip writes, "Expectations are almost always the results of what in Buddhism is called 'wanting mind.' This wanting mind is driven by desire, aversion, and anxiety; it creates an illusion of solidity and control in a world that is constantly changing and unfolds independently of how we believe it should...In mindfulness meditation, the method I teach, you always start with what is true in the present moment. You use discernment to know what is true, but you do not fall into judgment, which is yet another form of expectation and one of the most tyrannical."

That's a familiar message to me. Phillip says that when you are controlled by your expectations, you are living a contingent life and are not free in the present moment. In contrast, you need to look for possibilities, which are based in the present moment. Being open to possibilities gives you

more access to imagination and intuition. "Your mind is clear and less reactive, and you make better decisions. You respond rather than react to life as it unfolds," Phillip writes.

Expect to stumble, Phillip says, because no one expects you to be perfect—an expectation in itself. Perfection is one of my expectations of myself. So when I meditate, I am open to what is true in the present moment. I am compassionate with myself, and I don't judge myself.

If you are wondering how Robin did during my nephews' visit, she did just fine. She misses them; I don't, which is hard for me to admit. However, my behavior affected her as I withdrew and went into my "turtle mode," as she calls it, and she ended up handling many day-to-day things.

I highly recommend reading "The Tyranny of Expectations." Here is the link to the article:
<http://www.yogajournal.com/wisdom/1454?print=1>

Julie continued from page 6...

How does yoga affect your personal life?

Now that I have two small children, I find it challenging to participate in classes as much as I would like to and intend to commit to a class routine again at some point. However, I still feel yoga is a big part of me. I do postures in the morning and evening, sometimes while I'm working, cooking, or playing with the kids. I use breathing techniques to calm and routinely adjust my posture from head to toe throughout everyday. I teach breathing techniques to my children which is great for settling down and before learning new things.

What is the best thing your yoga practice has done for you?

One of the greatest things that yoga has taught me is how my body relates to my spirit. Opening the flow of energy through the chakras is one of my most valuable pieces of knowledge I have received and I use it everyday. It also feels wonderful! Yoga also brings me a sense of inner peace that cannot be compared to anything I have ever felt before. I hope to pass this along to my children.

Carol continued from page 6...

How does yoga affect your personal life?

When I'm practicing regularly, it helps to short-circuit negative thinking and reduces stress, which helps me sleep better. And I think it helps me be more grounded, calm and aware.

What is the best thing your yoga practice has done for you?

The greatest thing for me is that I've become open to the idea that meditation has a place in my life – surprise!

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R	C	I	Y	D	A	E	V	U

Sanskrit Sudoku answer - puzzle on page 3



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Namasté Yoga Center

Established in 1991

Director:

Mary Addison-Lamb, M.A.
Integrative Yoga Therapist

Executive Director:

Nancy Long, M.A., H.I.T.A.

Secretary:

Joann Svetlik

Newsletter:

Tina Biderman

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Quinoa Tabouli

1 c. dry quinoa
1¾ c. water (2 c. for softer quinoa)
½ c. minced fresh parsley (¼ c. dried parsley)
½ c. cucumber (chopped)
¼ t. sea salt
2 Tbsp. minced fresh mint (1 t. dried)
2 large tomatoes, chopped
½ c. scallions, chopped
½ Tbsp. extra virgin olive oil
¼ c. fresh lemon juice

Thoroughly rinse the quinoa. Place in pan with water. Bring to a boil, then reduce heat & simmer covered for 12-15 minutes. All water should be absorbed & the quinoa should be light & fluffy. Add vegetables, parsley, mint, salt, lemon juice & oil. Mix well. Cover & refrigerate at least one hour before serving, but this is better if you give it overnight for the flavors to blend. Hint: you can change the flavor by adding or omitting ingredients. For example, 1 minced garlic clove may be added, or try substituting chives and basil for the parsley and mint! Tabouli may be served on a bed of greens or lettuce or stuffed into a tomato.

This is based on a recipe from "Recipes for Life," and taken from the Springfield Vegetarian Association newsletter.

WHAT'S HAPPENING?

Things are always happening at Namasté. To keep up-to-date with what's new be sure to visit our website at <http://www.namasteyoga.com>. The website is constantly being updated with the latest in class schedules, new class offerings, retreat dates, and just whatever is going on. Soon you will be able to buy membership hours, shop at our Little Lobby Shop, download podcasts, and more - all on-line! Check it out!