

Yogachelan

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November 2009



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.

Yoga and Religion?

Today, many yoga practitioners assert that yoga is not a religion in their minds. This begs the question: If hatha yoga is not a religion, what is it? Is it a hobby, a sport, a fitness regimen, a recreational activity? Or is it a discipline, such as the study of law or the practice of medicine? The odd truth is that there are ways in which the practice of yoga resembles all of those pursuits.

Perhaps it would be helpful to consider the difference between the word "religion" and another word commonly associated with it, "spirituality." Spirituality, it could be said, has to do with one's interior life, the ever-evolving understanding of one's self and one's place in the cosmos-humankind's "search for meaning." Religion, on the other hand, can be seen as spirituality's external counterpart, the organizational structure we give to our individual and collective spiritual processes: the rituals, doctrines, prayers, chants, and ceremonies, and the congregations that come together to share them.

The fact that so many yogis report spiritual experiences in their practices indicates how we might best view the ancient art. While many Westerners come to yoga primarily for its health benefits, it seems safe to say that most people who open to yoga will, in time, find its meditative qualities and more subtle effects on the mind and emotions equally (if not more) beneficial. **They will, in other words, come to see yoga as a spiritual practice. But, without credos or congregations, it can't properly be regarded as a religion-unless we say that each yogi and yogini comprises a religion of one.**

Source: Yogajournal.com

We truly look forward to hearing from you and seeing you in a class soon!

Namaste'

Lisa and Lynda
Yogachelan

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Schedules and Events



[NEW! Class Schedule and Rates for November \(click here\)](#)

Don't forget: **Daylight Savings** Starts November 1st. Fall back your clocks so you are not late to class!

Pre-Natal Yoga at [Lake Chelan Clinic](#) November 19 6:30PM. Call Angie at: 509-682-2511 for details.

Yogachelan is proud to have been nominated for 2009 New Business of the Year. [The Lake Chamber of Commerce](#) Annual Awards Banquet is Thursday, November 12 at 6:00 PM



No Classes November 26 and 27 Happy Thanksgiving all! Namaste'

Quick Links

The Etiquette of Yoga

The Etiquette of Yoga created by Yogachelan. After searching the web for Yoga Etiquette and not finding a complete list, we created our own. We hope this will be helpful to the new student, current student, and teachers of yoga. Namaste'



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Arrive a few minutes before class begins.

Give yourself a moment to relax and calm yourself from the day. If you arrive just as class is beginning, enter quietly (no jangling keys or snapping the mat out). Entering the class late disrupts the mood of those who arrived on time and would like to experience the class uninterrupted. Furthermore, if the class is full, the entire room must shift to make the accommodation.

Remove shoes upon entering the studio. Leave shoes and items not related to your yoga practice in designated area.

Turn off your cell phone.

Don't walk on others mats. It is not hygienic and some students really honor their yoga mat as their personal place for their yoga practice.

Take care of your fragrance. Avoid heavy perfumes and after shaves. If your job requires difficult work and a day's worth of perspiration, bring a fresh shirt to change into. Most studios have limited air space and odors can build quickly.

Wear appropriate clothing. Clothing that is comfortable is important, but should stay close enough to the body to not embarrass you or others. Remove noisy jewelry.

If you *must* leave before the end of class, do so before final relaxation begins. Ending your practice with final relaxation will not only mitigate the effects of stress but will also create a stronger immune system, a quieter mind, and a peaceful sense of self. The end of class is after final relaxation.

If you are dropping into a class or this is your first time doing yoga introduce yourself to the instructor. Arrive at least 10 minutes early. The instructor may have questions and forms to complete.

If you borrow a mat, clean and roll it tightly before returning it. Many studios provide mats for students as they begin their yoga practice or for visiting students. Hygienically speaking it is better to have your own mat. Ask your instructor for mat specifications best for you.

Namaste' A personal salutation of honor and respect, Namaste' (Nam-ah-stay) has many meanings but most basic is 'the spirit in me honors the spirit in you'. This is often said at the end of a yoga practice first by the instructor and then in response by the students. At the end of practice, turn to face the instructor as a sign of respect, saying Namaste' is always your personal choice.

Avoid monopolizing the instructors time. If you have a lengthy question, or want help with a pose, simply wait until others have left and the instructor has had time to say good byes, then they can give you their undivided attention.

www.yogachelan.com www.facebook.com/yogachelan

Yogachelan in the Community

October News

October was a busy month for Yogachelan. In addition to supporting National Yoga Month we were involved

Habitat House

with:

[The Chelan Chase](#) on October 17

[Chelan Girls Night Out](#) to Help Chase
Away Breast Cancer Forever!



[Chelan Halloween Competition](#). Follow this link to see last years
winners.

[Habitat for Humanity](#) house visit (picture insert) which we worked on
this spring.

About Yogachelan

Yogachelan is owned and operated by Lisa Sloan and Lynda Kennedy. Both are
experienced, certified, and insured yoga instructors.

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



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