

YOGA for the NEW MILLENNIUM NEWSLETTER®

Give the gift of yoga to someone you love.

YOGA and STRESS

"The practice of Yoga is well-demonstrated to reduce the physical effects of stress on the body, and has even been found to lower cortisol levels. This effect is noticeable, and it is one of the primary reasons why people often take up Yoga. People find that they feel more relaxed after practicing Yoga. The asana, or physical postures of Yoga, are helpful for reducing muscular tension, which reduces stress. We have a tendency to store stress not only in our nervous system, but distributed throughout the musculature and other tissues of the body; our digestive system, for example, responds very quickly to stress. Yoga can be a valuable and effective tool for releasing this stored stress. This can be true even for post-traumatic stress and recovering from the after-effects of traumatic events.

Yoga includes not only the asana or physical postures, but most Yoga classes end with savasana, or a pose of relaxation. Some classes include a guided relaxation where the teacher leads students through a progressive relaxation of the body, which further reduces the experience of stress.

Yoga also includes meditation and breathing practices (pranayama) as well as a set of ethical precepts and observances (yamas and niyamas). Meditation, the ethical precepts and observances, focused relaxation techniques, and working with the breath all have beneficial stressreducing qualities, through improving our relationships with the various aspects of our inner nature as well as affecting our psychology and physical body" – this is an Article Excerpt full article published by [Yoga Alliance](http://YogaAlliance.com)

Kanjin Yoga presents....

6th Annual All Levels Yoga Class

2013 location...

Lakewood Community Club

4916 S. Angeline St. 98118

Thursday, 7-8 PM

- 9/19 - 9/24
- 6-classes \$72,
- Returning students and seniors \$60

This class is for anyone who has an interest in a starting a yoga practice or enhance your existing practice. You can start from where you are. No prior yoga experience necessary. Learn to appreciate the ease of yoga, so that you can enjoy it for a lifetime. You will leave the class feeling refreshed.



What are the Yamas and Niyamas?

The first two of the eight limbs of Raja Yoga

"Yama and niyama are moral training, without which no practice of yoga will succeed"

—Swami Vivekananda

- Yama,
 - Non-killing, truthfulness, non-stealing, continence, non-receiving of gifts.
- Niyama,
 - Cleanliness, contentment, austerity, study, self surrender

Save +30%
on six classes
\$60

**GIVE THE GIFT OF YOGA,
 A GIFT THAT KEEPS ON GIVING**

Use this coupon to purchase a 6-class card for \$60.
 RSVP online at www.kanjinyoga.com

Offer Expires: Sept 30, 2013



If you want a different outcome for your life, try a different input for your life. – D. Williams

Contact Kanjin Yoga for more information about bringing a yoga program to your school, business or organization.

info@thekanjinyogacenter.com

I hope that you enjoy the very best that life has to offer and that in return you will share your gifts with the world.

Namaste,

D

Deborah "Dee" Williams
Founder, Yoga for the New Millennium

[Newsletter Archive](#)

<http://yogaforthenewmillennium.cfsites.org>

Photos by D. Williams

PERSPECTIVES ON YOGA

By Deborah" Dee" Williams, RYT

After years of meditation, I realized that I have been carrying a long tail of the past along with me into the present. It was revealed to me after a recent traumatic episode in my life. When such obstacles arise you search deep inside for answers asking questions such as; "Why Me"? Upon reflection I have come to understand that patterns tend to repeat with the same theme throughout your life for a reason. It is your karma from the distant past speaking loudly into your present reality. In some cases we listen and learn in other cases we just don't know how to respond.

All summer I have had an attitude of gratitude for every aspect of my life the good and the not so good. I live each day as if it is my last. This attitude of gratitude helped me break through so many mental barriers that had me stuck at times. I found it is necessary to leave the past and live in the present. In so doing I open my heart and mind to the answers that are dancing just in front of me and face life with an unwavering joy on my journey.

I have learned through my practice of mindfulness and meditation to be with what is, and accept that there is an inner strength that helps us see obstacles for what they are and to rely on my intuitive wisdom to help me rise up to meet every challenge.

The practice of freedom from desires and passion is called "vairagya", in the yoga tradition. "Learn to be free from desires and passions and to cultivate non-attachment to things which hinder your pursuit of union with the soul." Patanjali Yoga Sutra 1-12.

