



Yoga with Nadine Schwager

July 2011

SCHEDULE CHANGES

The July schedule has been posted at <http://www.nadinesyoga.ca/classes.html>. Note that some classes have had a time shift to accommodate new classes (Yin Yoga) and student requests. Also note that the studio is closed July 26, 27 and July 31 to August 4.

Spotlight on: Savasana

We end each class with Savasana (Corpse Pose). We relax our bodies into the earth. Sometimes it is a guided Savasana and other times we simply relax and listen to the music. Think of your Savasana like a short meditation practice. Bring your mind to your body, relaxing all of your muscles or bring your mind to your breath. If you keep your attention on your breath or body while you relax, your mind is less likely to race ahead to your post-class activities. Give yourself the kindness of this additional moment of relaxation.

Cool Down

Is the Summer heat too much? Remember that breathing through your nose is heating and breathing through your mouth is cooling. For a good cooling breath, purse your lips like you're sucking through a straw. Breath slowly in and out like this to take advantage of your body's natural cooling systems.

Mindfulness Profile: Thich Nhat Hanh

One of the best known and most respected Zen masters in the world today, Thich Nhat Hanh's key teaching is that, through mindfulness, we can learn to live in the present moment instead of in the past and in the future. Dwelling in the present moment is, according to Nhat Hanh, the only way to truly develop peace, both in one's self and in the world. He has written dozens of books with more than 40 English books available. *Condensed from the Plum Village website:*

<http://www.plumvillage.org>

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