

## Peace Throughout the Season December Newsletter, 2008

Namaste Everyone and welcome to our final 2008 Newsletter.

As the Christmas season approaches and we find ourselves in unique financial situations, it may be easy to succumb to feelings of fear, stress and uncertainty. These strong emotions can throw us off our quiet center, toward a heightened state of rajas, the imbalanced energy of hyperactivity.

A rajasic person is willful, impulsive and can even be angry and aggressive, driven to fill the emptiness within through materialism. In our culture, it's no surprise we tend to lean in this direction as our schedules and past-times can contribute to this frenetic energy. Our work place encourages this mad dash style of working and applauds us for being productive. This way of life is usually accompanied by shallow breathing, which heightens our sense of frustration and anxiety.

The energy of Sattva, on the other hand, is characterized by harmony, kindness, purity and calm. A sattvic person has the ability to cultivate peace within themselves as well as peace within society. The practice of yoga and meditation moves us further toward a sattvic lifestyle, by choosing foods that are wholesome, thoughts that are nourishing and relationships that are life giving. By strengthening the sattvic influences, we begin to embody peace in all areas of our lives. This way of life is usually accompanied by slow, deep, gratitude-filled breaths.

At Breathing Space, we continue to hold a space in which people can arrive, throw off their fears and uncertainties of the outside world and explore the depths of their own harmony, peace, and goodness. Our time on our mats inevitably remind us how much we need yoga both in the moments on the mat and, especially, in the moments in our lives.

Want to bring more sattvic energy into your life? Try a gentle walk around the block, breathing in to a count of four, and out to a count of eight. Or put on your snow pants, and find a fluffy snowy patch of land, collapse and star gaze on your back for a while. And of course, there is nothing like a yoga class to shift your energy and uplift your spirit.

Through yoga we learn to dance through the ebb and flow of challenge with the edges of our mouths turned up, smiling a smile of serenity and wisdom.

Blessings of the season,  
Jenny

## Bedford News:

- Breathing Space Holistic Weight Loss Program, 6wks starting Sat. Jan. 17th 1:30-3:00pm. Get LEAN, set clear intentions, discover what you're really hungry for and cultivate empowering lifestyle habits from the ancient teachings of Yoga and Ayurveda.
- Our first annual Breathing Space Calendars are now available! Exquisite profiles of fellow yogis. \$10 each with proceeds going to Olympian Karen Furneaux's celebrity drive for The Salvation Army.
- Our Christmas Celebration will be held on Sat. Dec. 13th from 12-1:30pm. Join us for a family yoga class, gifts and treats!
- Give the gift of Yoga with our Gift Certificates and New Gift Packages

## Halifax News:

- Karma Christmas Class will be on Sat Dec 13th at 8:30am. Please bring a food bank donation or make a minimum \$5.00 donation for the Food Bank. Hang around after class for prizes and good cheer!
- We have the perfect Christmas gifts for those yogis on your Christmas list. We now offer many lovely Yoga items such as CD's, straps, blocks, bolsters and mats. We also carry beautiful lines of Yoga clothing and our own Breathing Space shirts.