This idea of freedom from passion and aversion is broad, so here is an small example; If you had a nice jacket that you liked very much and the label inside the jacket said "dry clean only". You would surely not want to do anything to get a spill or other damage on the garment. However, one day, you find yourself caught in a downpour of rain wearing your lovely jacket. Your mind instantly becomes upset at the thought of your nice jacket getting soaked. In that moment could you detach from your reaction to the rain soaked jacket and just enjoy the rain? It may not be a "jacket" in your life, but it could be anything that you are attracted to or that you crave.

Could you detach from the object of your desire without causing suffering for yourself or others? Could you become free from desire and passion? I hope that you are inspired to share your journey into yoga with someone you love.

Reflection

"Be mindful not to base your sense of self-identity on fleeting phenomena." -Dee

What meditation does:

"Meditation helps us overcome our manifold desires and distractions. It does so NOT by curbing desires - which will always be there - but by rendering them inconsequential in front of an unbroken and larger desire of existence. The more we can hold onto the memory of the meditation practice, the easier it is to pull yourself back from the endless desires. Meditation teaches us to be a 'witness'. While we are meditating, we are detached and enjoying the moment. But the moment we finish, we lose it and return to our distracted state. So, we need to develop a meditative lifestyle. This lifestyle will help us observe and understand why we oscillate between the calm meditative state and our daily state of mind. We then understand what patterns of our lifestyle disturb our calm, blissful state.

Important prerequisite for meditation:

For successful meditation, we must be 'grounded'. Grounding is that anchor that helps us to be stable in the meditative process. Normally, grounding can be anchoring to your breath or your body movement while in the meditative state. It can happen that as you proceed in meditation, you reach a stage of unknown where you have no confidence to proceed further. At such a time, grounding is of great help as it provides a memory of where you are and what you are doing. It provides a stability to rest upon as energies start to change while proceeding in meditation.

In meditation, we should develop the capacity to use our energy to manipulate our mind and how we feel. We should be able to understand what is going on at our deeper levels. Only when we understand the issues can we tackle them and take them out as a distraction to our calm being.

As you see, meditation is a time to work upon ourselves, to tackle issues that prevent us from being in a perpetual meditative state - one that is without fear, anxiety, insecurity and desire.

Once we develop a meditative state we can see the strongest of emotions for what they are and deal with them in a calm confident manner."

Excerpt Courtesy: <http://www.healthandyoga.com> A popular website that helps you find natural solutions for complete health and detoxification.

Quote of the month

*"If you want to awaken all of humanity, then
awaken all of yourself.
If you want to eliminate the suffering in the
world,
then eliminate all that is dark and negative
in yourself.
Truly, the greatest gift you have to give is
that of your own self-transformation"
- Lao Tzu*

7 Habits Mindful Eating

*"1. Honor the food.
2. Engage all of your senses.
3. Be Mindful of Portion Sizes
4. Chew
5. Eat Slowly
6. Do not skip meals
7. Eat a plant based diet."
(select the link above to view the video or visit
www.Karmatube.org*

Based on the book "Savor" by Thich Nhat Hanh

The Buzz – 2013 Yoga Hapenings

+ Workshops

- **Retreats**
 - **Conventions**
 - **Discussions**
 - **Classes**

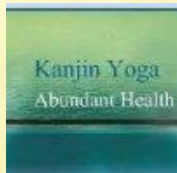
www.kanjinyoga.com

Non-Profit Spotlight – KARMA TUBE

“The world is full of wonderful and inspiring stories, some unfolding in distant places and others right next door. KarmaTube is dedicated to bringing more of these stories to light, using the power of video and the internet to demonstrate and multiply acts of compassion, generosity and selflessness.

Our vision is to create and connect a global network of volunteers awake to capturing these stories, using simple digital video cameras. While the stories produced may be polished and professional or diamonds-in-the-rough, the crucial through-line is this: they celebrate the work of local change agents, demonstrating the ways "do something" moments can be "tipping point" experiences for individuals and communities. To complete the circle, KarmaTube offers three simple suggestions for ways to support the action and spirit shown in each video.

KarmaTube is a project of ServiceSpace, an all-volunteer run organization. Our aim is to enable individuals to contribute in meaningful ways to the world around them. Together, we hope to "be the change we wish to see in the world." www.karmatube.com



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