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August 2015

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YOUR THOUGHTS DO INFLUENCE OTHER PEOPLE, OTHER THINGS

Consciousness has had proven scientific influence on:

The behavior and thoughts of other people. Not only does conscious intention affect individuals through what is called "remote influencing", when enough people get together and focus on one idea, it affects the social and psychological behavior of entire cities and states. Mass meditation has been proven to even reduce crime rates in the cities the meditation is happening in...

The behavior of biology and DNA. Spiritual healing and the

New Classes!

Freestyle Flow

Tuesdays
@6:00pm-7:15pm
w/ various instructors

Flow Yoga Open Level

Thursdays
@7:30pm-8:45pm
w/ Jeremy
(Starts on August 13)

sending of conscious intention has had effects on plants, human DNA, and even animals. And no, this is not because of placebo. Animals do not know that positive healing energy is being sent their way, and neither does isolated DNA in a test tube:

[Read more...](#)

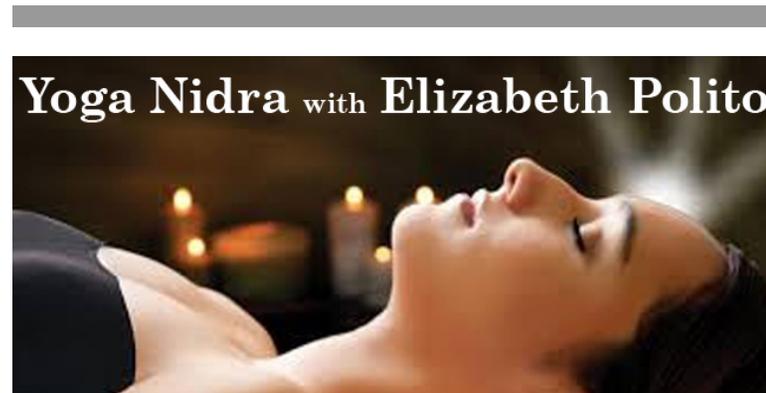
What does this all tell us about the nature of mind? Consciousness is a non-local field...you don't have consciousness. You ARE consciousness.



There are still a few spots available for August courses!
4-Week Series to give you all the tools necessary to develop a life-long, healthy, rewarding yoga practice!
Pre-registration is required.

Thursdays @6:00pm-7:15pm w/ Beth,
starting on August 6th
[Register here](#)

Saturdays @12:45pm-2:00pm w/ Aphinya,
starting on August 9th
[Register here](#)



Yoga in the Park
Wednesdays
@8:00am-9:00am
w/ Darlene

Yoga in the Park \$5
Community Class
Saturdays
@7:30am-8:30am
w/ June

View our full
August
schedule here



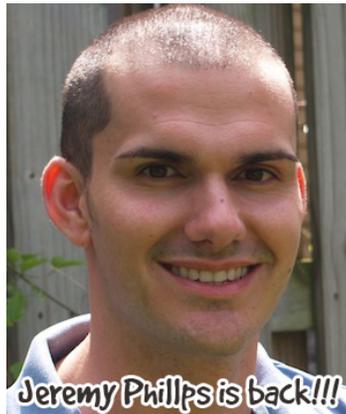
3 hour Tween Camp
(ages 9-14)
Monday, August 3rd
@5:00pm-8:00pm
Om, Sharing Circle with Talking Stick, Fun Yoga Sequences, Yoga Games, Partner Poses, Group Poses, Challenging Individual Poses, Yoga Craft, Snacks, Breathing, Meditation, Restorative Poses, Savasana and a closing Sharing Circle.
Please pack a sandwich and a closed container for water.
\$52.00

Yoga Nidra with Elizabeth Polito
Saturday, August 8th @2:00pm-4:00pm

Explore the energetic body, concepts of self-healing, and the ancient practice of Yoga Nidra. This class will include discussion, gentle movement and breath work, and a guided meditation while in savasana.



