

Yogachelan

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December 2009



In This Issue

[Slow Down](#)
[December Promotion](#)
[November in Review](#)
[Yoga Pose of the Month](#)
[Schedules and Events](#)

Schedules and Events



Yogachelan is proud to have won the 2009 New Business of the Year. [See pictures of the event here.](#)

[NEW! Class Schedule and Rates for December \(click here\)](#) Please check the schedule for holiday closures.

Reminder! No more **Hot Yoga** Classes on Wednesdays. Sunday at 9:30 AM still available. Come get warm!

Reminder! **Saturday** Yoga Class moved from 8:00 AM to **8:30 AM**. Yes, we wanted to sleep in!

Yogachelan is hosting the Women's Cancer Support event at the studio Dec 1 at noon. Speaking at this potluck is Joan Brownfield on the topic of BodyTalk. Contact Anne for info 682-8718.

Dear Yoga Enthusiast!

Thank you for taking the time to read our Yogachelan Newsletter. We will be working to put informative and beneficial information in these e-mails. We look forward to sharing the bounty of Yoga with you.

Mat Happy

Sooner or later, your yoga mat will need replacing. Try the following ideas for keeping it out of the landfill.

- Nonskid pads for cushioning hallway carpet runners.
- Under furniture legs.
- Under flowerpots (the mats are impermeable to water).
- Behind picture frames or bulletin boards.
- Pads for your sleeping bag when you go camping.
- As drop cloths when painting.
- As supplemental knee padding on top of your new mat

The potential uses probably equal the number of yoga poses. Mats have even been seen in the entryway of a café. Many animal shelters use them as extra bedding for their animals.

Think Green! Recycle!

[From Nov 5 2009 Yoga Journal](#)

Namaste'

Lisa and Lynda
Yogachelan

Slow Down!

Most of us are judged in life by how quickly we can get things done. Because of this, it's hard to develop the opposite mindset: one of

slowing down, getting centered, and relaxing.

Many yoga classes start with a transitional period between public life and the privacy of the practice. In this period, students can simply build awareness of their own breath in order to prepare mentally, physically, and spiritually for practice. For some students, this process of slowing down is extremely difficult. Continually rushing from one activity to the next, many people are used to being hurried and impatient, so much so that it's almost impossible to relax and get centered.

If this is true for you, ask yourself: Am I rushing because I'm under stress or am I under stress because I'm rushing? Is it always necessary to hurry so much? Would you be able to run your life just as effectively at a slower pace? If so, take some small steps to slow it down, one day at a time.



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www.facebook.com/yogachelan

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December Promotion

Christmas is right around the corner and what could be a better gift than free yoga to a loved one. Yogachelan has a few promotions going on for December and the new year. Remember Yoga is a great way to keep your muscles toned and fit and, more importantly, your mind steady and stress free as we enter the hectic holiday season.

Holiday Gift Idea: Yogachelan is offering a 4 Class Punch Card for only \$36.00 for new students for the month of January. These will make great stocking stuffers. Four classes is just the perfect number to get "hooked" on yoga! Gift certificate does not expire. Please add \$12 for Hot Yoga Classes.

Win 7 Yoga Classes!

During the month of December, attend one class per week and your name will be entered in a drawing to win a 7 class punch card.

Attend one class in each week:

Week 1: Dec 1 (Tuesday) - Dec 7 (Monday)

Week 2: Dec 8 (Tuesday) - Dec 14 (Monday)

Week 3: Dec 15 (Tuesday) - Dec 21 (Monday)

Week 4: Dec 22 (Tuesday) - Dec 31 (Thursday)

Just a little encouragement to keep up your Yoga practice during the busy Holiday Season.

Happy Holidays!

November in Review



November was a busy month for Yogachelan. We had the 2009 [Lake Chelan Chamber of Commerce Awards Banquet](#). Hey! We won Best New Business!

[Yogachelan helped decorate Historic Downtown Chelan for Christmas](#)
Click for picture!

Lisa taught a Pre-Natal class at Lake Chelan Clinic. Se Habla Espanol! Lisa did great in her bilingual yoga class!

Yogachelan participated in [Re-designing Career and Technology Education at Chelan High School](#). We are excited and never would have thought ourselves successful entrepreneurs!

Lynda has been teaching an 8 class series in Pateros for the staff at Pateros and Brewster High Schools.

Yogachelan spoke at the Chelan Health & Wellness Gathering on the benefits of yoga.

Yogachelan taught a Yoga Class for Seniors at [Regency Manor in Chelan](#).

Yogachelan helped decorate [Historic Downtown Chelan](#) for Christmas!

[Yoga Pose of the Month](#)

The yoga pose of the month will show us an aligned safe pose or series of poses and common mis-alignments that are unsafe and miss the benefit of the poses. [Click here to see the full photo shoot](#).

This months pose is **Plank to Crocodile** done by Yogachelan student Dan. Dan has been practicing yoga for a few months and has enjoyed it so much he is going for his yoga instructor certification training in December.

Correct Full Plank**Full Plank**

Wrists stacked under shoulders, fingers pointed to the front, elbows soft, long back, belly tight, shoulders drawing back and down, reaching through the crown of the head and out through the heels.

Bad position of Full Plank**Don't**

...lock elbows, sag belly, arch back, drop neck. Do kneeling plank as you build strength.

Correct Crocodile**Crocodile:**

Rotate body forward to place shoulders above finger tips, elbows even with shoulders, long body.

Bad Crocodile**Don't**

... Over rotate shoulder which can injure shoulders, don't arch neck or press bottom to the sky. Do kneeling crocodile as you build strength.

[For Kneeling Plank and Kneeling Crocodile click here.](#)

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 Best New Business of the Year 2009.

3/31/2010

Yogachelan December 2009 Newsletter

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

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