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September 2015

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Autumn is a second spring when every leaf is a flower.

~Albert Camus



In October, Francois is in town for a rare visit to this area. Spend time with him as he helps you Journey into Asana, Pranayama, and Sound. Francois teaches dharma (right ways of living) while presenting yoga in its many variations.

Saturday, October 10th @12:30pm-6:00pm (with a tea break)

Part 1: The foot and ankle in Asana. Anatomy and practice.

Pronation and supination. Prevention of common foot pathologies.

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

Pranayama part 1.

Sunday, October 11th @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.

Register here



There are still a few spots available for September courses!

4-Week Series to give you all the tools necessary to develop a life-long, healthy, rewarding yoga practice!

It now includes a Bonus 5th Class to ease your transition into one of our Foundational, Gentle, or Hatha Yoga classes.

Pre-registration is required.

Thursdays @6:00pm-7:15pm w/ Beth,
starting on September 10th

Register here

Saturdays @12:45pm-2:00pm w/ Aphinya,
starting on September 12th

Register here

New Classes!

Flow Yoga Open
Level

Thursdays

@7:30pm-8:45pm

w/ Jeremy *NEW*

Flow Yoga Open
Level

Fridays

@6:30pm-7:45pm

w/ Kelly *NEW*

*****Starts on**
September 18th!***

Wisdom Warriors

Tuesdays

@4:00pm-5:15pm

w/ Margaret

Freestyle Flow



Sunday, September 20th
@1:00pm-3:00pm

On Sept 23rd, daylight and nightdark are equal.

From that day on, the nights will be longer than the days.

The cool winds of fall have chased summer's heat.

The leaves die in gold and fire.

May the journey to begin,

the journey into dark and foggy nights,

be the journey on your paths within,

which leads to your inner light.

Join us as we move through **108 Sun Salutations!!!**

Tuesdays

@6:00pm-7:15pm

w/ various instructors

View our full
September
schedule here

Youth Yoga
with Melanie

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

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

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

You can do all 108 or 20 or 54 or 7 . Different teachers will lead us through the different variations of the Salutations. Celebrate the change of season, and the preparation for turning within.

Free.



**4-Week Course starts on
Monday, September 21st
@6:30pm-8:00pm**

This course is a continuation of the Foundations of Meditation course. Registration is limited to those with a previous background in meditation.

Bring your practice of mindful living to the next level! In this course, we will be deepening our understanding and practice of yoga meditation with more advanced methods for working with the energy body and mind. We will study the theory of mantra, the use of a mala in mantra japa, and the benefits of a regular pranayama practice. We will also explore the techniques for Bhuta Shuddhi (chakra cleansing) and Yoga Nidra (yogic sleep).

\$45 for the course

[Register here](#)

Attention Yoga Teachers: This course qualifies for six hours of Continuing Education with Yoga Alliance

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.



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



Kirtan with Sonam
Saturday, September 19th
@7:00pm-8:30pm

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.



We are on Instagram!
Follow us @risingsunyoga

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
VOYAGES**

A boutique vacation experience yachting through the Mediterranean to the islands of Greece and Turkey. Adventures and opportunities onshore. Personal chef on board. If you would like to join Michael for the week of June 8 or June 15, 2016, call the office, email him, or click on the link below.

[More info](#)



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