Please bring a yoga mat and a small pillow.



Jeremy Phillips is back after having been away for 4 years!

He will be teaching

Flow Yoga Open
Level on
Thursdays
@7:30pm-8:45pm
starting on
August 13th!



Frozen Themed Kids

Camp (ages 5-9)

Wednesday, August 5th
@3:30pm-5:30pm

This 2 hour Frozen Camp starts with crown making for our coronation ceremony. Elsa and Ana and rolling troll Salutations. Talking Stick sharing who our favorite frozen character is. We will learn a Yoga routine to "Do you want to build a snowman" We will do partner poses and enjoy a yoga freeze game to a snowball fight and an obstacle course chopping ice, hopping over ice and balancing on ice. We will end class with a winter wonderland secret garden. We will have a small snack. Please bring closed container for water.
\$36.00

(All camps need at least 5 participants to run)

Youth Yoga
with Melanie

Kids (Ages 4-9)
Mondays
@3:45-4:30pm

Tween
(Ages 9-13)
Mondays
@4:45-5:45pm

Wisdom Warriors
Tuesdays @4:00pm-5:15pm
*****Starts on August 11th*****

Wisdom Warriors is a fabulous yoga class designed especially for dedicated practitioners over 50 who know what it means to remain youthful through the practice of yoga. Now don't get fooled when you hear 'over 50', as this class is for experienced practitioners who are adept at yoga.

This class is not suitable for beginners. Class is physically and spiritually inspiring, has a strong therapeutic focus, and aims to foster community among our 50+ yogis.

Workshops with Aphinya



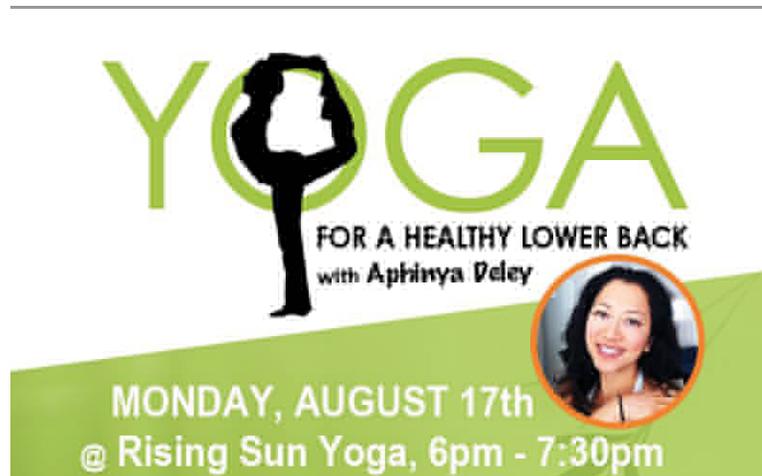
OUR RISING SUN YOGA YOUTH TEAM offers BIRTHDAY PARTIES, GIRL SCOUT TROOPS, FIELD TRIPS, CAMPS and TRUST/TEAM BUILDING WORKSHOPS. Check the schedule or call the studio to book a yoga event today!

If you would like to do an exchange of your time for classes, become an Ambassador for Rising Sun Yoga! Contact Michael at 716-632-5802 or michael@RisingSunYoga.com if you are interested in learning what is involved & the perks of being our Ambassador.

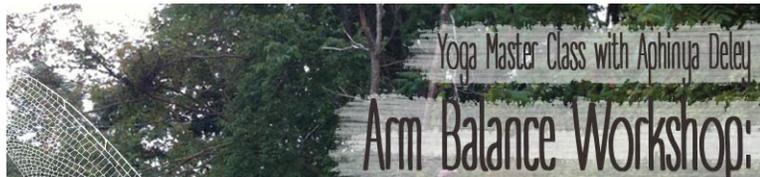
**FRANCOIS RAOULT
SEMINAR in OCTOBER!
JOURNEY INTO ASANA,
PRANAYAMA, & SOUND**

Saturday @12:30pm-5:30pm (with a tea break)
Part 1 The foot and ankle in Asana. Anatomy and practice.
Pronation and supination.
Prevention of common foot pathologies.

