

Yoga with Silvia --- Information January 07



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Group Yoga Classes

until the end of May 2007

Tuesdays

January, March, May
8.30 am - 9.30 am
6.00pm - 7.00pm
Zion Lutheran Church,
Shawano, Room B25

On-going classes
4.00 pm - 5.00pm
Primary School , Keshena,
Wi.

Thursdays

January, March, May
8.30 am - 9.30 am
6.00pm - 7.00pm
Zion Lutheran Church,
Shawano, Room B25

On-going Classes
4.00 pm - 5.00pm
Primary School , Keshena,
Wi.

To Sign Up call Silvia @
920.639.9086 or
715.304.9169

First class free!
6 sessions: \$48.00
Drop In: \$12.00
Yoga privates:

Why should I stop doing and just be?

When we practice yoga we hold postures. We stop doing. We sit in cross legged positions. We lay down on the floor at the end of a yoga session in savasana. We Meditate why?

I like to share with you several sentences from the book "Walking Meditation" it has touched me deeply. "Meditation is not meant to help us avoid problems or run away from difficulties. It is meant to allow positive healing to take place. To meditate is to learn how to stop - to stop being carried away by our regrets about the past, our anger or despair in the present, or our worries about the future. By practicing the art of stopping, we can enter the present moment and be nourished by the beauty and wonder of life in and around us. To practice mindfulness is to begin to realize that we have a choice - to stop and rest or run, to be angry or happy. Once we choose to stop, everything will be okay."

Thich Nhat Hanh

When we stop in a yoga posture we practice the art of mindfulness.

We learn how to breathe mindfully in the present moment. We stop and notice

through mindful breathing, it is also in touch with your body. True rest and peace are the natural result of conscious breathing in which body, breath, and mind come into unity.

Yoga meaning bringing together -- union.

Please Note:

I would like to clarify the yoga class schedule.

Please note that the classes in Keshena are *on-going classes* until the end of the second semester. (end of May 07). The classes in Shawano at the Zion Lutheran Church are every other month.

The next yoga classes will start tentatively in the fall in Keshena and Shawano. (the first day of school in the fall).

There will be no yoga classes if the school is closed due to bad weather. The radio announces the school closings please listen for the Shawano, Gresham and Menomonee School District.

If you are interested in additional classes every other month in Keshena at a different time please e-mail me.

There will be no classes on Tuesday the 16th at Zion Church or at the Keshena



The room B 25 in the Zion Lutheran Church is welcoming, peaceful and warm. Please wear cloths in layers when attending yoga at this location. Please bring your own yoga mats, blanket or pillows along.

The room can easily hold 15 students. If you would like to bring a friend along, they can try out a class for free.

The first yoga session is free in Keshena and Shawano.

There after if you just drop in it is \$12.00 a session.

Your Input would be helpful

The Lutheran Zion Church has reserved the room usage just for Silvia's classes at 8.30 am and 6.00 pm Tuesdays and Thursdays every other month.

Right now I don't have 6 student's signed up for the AM Yoga classes.

I had an idea to offer on Tuesday's 8.30 am Yoga classes and Thursdays

8.30 am beginner T'ai Chi classes.

This is tempory through the end of January. I am willing to teach you what I know (and continue to learn) about T'ai Chi which is the practice of bringing mind and body together through continues movement.

Suggested fee: donation

Please e-mail me about your input on this idea.

simply_wb@yahoo.com

This Month FREE Chair YOGA

Zion Lutheran Church Shawano
Thursday January 25th,
6.00 to 6.30pm

Keshena Primary School
Tuesday January 30th,
4.30pm to 5.00 pm

Anybody is welcome to attend.

Special: One on-one Yoga session

2 for \$90.00

Expires June 07