

# YOGA HILLSBORO NEWS

SUPPORTING & INFORMING HEALTH AND WELL-BEING IN WESTERN WASHINGTON COUNTY

SPRING 2005

## YOGA FOR ORDINARY PEOPLE

Our schedules and our window bear the moniker “Yoga for Ordinary People.” The work of this studio is to support the lives of our students in the ordinary activities of day-to-day living: raising children, supporting family, staying healthy, building careers, caring for loved ones sustaining our community.

Glossy magazines and slick ads tempt us to see yoga as something special for those who are super beautiful or seek to be eternally youthful. We believe that those images distract from the enduring value of a yoga practice which is to help us remember how it is to breathe and move more freely and thereby to be fully present for the person or task in front of us right now.

This is the work of ordinary people – all of us: all ages, all sizes, all levels of health and physical ability. Mother Teresa put it very well “We can do no great things, only small things with great love. Do not wait for leaders; do it alone, person to person.” Practice your yoga in small, simple ways with great love.

## YOGA AND MEDITATION

Most of us who practice yoga spend our time with yoga postures or asanas. Yoga breathing, ethical precepts, meditation and other aspects are much less familiar and practiced less often.

Traditionally meditation is at the core of an effective yoga practice. In fact the cornerstone of classical yoga, *The Yoga Sutras of Patanjali* written nearly two thousand years ago states in one of the first lines, “Yoga is the cessation of the turning of thought.” Through postures, breathing, and meditation we calm our busy minds.

During Spring Term we will offer a Yoga & Meditation workshop. Also, every Wednesday evening during the term we will host a meditation session from 8:30–9 p.m. All are invited. See the Spring schedule for details.



## STUDENT PROFILE BY CINDY HONMA: Yoga – A Sure Cure for that Pain in the Butt!

It all started with injuries in a Bikram’s or hot yoga class a number of years ago. At first, my Type A personality and me were having a blast --- barely able to breathe in the 100+ degree studio, sweating buckets into a stinky carpet, pushing my face to my shins against my body’s will. One day in class I seriously injured my sciatic nerve. Sitting was torturous and my beloved hiking made my legs numb.

After rounds of doctor visits, acupuncturists, and physical therapy, I decided to try another yoga style. This time, I wandered into an Anusara Yoga class and found relief. After 6 years of kind, non-competitive yoga, and an observant comment from Brant, my sciatica only visits occasionally.

Since starting yoga I’ve gone from Zsa Zsa Gabor city frenzy to Eddie Albert’s Green Acres; from high stress career to becoming a mom, finding the person I’m going to grow old with, and working with a view of rolling hills and our 2 llamas. Did yoga help me get in the right frame of mind to make better decisions for myself – absolutely!



If you’re reading this thinking you’re too hyper, driven or aerobically addicted to do yoga, you need it more than the dyed cotton-wearing, Birkenstock chatters you’re picturing. I know how you feel. That was my life. Now when I say, “I am too stressed for yoga today. I’ve got too much work to do. I can’t relax,” that is the time I must go to class. Trust me, you need it too. You simply can’t do a Triangle Pose, laugh with your classmates, and sing a nice, long, robust “ommmmm” while worrying about quotas and closing sales. Thank heavens for that!!!

YOGA IN THE GARDEN

Yoga can wake us up to nature in the heart mind and breath. Mindful attention to alignment, balance and breath can also enhance the joy of working in the garden.

Brant and Marie know yoga can help keep us able-bodied through the joys and challenges of the growing season.



Brant finds another weed

Yoga Hillsboro is offering a workshop for gardeners on April 16<sup>th</sup>. Bring your garden stories but don't bring your tools!

YOGA AND DEPRESSION

Yoga practice can have a significant effect on mood. In fact yoga practice was conceived as a path out of suffering.

Many studies point to the powerful effects of yoga practices such as postures, breathing and meditation on our moods. Amy Weintraub, a yoga instructor who suffered with depression, wrote a recent book entitled *Yoga for Depression*. She reviews research and explains practices for working through depression.

Brant and Marie taught a workshop on yoga and depression in February and will teach another one on April 2<sup>nd</sup>. The workshop covers yoga postures, breathing, meditation and restorative yoga for managing mood.

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"After this class I have a date with Ben Gay" – one of Brant's early morning students.

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STUDENTS' LIVES OFF THE YOGA MAT

You might see a beautiful orchid in the studio from time to time. Sandy Arbogast one of our long-term students, has raised them for years and donated a few to the studio. She has more of them and they are looking for a home. See her or email her if you'd like to be graced by these botanical beauties, arbogasts@comcast.net

SENIOR PROJECT AT YOGA HILLSBORO

Alicia Hinton is dedicated to learning more about yoga. She is a senior at Forest Grove High School and decided to study yoga as her senior project.

Brant and Marie agreed to be her mentors as she studies basic yoga, learns the therapeutic aspects of yoga, and reviews the history of yoga.

We are very proud to support Alicia and want to ask all of our students to support her this Spring as she works on her project. She will visit a number of classes during the term.

WIN A YEAR OF FREE YOGA CLASSES!!

We will be raffling a free year of yoga classes at Yoga Hillsboro. All proceeds will benefit Living Yoga, a local non-profit that provides yoga classes free of charge to disadvantaged people.

The winner will be drawn at Living Yoga's annual Silent Auction and Benefit Concert on March 26<sup>th</sup>. The concert features Michael Mandrell on acoustic guitar, Jami Sieber on electric cello, and Joanne Rand, folk/rock singer. It's Saturday, March 26 at the Multnomah Arts Center, 7688 SW Capitol Hwy. Silent Auction 6-7:30 pm, Community Concert 7:30 - 9:30 pm. Tickets: \$25 tax-deductible donation; at Amrita (503) 552-9642, or at the door.

NAME THAT POSE

Be the first to stop by in person and name the pose (in Sanscrit) that Marie is demonstrating here and win a copy of the book *How to Use Yoga*, one of our favorite books showing the general form of common poses.

