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Open House

Saturday, September 20 at 1:00 - 4:00 pm.

Join us at our Open House and **experience** our studio as you get a **feel** for the space, our teachers and the selection of classes—**Yoga, Tai Chi, Meditation, Dance** and **Drumming**.

Refreshments, Vendors, Door Prizes, a 50/50 Raffle, and two Gift Baskets filled with valuables and each with a gift certificate valued at \$50, one from The Jacqueline Shoppe and the other from The Eagle House Restaurant.

All proceeds to benefit the **WhyMe House** for **cancer** survivors.

Buy a class pass and get a class free

10% off all herbs and supplements.

Intro to Yoga Course

We are currently conducting a 4 week Introduction to Yoga Course that is running through the month of September. If you are interested, curious or have been hesitant to learn about yoga, **another 4 week course is being offered starting October 9th**. This is a course that will introduce you to the concepts and practice of yoga providing you with practical and philosophical application.

Call or email to be added to the October 9th Course.

Sacred Circle

The Sacred Circle is a gathering of people who join together to raise the vibration of the energy in the immediate area. This session opens with teachings followed by meditation. The Circle is starting up again after a 2+ year absence.

Cassandra Bauerle will be hosting the Circle on **October 4th** from 1-3 pm.

Benefits of a Home Practice

Benefits of a Home Practice

By Mary Heavern

It's fairly easy to see the physical benefits of a regular yoga practice. It's particularly easy if you have established a home-based practice. But what about the other benefits: the supposed physical healings and emotional benefits that everyone talks about? Perhaps these benefits or epiphanies occur to others or to gurus in India, but not to your average run-of-the-mill yoga student in Buffalo. And let's not even venture into the arena of spiritual development or healing...now that's ridiculous, right?

Many of us struggle to assume and hold the *asanas* (poses) because we are inflexible or don't have the muscle strength or we have injuries or we're overweight or we haven't exercised in forever or we're too skinny or we're too short or we have this fear or that condition, etc. So, how do you ever begin if you have all these thought-problems? Perhaps you have to be perfect before you begin yoga, right? Hmmm, if perfect, you'd never bother doing yoga as you wouldn't need to. So.....

...you start going to class and eventually you develop a home practice (in addition to attending class), and by doing so you notice that your physical problems dissipate, your thoughts about your self begin to change, you feel better and most astonishingly, a spiritual awakening seems to be on the horizon. This happens because yoga is not a one-size-fits-all exercise program. Each of us has unique needs and strengths that can be uncovered through the simple practice of asanas.

How do I ever begin practicing yoga when I have all these physical problems?

Emotions are stored in our body's cells?

In his book, Yoga, the Path To Holistic Health, B.K.S. Iyengar explains that there are stages one incurs when learning yoga. The first stage (*arambhavastha*) is the effort required to perform a pose with proper alignment and stability. So, attending classes provides instruction in the safest way to achieve the benefits of the pose. Doing so, allows the student to experience physical benefits of increased strength and flexibility.

The intermediate stage (*ghatavastha*) occurs when the poses are practiced correctly and the body is controlled. This stage allows the mind to touch every part of the body while in the pose. This takes reflective and meditative attention. In this stage the student can experience healing at an emotional and mental level. But how?

According to Iyengar, negative emotions are stored in the cells of the body creating imbalances and dis-eases. [Positive emotions are also stored]. *Asanas* (poses) work to stimulate our muscles, stretch connective tissue, and bring more circulation to the organs. When the student experiences this in their practice, healing occurs in the muscles, tissues and organs supporting emotional and mental well-being.

Iyengar continues with the advanced stage (*Parichayavastha*) of practicing asanas. This is when the mind and body are unified so that the Divine Intelligence of the body releases and the student experiences an energy (*prana*) flow while practicing the *asana*. There is a softening of the gaze and a forgetfulness of time and space. This can be compared to a "runners high". It is at this stage that a student can experience spiritual awareness and healing.

I experienced *ghatavastha*, the intermediate stage, as a fairly new student to yoga. My yoga teacher encouraged us to take the *asanas* we practiced in class and work on them at home everyday for 10 to 20 minutes. I found my flexibility and strength increased noticeably after only a few weeks of doing a home practice. While in class, I was able to stretch deeper and hold the postures for longer periods of time without discomfort. During one class, I entered a twist a bit deeper than usual and experienced a release of anger. I had no explanation for why I was feeling any anger. I had no thoughts at the time causing me to have that feeling, yet as I held the twist, I felt the emotion coming up and I quietly cried tears relieving me of this long-held emotion. My teacher reassured me that I had helped my liver by creating a wringing-out effect.

Since then, I have experienced deep emotional releases from *asanas* like head stand and wheel...difficult postures I thought I never could do. By learning to do them correctly and safely in class and then practicing them at home, I have noticed a change in my self. The yoga poses have helped me off the mat. I can now 'tune in' and use the strength within me to make courageous changes in my life with clarity. I have used the poses in yoga to help me realize that my mind creates my emotional stability.

For me, yoga has many gifts. Far more than just a wonderful exercise program, yoga is a practice on the mat and a microcosm of life that can support a person through emotional and mental healings as well as spiritual awakenings. To accelerate your personal growth and

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| | <p>development, I suggest you request a private session to individualize your personal yoga program and then develop a home practice that helps you move through the first stage of learning the actual poses. You will quickly experience the benefits - physically, emotionally, and spiritually.</p> |
| <p>Mats Left in Studio</p> | <p>Anyone who has not been to class in awhile but who has left her/his mat at the studio is asked to take your mat home. Thanks.</p> |
| <p>Drumming</p> | <p>Please join us on Monday evenings for a rockin' and yet healing time drumming with either M'Baye or Steve leading the way. You will find great joy in participating as well as pleasure listening to the sounds if you choose to sit in and listen.</p> |
| <p>Private Yoga Sessions</p> | <p>Schedule a private yoga session to help you start your home practice.</p> |
| <p><i>Rising Sun Yoga Schedule</i></p> <p><i>Rising Sun Yoga Prices</i></p> | <p>Check out the changes to the schedule http://yogaisrisingsun.com/schedule.php</p> <p>http://yogaisrisingsun.com/pricing.php</p> |
| <p>Steven Horne Articles</p> | <p>These articles are for your health. Please read them if they apply in your life.</p> <p>Then contact Michael with any questions.</p> <p>Pregnancy: http://www.treelite.com/NF/2008/05/PregnancyandChildbirth.pdf</p> <p>Fibromyalgia: http://www.treelite.com/NF/2008/08/Fibromyalgia.pdf</p> <p>Teenagers: http://www.treelite.com/NF/2008/08/Fibromyalgia.pdf</p> |

Dr. Jill
Bolte-
Taylor

Jill Bolte Taylor got a research opportunity few brain scientists would wish for: She had a massive stroke, and watched as her brain functions -- motion, speech, self-awareness -- shut down one by one. An astonishing story. But, the most amazing part is her telling of the beauty of it all.

http://www.ted.com/index.php/talks/jill_bolte_taylor_s_powerful_stroke_of_insight.html

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<http://mynsp.com/wholistic2u>

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The Rising Sun Yoga & Wellness newsletter is published to bring you updates, share information, and highlight special events in our community. I hope you find visiting our studio a joyful and encouraging space in your busy life. Please feel free to contact us with questions anytime. Your comments are appreciated.

Namaste',

Michael Sutton