

OCTOBER
2010

YOGA E-NEWSLETTER

PEACE

"with my strength and courage i can move mountains"

HEAVENSVALLEYOGA.COM

Lori Walker-Nall

Schedule



Tuesdays

4-5:15pm

YOGA 101- Field Elementary

Develop flexibility, strength, condition, tone, and recharge your life

Wednesdays

4-5:15pm

YOGA 101- Wilson Creek School

Thursdays

5:30-7pm

MIXED LEVEL-Open Yoga at the Studio

Dive deep into the practice of Yoga. This is a Mixed Level class open to all practicing Yogis



Affirmation

"A relaxed mind is a creative mind."

Pose of the Month

Reclining Twist:

Jathara-Parivartanasana

Wring out the Stress...

By now you have settled back into the routine of fall and all it's stressor. Twists are often taught as balms for sluggish digestion, low energy, stifled breathing, and a variety of muscle aches and pains. Best of all, they feel good from the inside out. Reclining Twist offers an opportunity to feel the power of wringing out the body from its core. It can improve breathing, ease back and neck tension, and soothe frazzled nerves.



Every beautiful cloud sends Peace

October 2010						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11 Columbus Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5



Take time to see the Beauty

One of the best actions we can take, with courage, is to relax.



The 7 Secrets of Nutrition & Flexibility



Secret #1: ANYONE CAN BECOME FLEXIBLE

Anyone can become more flexible.

A former body-builder turned Yoga student turned his tree branch like biceps and ripped body that was stiff as a board into a long lean flexible machine. He did this using a system he learned in India that involved long-hold stretches, a special Ayurvedic diet, and some funky Pancha Karma detoxification program.



But here's the thing:
You can get the same results in HALF the time using Gravity Poses, Nutritional supplements, and eating Healthy foods.

Here's a tip you can use tomorrow:

Try eating dark rich leafy greens. Some favorites are Spinach, Kale and even Parsley juice.



****Next month Secret #2****

Does Coffee make you stiff?

taekn from YOGABODY handbook

"Live the Life you Choose"

Namaste' Lori

