

# Yogachelan

Yogachelan

December 2009



Dear Yoga Enthusiast!

Happy New Year!

This month's focus is on Men and Yoga. We will be featuring a new class just for men, men's comments on yoga, and an article specific to men and yoga.

## All Together Now

Have you ever wondered why public classes are so popular? Yoga is something that, once the foundation is built, everyone could do at home on their own. It's true that we get individualized instruction at a yoga class. And yes, we learn different things from our teacher and other practitioners that we might not discover in our own home practices. One of the biggest reasons many of us enjoy going to class is because it's inspiring and uplifting to share our practice with others. It's exciting to synchronize our movements with those of our classmates, and when we enter a room that's filled with energy, we in turn feel energized.

Even if you never speak to the person on the mat beside yours,

there's something magical about [connecting with other people](#) to practice. Although every class won't be a [perfect fit](#) for our individual needs, we sacrifice to enjoy the company of others.

The next time you attend a public class, why not take a moment to be grateful for the way that the other people in the room enhance the experience of your practice.

Namaste'

Lisa and Lynda  
Yogachelan

Yoga Journal November 20

## In This Issue

[Yoga and Men](#)  
[January Promotion](#)  
[December in Review](#)  
[2009 Yogachelan Highlights](#)  
[Yoga Pose of the Month](#)  
[Schedules and Events](#)

## Schedules and Events

[Class Schedule and rates for January. \(click here\)](#)

## Quick Links

[Yogachelan.com](#)  
[Yogachelan Facebook](#)

## Join Our Mailing List

## Men's comments on Yoga.

### We asked what got you to start yoga?

**Tim:** Actually it was a dare. I had been doing aerobics which kicked my butt and one of the yoga instructors dared me to come to her yoga class. I did and it kicked me too. But I was hooked after about four classes. I felt better all over and have been doing yoga for about two years now. Tim is a mountain climber and recently summited Rainier and attributes his ease of dealing with altitude to learning the deep

## Yoga and Men

We hear so much about yoga and women. What do you think yoga has to offer men?

First of all, more men take yoga than you think. Yoga has a lot to offer men. But it may be harder for men to begin initially because of the male stereotypes in our society. Men are supposed to be strong and goal oriented and to identify physically and mentally with sports. But what many men discover is that the stereotype of a strong, independent male is very isolating and doesn't really work. They begin to look inward and begin to move toward relationships with themselves and with others. Yoga is all about relationships between the body and the breath, the muscles and the skeletal structure, between your physical self and your emotions, your mind and your body, yourself and your community. It gives men permission to stop and listen to their inner voice.

Many men prefer the rigors of contact or competitive sports. Can a yoga practice help them perform their chosen sport better? How? Every sport has a unique vocabulary and we often find it difficult to translate the kinesthetic language of one sport into another way of moving.

If we've trained for years to be a gymnast, for example, our body responds a certain way. Certain muscles are always contracted; others are loose. The body sets up particular neurological and neuromuscular patterns that stay the same and serve us in that sport. We breathe a certain way; we move a certain way. We often injure the same muscles or ligaments in the same way.

Yoga brings the body back into balance, into its natural alignment. Yoga, with its full spectrum of poses-prone, supine, backward bending, forward bending-can teach someone where imbalances and physical weaknesses are and can help strengthen the body. Yoga can help enhance an athlete's performance in his sport by teaching how to breathe properly, how to relax and how to gain flexibility. What advice can you give men who may be interested in yoga but don't know how to begin?

Don't get discouraged. Most men are very competitive and have used their bodies that way all their lives. Suddenly they come into a yoga class and everyone can do the poses so much better than they can. They begin to compare themselves to everyone else and it sometimes feels downright humiliating. Often their first inclination is to give up. Staying with it will not only be good for their body-giving strength, flexibility, and balance-but also good for balancing their mind and emotions.

I want to teach men that it's good to come up against obstacles, it's good to be faced with what you see as your weaknesses. By doing that, you not only begin to understand who you are, but you begin to develop a sense of compassion and acceptance.

Source: <http://www.nshouseofyoga.com/>

breathing of yoga.



**Randy:** I was looking for something different. I had been working out at the gym weight lifting and it just wasn't doing it for me anymore. I had heard of yoga and just decided to give it a try. I have been doing yoga for about two years and don't go to the gym anymore. It has been great for my golf game.

**Dan:** I did not like working out. I watched the clock and dreaded going. I decided to try yoga and found it very enjoyable. There was peace and quiet as well as a demanding workout. My body has never looked and felt better and my mind has never been more at peace.

***YogaMen classes  
start January 20,  
2010.***

[Click here for the YogaMen  
Flyer and Class Information.](#)

## YogaMen classes start January 20th.

---

### January Promotion

#### **New Year's Resolution starter kit:**

Yogachelan is offering a 4 Class Punch Card for only \$36.00 for new students for the month of January. Four classes is just the perfect number to get "hooked" on yoga and start to feel the health benefits!

