



TED Driver &lt;theemotionaldriver@gmail.com&gt;

## Yogachelan Newsletter

1 message

Yogachelan &lt;info@yogachelan.com&gt;

Reply-To: info@yogachelan.com

To: theemotionaldriver@gmail.com

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# Yogachelan

May 2010

## Yoga to supplement your other activities and sports.



Dear Yogis and Yoginis,

Summer is fast upon us. Yogachelan has upcoming special yoga classes that target our warm weather activities. Jump start your special activity with Yoga Athlete or any of our regularly scheduled classes, Open Yoga, Sloga, and Hot Yoga, and then join us at the end of the month for Yoga in the Park. There is a Yoga class for any interest and any level.

Be ready for your Summer activities...join us for Yoga!

Namaste'  
Lisa and Lynda

### Why Yoga to supplement other sports?

#### It gives Muscles more Stamina.

Most exercises require you to do 6-12 repetitions each set. This only makes your muscles contract for between 24-48 seconds. With yoga, you may hold a pose for as long as five minutes or more. "Maintaining poses for minutes at a time teaches your muscles to contract for longer periods, which can drastically improve your muscular endurance," says DiNubile. That means they'll be less likely to quit on you --both in and out of the gym

#### It helps to Prevent Injuries.

#### In This Issue

[Why Yoga to supplement other sports?](#)

[Why did I leave Yoga?](#)

[Yoga Athlete](#)

[Yoga in the Park](#)

### Yoga Athlete Begins May 19th



Runners and cyclists improve your performance with this yoga class..

Utilizing breath techniques we will increase the capacity of the lungs and calm the mind so the natural

"When it comes to lifting weights, most people tend to only work the 'mirror muscles' -- meaning, the chest, biceps, abs and thighs," says DiNubile. "This can cause one side of your body to become stronger than the other, creating a muscular imbalance that can pull the spine out of its natural state of alignment." A solid yoga program works all of your muscles -- front and back -- while it stretches them at the same time. "This helps improve your body's overall posture, allowing it to function more efficiently with less risk of injury."

#### **It builds Core strength.**

With a strong body core, you receive better posture and overall body strength. A strong core helps heal and reduce injuries. This is why a lot of athletes do yoga as cross training (boxers, MMA fighters, etc). Read how this swimmer uses yoga to strengthen her core and improve her swimming.

#### **It improves Cardiovascular endurance.**

A combination of lower heart rate and improved oxygenation to the body (both benefits of yoga) results in higher cardiovascular endurance.

#### **It lowers Respiratory rate.**

Like the circulatory system, a lower respiratory rate indicates that the lungs are working more efficiently. Yoga decreases the respiratory rate through a combination of controlled breathing exercises and better fitness.

#### **It improves Endurance.**

Working the entire body, yoga improves endurance and is frequently used by endurance athletes as a supplement to their sport-specific training.

<http://www.nursingdegree.net/blog/24/77-surprising-health-benefits-of-yoga/>

## Why did I leave Yoga? Get your groove back!

Setbacks are common in asana practice. A difficult pregnancy, or an injury or illness or emotional upset can take the steam out of a once-joyful practice.

There are times, too, when life just gets in the way. With children to raise, aging parents to care for, and jobs and chores to do, committing to yoga isn't easy. But even those of us with lapses of months or even years can make a successful return to the mat. By taking time to examine the reasons you stopped and your motivations for returning, you can ensure that this time around, your practice will prove fluid and flexible enough to remain a permanent part of your life.

#### **Identify and address your reasons for having left yoga, so those same issues won't thwart your attempts to return.**

**Make adjustments.** If a major life change precipitated the end of your yoga routine, you may have to make significant alterations to succeed at a new start.

**Set goals.** Once you've explored your history, you can begin to specify your present intentions, whether this means greeting each morning with a Sun Salutation or attending a weekly studio class.

**Find your community.** Discovering a place to call home can bring joy and longevity to your practice.

**Accept support.** Make good use of your personal network by accepting any encouragement that friends and family offer.

-Yoga Journal April 2010

**We'd love to help you get your groove back! Come see us again or for the first time!**

Namaste'

Lynda, Lisa, Dan

and calm the mind so the natural "fight or flight" tendency that occurs as the body tires will be reduced. Strengthen and stretch vital key areas to improve endurance and reduce injury.

[Yoga Athlete click here for details and to register.](#)  
[Email for more info](#)

## Yoga in the Park Begins May 29th



These classes are open to anyone and are designed for the novice to intermediate yoga practitioner. This format offers vacationers and the Chelan community the opportunity to experience yoga in the beautiful outdoors on the beach at Lake Chelan. Classes will be held at Centennial Park across from the Grandview and just across the bridge from Campbell's Saturdays 9:45am-May 29 through September 4, 2010.

Sign up for season pass. Children 12 and under free when accompanied by paying adult.

[Yoga in the Park click here for details and to register.](#)  
[Email for more info](#)

### Quick Links

[May Class Schedule](#)  
[Printable Pocket Schedule](#)  
[Visit www.yogachelan.com](http://www.yogachelan.com)

[Join Our Mailing List](#)

## 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.

Yogachelan Studio  
116 N. Sanders  
Chelan, Washington 98816  
[509-679-5873](tel:509-679-5873)

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