

Yogachelan

Yogachelan Newsletter

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Sunset Yoga to Live Music

If you're reading this,
you're breathing.

August in Review

Sunset Yoga to Live Music



Sept 26th from 4-7pm, Olivia De La Cruz plays for this years Sunset Yoga Event.

Invitation only. Space is very limited.

Please contact us at 509-679-5873 or 206-818-2619 to receive your invitation.

[See flyer for details.](#)

Schedule Changes

Saturday Open Yoga at **9:00am** beginning in September.

Classes starting in

...constantcontact.com/render?llr=8xd8...

September 2010



Taking a Breath....

Dear Friends,

One more fun event to wrap up our summer, back by popular demand, Sunset Yoga to Live Music. We were nervous about trying to live up to last years experience. But taking our own advice, we decided to just live in the moment and create a new experience. This year we have the beautiful Olivia De La Cruz playing and singing for you. Please let us know early that you plan to come.

The breath we take so for granted can be a healthy breath or not so healthy. Take a moment to take a deep breath and read "If you're reading this, you're breathing. Share the information with friends and family.

As the beginning of Autumn nears, there are a few changes to the class schedule. They are listed to the left and on the website.

Those of you who have been away for the summer we look forward to seeing you and sharing our yoga practice with you. Lots of new poses to try out.

Namaste'
Lynda, Lisa, Dan

If you're reading this, you're breathing.

Entiat. Watch website
for details.

Classes starting in
Pateros, email
lynda@yogachelan.com
for details.

Yoga in the Park, last
class this Saturday,
then
over until next summer.

No Yoga Athlete on
Wednesdays at
6:15pm.

Watch for upcoming
special instructional
yoga called Focus
Classes.

QUICK LINKS

[Sept class schedule](#)
www.yogachelan.com

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JOIN OUR LIST

Join Our Mailing List!

Fill Your Lungs

In daily life, we rarely-if ever-breathe to the full extent of our lungs' capability. That means we don't utilize fully our body's capacity to absorb oxygen. Our yoga practice helps by teaching us to breathe more deeply. As we use more of our lungs to breathe in class, we change the way our body breathes outside of class. Processing oxygen more efficiently makes us fit and also more smart!



Dysfunctional Breathing

It may seem absurdly obvious to say that breathing is good for you, but many people don't realize that poor breathing patterns are detrimental to health.

It's becoming clear from research that a percentage of the population, possibly 5 - 11%, suffer from what is termed dysfunctional breathing. This means that those affected have developed breathing that is too shallow and too rapid and this can have a number of effects on health.

Normal breathing is principally driven by the diaphragm, which, when working properly, causes air to be drawn deep into the lungs. This feels as though breath is being taken down into the abdomen. When breathing is dysfunctional the diaphragm is not used to its full capacity and the chest muscles, which are accessory respiratory muscles, are used more than they should be. This gives the feeling of breathing taking place in the chest, often producing a sense of tightness there.

Benefits

Bringing air down into the lower portion of the lungs, where oxygen exchange is most efficient, has a wide range of beneficial effects on body and mind. It slows your heart rate, relaxes your muscles, decreases your blood pressure, eases anxiety, and calms your mind. Abdominal, or belly, breathing also offers a sense of control over your body and emotions that is extremely therapeutic.

Facts

The normal volume of air required per minute at rest is 4 to 5 liters, approximately 8 to 12

breaths per minute.

The diaphragm should perform about 80% of the work of breathing.

Hyperventilation is defined as ventilation in excess of metabolic requirements.

Hyperventilation is breathing more than 6 liters of air per minute at rest.

Practice

Here's a breathing practice you can try to experience the principle of deep breathing in action:

Sit comfortably on the floor or in a chair. Relax your belly as you inhale so you can completely fill your lungs. Breathe in as much as you can and then stop, relax, and evaluate. Can you breathe in just a little more? Are you surprised by how deeply you can breathe?

www.healthybreathing.com

www.common-patient-ailments.suite101.com/article.cfm/breathing_dysfunction

www.yogajournal.com

August in Review



Yoga at Rio Vista Winery

Traveling Tippy Yoga

Our Traveling Tippy Yoga event was held August 26th and included travel via Winery Assault Vehicle, wine tasting at Rio Vista, Tunnel Hill, Karma, and Hard Row to Hoe, with a little yoga mixed in.

Such a fun group of yogis and yoginis to spend the day with.

For photos and info for this and other events visit us on [facebook](#) or www.yogachelan.com.

Thank you again to all who joined us for Traveling Tippy Yoga.

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

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