Get friends and family started on their New Years resolution. Card does not expire. Please add \$12 for Hot Yoga Classes.

#### **YogaMen begins January 20th**

These classes are for men only. Instructor, Dan, will give the male perspective to yoga. Class times are Wednesday at 6:15pm - 7:15pm and Saturday at 10:00am -11:00am.

---

## December in Review

Yogachelan bell rings for the Salvation Army.



Dan attends YogaFit training for his Level 1 Yoga certification.

Lynda and Lisa instruct a gentle yoga class for clients at a local nursing home.

Lynda wraps up eight class series held for staff at Pateros High School.

Dan, Lynda and Lisa work on new website. Look for it in January 2010.

## 2009 Yogachelan Highlights

January Yogachelan moved into their own space and became the Yogachelan Yoga Studio.



March Lisa and Lynda celebrated their one year anniversary as Yogachelan and hosted the Chelan Chamber of Commerce Business After Hours.

May Yogachelan volunteered on the Habitat for Humanity House.



July and August brought Yoga in the Park.



September brought the surreal Sunset Yoga event. Yoga outdoors at sunset to live acoustic music by 'Just Plain Darin'



Yogachelan awarded Best New Business of the Year 2009. [Lake Chelan Chamber of Commerce Awards Banquet.](#)



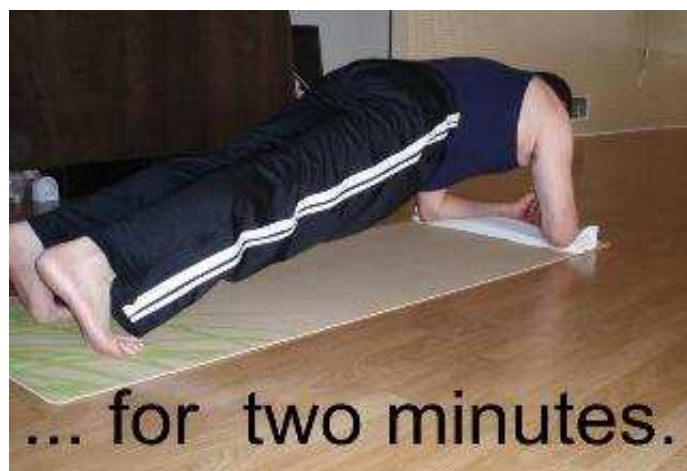
Thank you for a great year! Happy New Year!

Lisa and Lynda

## Yoga Pose of the Month - Ab Plank

Abdominal plank or Ab plank involves just about every muscle group of the body. When done properly it will improve core strength and core stability. Important for back health and excellent for all sports.

Begin in a kneeling plank position. Place elbows directly under the shoulders. Engage the chest muscles and press into the mat through the forearms. Stay strong through the shoulders and heart center. Draw the belly to the spine, tighten the glutes, tighten rotate the internal thighs inward and up toward the heart center. Lengthen the neck and reach through the crown of the head. Continue long deep breaths while maintaining power in the chest, shoulders, belly, thighs, and glutes. Work toward holding for two minutes. Finish by pressing back into extended childs pose.



For more intensity, step out into a full ab plank. Keep the same muscles activated and press strong through the heels. Feel the calves, thighs, glutes, belly, shoulders, chest, forearms all engaged.

**Do:** Keep the neck long. Draw the shoulders back and down. Maintain a long flat back, just like the word '**plank**'. Continue long deep breaths. Stop if you feel tension in the neck, shoulders, or back. Refocus and engage the belly and glutes to support the back, pectoral and lats to support the shoulders, and reach through the crown of the head to lengthen the neck and release tension.

**Don't:** Don't misalign the stacking of the elbows and shoulders. Don't allow the ears to drop down in between the shoulders. Don't crane the neck up or down. Don't let the belly sag or the butt reach up in the air. Remember you are like a '**plank**', long and strong. Don't hold your breath. Don't over do it.

## 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

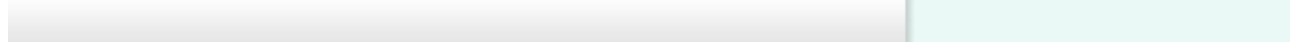
3/31/2010

## Yogachelan January 2010 Newsletter

community, are members of the Lake Chelan Chamber of Commerce, and were Best 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.

116 N. Sanders  
Chelan, Washington 98816  
Yogachelan  
509-679-5873



### [Forward email](#)

#### **SafeUnsubscribe®**

This email was sent to theemotionaldriver@gmail.com by [info@yogachelan.com](mailto:info@yogachelan.com).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Yogachelan | 116 N. Sanders | Chelan | WA | 98816