

## Finding The Joy In Living

### **Add some sweetness to your inner circle**

I just returned from another beautiful trip and while on this particular retreat, I was struck by the penetrating warmth that was apparent the moment I stepped onto the grounds. It was clear to me that everyone there (including the garden wizards) held a common intention of creating a safe and loving environment for their guests. This stood out for me because our main priority at our Breathing Space Studios is for you to experience that same feeling of warmth when you step through our doors.

And as many of you have experienced, the intimate connections that are established in a yogic setting far exceed the superficial niceties that are exchanged in our usual conversations.

Imagine if your standards for the relationships in your inner circle were to have meaningful, heart centered, loving connections? Can you visualize how you would feel upon waking each day, knowing that you are instantly embraced in a bubble of love by people who support you in being happy and fulfilled?

For optimum health, it is essential that your home be a metaphorical soft, fluffy pillow where you can curl up in the arms of love and safety.

The heart is a powerful center where we generate these feelings of love. The intention is made in the mind but the feeling state is exchanged at the level of the heart.

With February being our traditional month to celebrate love, sensuality and pleasure, I invite you to consider how you can strengthen love connections in your relationships.

Here are three suggestions for adding some sweetness to your inner circle:

1. Suspend your habit of judging the person you are in dialogue with and abandon your need to be right. Both of these habits create separation, not unity, which is what the heart is always longing for. Listen with the intent to truly hear what the other person is saying. There is nothing more attractive than a person with great listening skills.
2. Become affectionate—studies have shown that skin on skin contact can rapidly shift a person from the fight or flight response to the delicious state of sweet surrender. And kissing is known to burn up to 30 calories a minute!
3. Do you know someone who's curious about yoga but afraid to try it? Join us in celebrating the spirit of Valentine's Day with our studio wide offer to Bring a friend for free (new to the studio) from February 13-20th. Our very popular Partner Yoga Classes will also be held at most locations so you can enjoy yoga together this month!

With Love and Warmth,

Jenny

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**Thank you for your feedback and correspondence on our newsletters. Here is a message from last month:**

*Finding the Joy in Living Newsletter January, 2011*

*Hi Jenny,*

*I just wanted to thank you for your most recent newsletter. Something about the naming of "This does not belong here" has really stuck with me. I have found myself using it on several occasions and it is helping me to focus on the control I have in building the life I want. I am sure I have heard versions of it before, but sometimes we have to hear things in a particular way in order for it to really resonate with us*

### **BREATHING SPACE TRURO (902-843-9642)**

- ~ New 6 week Intro to Yoga runs Mondays @ 8pm beginning Feb.21 - March 28
- ~ Intro Level 2 will begin Wednesday Feb.23 - March 30 @ 6:30.
- ~ Pre-post Natal Yoga Thursdays at 6:30 beginning Feb 3 - March 10.
- ~ Want a great workout? Join us Monday evenings at 6:30 for Power Yoga.
- ~ Looking to build your practice? Join us Friday Feb 4th from 6p-7:30 for The Primary Series from start to finish! Register in advance, only \$10 per person!
- ~ Leave the kids with us for Kids Yoga - Saturdays 10:30-11:15
- ~ Gentle Flow Yoga for Seniors Mondays mornings at 10:30.
- ~ New Lunch time Vinyasa Flow Yoga Wednesdays at noon!

### **BREATHING SPACE TANTALLON (820-9642)**

- ~ Upcoming programs and workshops: Call 820-9642 to secure your spot today!
  - Awaken the Extraordinary with our Winter Bootcamp!!! February 21-25, 2011 from 6:15-7:30 a.m. The cost is \$69.00 plus tax.
  - Intro to Yoga Level I with Amy begins Saturday February 19, 2011 at 10:30 and Tuesday March 1, 2011 at 6:30pm. The cost is \$69.00 plus tax.
  - Yoga for Kids!! Children aged 4-8 are welcome to attend this 4 week workshop lead by Amy beginning February 5, 2011 from 2-2:45. The cost is \$46.00 plus tax.

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### BREATHING SPACE TANTALLON (820-9642)

- Our New 4 week Advanced Postures Workshop with Bryan and Amy will begin on Thursday March 3, 2011 at 6:30. The cost is \$46.00 plus tax.
  - Our 8 week Parent and Baby Yoga Workshop with Amy begins March 8, 2011 at 10:30am. The cost is \$90.00 plus tax.
  - Our 8 week Pre-Natal Yoga Workshop with Tomomi begins March 11, 2011 at 6:45pm. \$90.00 plus tax.
  - Our 6 week Pilates Workshop with Christine begins March 3, 2011 at 9:00am. The cost is \$54.00 plus tax.
  - February's Family Yoga class will be offered on Sunday February 13, 2011 at 2:00. Please call to register for this fun and playful class. The cost is \$20.00/family.
  - February's Karma Yoga class will be held on on Sunday February 27, 2011 at 2:00. This class is FREE - with a suggested donation of \$5.00 which will do to the Animal Rescue Coalition.
- ~ Check the website on a regular basis for updates to our drop-in class schedule! Join us in welcoming Careen McNeil to our dynamic teaching staff. Check out her Sunday Core Yoga class!
- ~ Planning a trip south? We have an abundance of fantastic Be Present apparel for sale at great prices - it goes from your yoga mat to the golf course without missing a beat!

### BREATHING SPACE BEDFORD (832-9642)

- ~ Intro To Yoga: next sessions begin Thursday February 24th at 6:00p, or Saturday February 26th at 10:15a. Call to register.
- ~ Family Yoga: the whole gang is invited to join Caelin on Saturdays from 1:15 - 2:30p. Cost is \$20 for the whole family! Visit our website for dates and further details!
- ~ Partner Yoga: Bring a friend or loved one Friday February 11th at 7:15p for a fun and free-spirited experience of contact Yoga. \$20 per couple, all proceeds to Power Of Movement.
- ~ Community Yoga: Join Michelle at the Power Of Movement on Sunday February 27th at 11:00a in support of the challenge to beat arthritis and autoimmune conditions. Register at [www.powerofmovement.ca](http://www.powerofmovement.ca)
- ~ New Class: by popular demand, our Hot Flow Yoga is now offered at 4:30p-5:45p (Intro - Level 1) and at 6:00p-7:30p (Level 1 - 2) on Sunday evenings beginning February 6th! Join Michelle for 1 or both classes and sweat it out!