

Namaste News

Allow yourself the luxury of time for your Self! Join us at Villa Maria Catholic life Center, **September 16-19th** for our **annual retreat, "The Ease of Being!"** Fall is the perfect time to step back from the daily routine of life and reflect, relax, refresh, renew. Spend time abiding in this "Ease of Being" and allow life to unfold, perfect just as it is!

Friday, Sept. 24, from 7:00-8:30 pm, Tracy Pitts, certified Kundalini Yoga teacher, is offering a workshop. Naad Yoga, the Yoga of Sound, includes a light Kudalini practice, deep relaxation with gong, chanting and meditation. Join us for this lovely peaceful time! Sunday morning, Sept. 26, Tracy will teach a Kundalini Yoga class from 10:30-12:00. Give this energizing practice a try!

More information or to sign up in one of three ways: by email (info@namasteyoga.com), phone (217-698-8177) or at Namaste's bulletin board!

Introductory Classes

Thursday, Sept. 9, 2010 – 5:30-7:30 pm

Foundation follows on T/Th 5:30-6:30 pm

Wednesday, Oct. 6, 2010 – 10:00 am-noon

Foundation follows on Mon/Wed 10-11:00 am

Thursday, Oct. 28, 2010 – 5:30-7:30 pm

Foundation follows on T/Th 5:30-6:30 pm

Wednesday, Dec. 1, 2010 – 10:00 am-noon

Foundation follows on Mon/Wed 10-11:00 am

Foundation Series

This class meets twice a week for 6 weeks and provides the basics for beginning Yoga students. **6 weeks – 12 classes**

Foundation II Series

This class provides a bridge to General Practice. Learn about the 8 limbs of Yoga, new asanas (poses), pranayama (breathing techniques), and deepen your relaxation and meditation. Evenings: **9 weeks – 9 classes**. Days: **6 weeks – 6 classes**

September Practice Classes

Our practice this month will focus on the fourth niyama, Svadhyaya "self-study." Yoga is the practice of self-awareness. According to B.k.S. Iyengar, Svadhyaya occurs during asana and pranayama, and facilitates a dialogue between the body-mind and spirit. Our practice is an excellent training ground. We can either be in the flow or in our heads. Moment to moment our bodies remind us whether we are present or not. It is not about control; rather it is always about letting go. Our asana practice will focus on inverted and balancing postures.

Practice Classes

- Monday 9:00-9:45 am ~ *Meditation*
- Monday 12:00-1:15 pm ~ *All Levels*
- Monday 5:30-7:00 pm ~ *Yoga for Healthy Bones*
- Tuesday 8:15-9:45 am ~ *Connecting to Center*
- Tuesday 10:00-11:15 am ~ *All Levels*
- Tuesday 6:45-8:00 pm ~ *Flow*
- Wednesday 11:30-12:45 pm ~ *Connecting to Center*
- Wednesday 5:30-6:45 pm ~ *All Levels*
- Thursday 10:30-11:45 am ~ *Adapted*
- Thursday 12:00-1:15 pm ~ *Viniyoga*
- Thursday 6:45-8:00 pm ~ *Flow*
- Friday 8:15-9:45 am ~ *Connecting to Center*
- Friday 10:30-11:45 am ~ *Gentle*
- Friday 12:00-1:15 pm ~ *All Levels*
- Friday 6:00-7:15 pm ~ *Karma Class*
- Saturday 9:00-10:15 am ~ *Gentle/Restorative*

REMINDERS

- **Mark your calendar – October 23, "Season of Change" Celebration!** Learn about the exciting future plans for Namaste & Heartland Healing Arts Centers. Music, food, Namaste students' artwork, henna tattoos, massage, drumming circle, kids' activities, and more. More information soon!

- **Saturday, Oct. 9**, Linda Karl will return for the **Yin/Yang Yoga: Stretching into Stillness** workshop! This combination of both passive (yin) and active (yang) yoga practices allows you to explore your boundaries, experience the present moment, and gently expand yourself beyond **what was previously known**. Plan to join us from 1:00-4:00 pm.