

Yogachelan

Yogachelan Newsletter

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Traveling Tippy Yoga

Save the date August 27th!

A fun ride in the wine assault vehicle, a little wine tasting at local wineries, and some tippy yoga.



**Deadline August 12th.
Don't wait. Space is limited.**

[Traveling Tippy Yoga details click here.](#)

We so hope you will join us on this fun event!!!

Dear Yogis and Yoginis,

This month another fun event, Traveling Tippy Yoga. We have joked about a Tippy Yoga event for some time and it is now really happening!

Some words about our health. Dehydration is serious and important that we watch for signs of fatigue, dizziness, headaches, cramping, etc., not just in ourselves but especially in our older population.

Finally, thoughts on being present and has rushing just become a bad habit?

We thank you all for your continued support.

Namaste'
Lynda, Lisa, and Dan

Slow Down and Be Present.

Deepen Your Focus

A good deal of mystique has grown around meditation, yet it is one of the most natural of our human capacities. You've no doubt had moments in your life when you were not thinking or analyzing your experience, but simply "going with the flow." In these moments, there was no past or future, no separation between you and what was happening. That is the essence of meditation. Contrary to a common misunderstanding, meditation is not a limiting or narrowing of our attention so much as it is a focusing on what is relevant. Our attention can be narrow, as in observing our breath, or broad, as in cooking a

Dehydration in Adults

Dehydration is a condition that occurs when the loss of body fluids, mostly water, exceeds the amount that is taken in. With dehydration, more water is moving out of our cells and then out of our bodies than the amount of water we take in through drinking. We lose water every day in the form of water vapor in the breath we exhale and as water in our sweat, urine, and stool. Along with the water, small amounts of salts are also lost. When we lose too much water, our bodies may become out of balance or dehydrated. **Severe dehydration can lead to death.**

7 Wonders of Water

1. Stay Slimmer With Water
2. Water Boosts Your Energy
3. Lower Stress With Water
4. Build Muscle Tone With Water
5. Nourish Your Skin
6. Stay Regular With Water
7. Water Reduces Kidney Stones

How much water?

General rule is 8 ounces x 8 per day. But there are many variables: Bigger people need more water, more active people need more water, taking medications you need more water to flush the kidneys, coffee drinker you need water (caffeine is a diuretic), etc. The best indicator is the color of your pee. It needs to be clear to almost clear.

Source: webmd.com

five-course dinner. When the mind is able to focus on what is relevant to what is happening now, we experience ourselves as being at one with what we perceive. This experience is deeply joyful, as we become freed from the illusion that we are separate from everything else in the universe. **In fact, meditation isn't a withdrawal from life but a deeper, fuller presence in life.**

Take a Time Out

Many social commentators have noted that time, in our lives, is moving faster and faster. We're continually being asked to be more productive and to do more things at once. At the same time, our notion of planning is changing, so that instead of planning a few decades out, we plan only a few years out. All of this is just more evidence that the speed of our world is increasing.

But how has this affected our lives and our health? Take a moment to think about how you deal with time. Have you ever pushed an already lit elevator button because it's not moving fast enough? Are you continually urging your children to hurry up? Do you hate waiting for a computer download? This frantic pace in our sped-up world contributes to our stress. Think you're immune? Try an "old-fashioned" rotary phone and see how annoying it can be to take "so long" to dial. Most of us will find that we're just used to moving at a certain pace. Unfortunately, this pace is not always the best for us.

When you find yourself stressed and hurried, ask yourself if it's really necessary to rush-or is this just a bad habit you should break? If possible, do less and enjoy life more. Practice slowing down by letting others go first in a bank line, or on the highway. Use the extra time to breathe deeply and smile. You'll feel better-and so will the people around you.

From Yoga Journal

July in Review

River Rafting and Yoga Event July 24th



Thank you so much to those who joined Yogachelan for our River Rafting and Yoga Event. We were joined by 19 yogis and yoginis, ages 5 - 70, the weather perfect, about 100 degrees, and fun that just went on and on.

[Check out the photos from this event.](#)

QUICK LINKS

[August Class schedule](#)
www.yogachelan.com

Find us on **Facebook** 

JOIN OUR LIST

Join Our Mailing List!

Yogachelan has posted photos from the River Rafting Yoga and BBQ on our [Facebook](#) page for you to view.

The river rafting company has pictures of us all in the boats that can be viewed by going to www.snowdragonadventureshots.com. Click on the quick link "Find your photos". Yogachelan's boats are under River Riders 7/24/10 PM Boats 2, 5, and 6.

Yogachelan

Yogachelan is owned and operated by Lisa Sloan and Lynda Kennedy. Both are experienced, certified, and insured yoga instructors. They are active in their community, are members of the Lake Chelan Chamber of Commerce, and were New Business of the Year 2009.

The Mission of Yogachelan is to promote the health benefits of yoga and to make yoga accessible to everyone.

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