Yoga for Runners & Bikers
Sunday, August 9th & August 16th
@12:15pm-1:15pm



Yoga for a Healthy Lower Back
Monday, August 17th
@6:00pm-7:30pm



Arm Balance Workshop:

Part 2 Restorative poses.
Pranayama and Naada
(yoga of sound).
Pranayama part 1.

Sunday @11:00am-5:00pm

Part 1 Forward bends
(seated, standing and
inverted asana).
Part 2 Savasana, restorative
poses and deep listening of
sacred music from all
traditions.
Pranayama part 2.
Meditation on Sound.

Fee:
\$220 entire workshop before
October 1st (\$235 after)
\$120 single day, if space
allows.
Priority to those taking the
full weekend.



**Kids Yoga Teacher
Training by Kidding
Around Yoga
Coming to Rising Sun
Yoga in November!!!
Saturday, November 7th-**

Dragonfly Pose
Monday, August 31st
@6:00pm-7:30pm



Kirtan is the ancient practice of chanting the many names of God. In this Indian tradition, it is recognized that God is the unnameable one. However, we sing the many names to bring about a state of loving-kindness and devotion.

The Yogic practice of Kirtan (lit: “praising”) is simultaneously a breath practice (pranayama), a devotional practice (bhakti), and downright fun!

The antiphonal (call and response) pattern is common to folk music all over the world because no memorization is necessary. When the thinking mind is focused on the mantra, a deeper awareness can come about, thus fostering a sense of peace and love for all of life.

A minimum donation of \$10 is requested.

Monday, August 10th & August 24th
@6:30pm-7:45pm

Sunday, November 8th
9:00 am - 6:00 pm

Learn to share the ancient Science of Yoga with kids. You don't have to be a Yoga teacher to do this. It's for ANYBODY who works with kids. Great for parents and teachers, along with yoga teachers who are wishing to continue their education. Our blended training, which combines independent online learning plus two exciting days of classroom instruction, covers breathing practices, meditation, deep relaxation, asanas, games, activities, arts & crafts, business, marketing, and more!

To learn more about Kidding Around Yoga, visit their website:

kiddingaroundyoga.com
OR go straight to the training page to **register!!!**



MEDITERRANEAN

Science has proven that meditating restructures our brain and can train it to concentrate, feel greater compassion, cope with stress, and more.

In this class, you will discover that meditation also has benefits far beyond what science has revealed. There are changes both subtle and profound understood only through direct experience. All you need to start is the willingness to sit and be with your own body, breath, and mind.

This class teaches you how to relax, focus and move into deeper levels of concentration. It teaches you how to relieve and eliminate anxiety, cope with the stress in your life and calm yourself. We will begin each session with thirty minutes of very gentle stretching and movement to remove tension from the body and improve our ability to sit still. We will then work with the breath and a deep guided relaxation followed by about twenty minutes of seated meditation practice.

We invite students with all levels of experience to join us. Your questions are always welcome. If you are late yet wish to attend, please come but enter quietly so as not to disturb others.

Class pass or \$15

Coming in September...[Advancing with Meditation with Tracy](#)
4-Week Course on Mondays

Rising Sun Yoga will have a table at VegFest!!!

www.wnyvegfest.com

Come join us at South Long Park in Williamsville (located on S. Long St. near Village Square Lane) for an hour of fun & energizing Yoga!

VOYAGES

A boutique vacation experience yachting through the Mediterranean to the islands of Greece and Turkey. Five different voyages to choose from. Personal chef on board. Taught by Sydney Sept 30-Oct 7 and Michael June 8-22.

[More info](#)



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