

Yogachelan

Yogachelan Newsletter

Newsletter Focus
April 2010

Greetings!

Spring has many of us thinking about upcoming warm weather activities. For some, this might be a competition, marathon or triathlon. For others, enjoying all of the recreational opportunities the Chelan area has to offer. Whatever your activity, yoga can help you get the most out of your summer!

Let us help you find your outer and inner athlete!

Namaste' Lisa and Lynda

in this issue

- Yoga Athlete
- Breath Practice
- Achilles stretch
- March in Review
- Local Athletic Events
- About Yogachelan

Breath Practice

As we begin to incorporate yoga into our lives, we may find one of the most important benefits to be breath control. Many styles of yoga link breathing and moving. **When we practice yoga, our hope is to approach our edge in each pose, while keeping focused and centered, with the breath full and steady throughout.**



If you're ever unsure whether you're doing too much or not enough, listen to your breath. If you can't keep breathing evenly in a posture, it's a signal that you should back off to a simpler version of the pose-or take a rest.

This is also true of other physical activities and daily life. When you find yourself feeling overworked, tense or stressed, check with your breath. If it's short, choppy and strained, take a break and find a moment of relaxation.

[Read on...](#)

Achilles stretch

Help prevent a very debilitating injury, torn Achilles tendon, with this simple stretch.

From a squat position, place the shin of the left leg on the floor. Place the right foot flat on the floor (heel down) a few inches from the shin with the toes even with the left knee. Be sure the toes and heel of the right foot are



Yoga Athlete



Yoga can be a great addition to any training program or a healthy way to get ready for the increased activities of spring and summer.

The following is an excerpt from an article describing one woman's journey from athlete to "yoga athlete".

Years ago, I went to my first yoga class with a friend who swore it would help my **running and triathlon** performance. That class embodied my worst fears: It began with chanting and ended with 10 minutes spent lying on the floor. During that forced period of stillness, I fidgeted and stared at the ceiling, wondering how much longer I had to lie there before I could go do my "real" workout. Yoga, I decided, was not for me.

But a few years later, recovering from an illness, I decided to give yoga another try. One weekend in San Francisco, I attended a class for beginners at a renowned yoga studio. In my running shorts and sneakers, I definitely did not fit in. But in that class with an expert teacher, who provided clear instructions and focused on the poses, I felt challenged, stretched and invigorated. **I finally understood why more than 11 million women in the US practice yoga.**

As I've added yoga to my regular routine, I've discovered a **wealth of benefits, from increased upper body and core strength to a reduction in knee pain.**

By Kristin Harrison for Active.com

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aligned straight ahead.



Rotating from the hips with a flat back, shoulders back and down, begin moving forward toward your right thigh. Reach toward the thigh with the lower ribs while keeping the heart center lifted. Keep the heel on the ground and listen to your body. Start slow and don't over do it. Hold 10-15 breaths and repeat on the other side.

[Printable Schedule](#)

[Newsletter Archive. Read past issues here!](#)

Join our mailing list!

March in Review

Yogachelan begins third year in business.

Yogachelan hosted Chelan Chamber of Commerce Business After Hours. What a fun event. Using "wii Fit" attendees were able to evaluate their balance. There were some excellent results! [See the video here!](#)

New t-shirts! Available at the Studio, t-shirts, yoga mat bags, and yoga mats.

Yoga Dan continued classes in Bridgeport and Brewster.



Local Athletic Events

5/2 Bloomsday 2010 - www.bloomsdayr.un.org

5/21 Lions Golf Tournament - info@lakechelan.com

6/26 Chelan Century Challenge - lester.co
oper@chelanrotary.org

6/26 Cycle DeVine - lester.co oper@chelanrotary.org

7/17-18 Chelanman Multisport Weekend - info@totalhealthevents.com

8/14 Slam N Jam 3 on 3 Basketball Tournament
- Mikehaerling@yahoo.com

9/18 Shore to Shore Marathon - www.runlakechelan.com

9/25 Dam 2 Dam Thumbsup! Bike Tour - utley60@aol.com

10/16 Chelan Chase - www.chelanchase.com

About 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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