

## Schedule of Classes for Spring 2009

Mon - 9 am Slow Flow Yoga  
4:15 Beginners' Yoga  
5:45 pm Tai Chi

Thurs -9-1 Private Sessions  
6 pm Hot Yoga

Tues - 9-1 Private Sessions  
6 pm Hot Yoga

Fri - 9 am Slow Flow Yoga  
6 pm Hot Yoga

Wed - 9 am Slow Flow Yoga  
4:15 Beginners' Yoga

Sat - 10 am Meditation Group\*  
(9:30 on the 1st Saturday of each month.)

Sun- 10 am Science of Mind Group

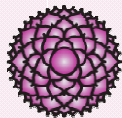
*Please see our website for the most current schedule, or  
call 218-5409 to confirm before attending class for the first time.  
[www.thehealingartscenter.net](http://www.thehealingartscenter.net)*

### class prices

Yoga:  
\$10 drop-in  
\$40/5 classes  
\$60/one month unlimited

Meditation:  
\$3 per class  
\$10/one month

Tai Chi:  
\$7. per class



### The Healing Arts Center

625 Second Street Crescent City, CA 95531

(707) 218-5409 ✨ [www.TheHealingArtsCenter.net](http://www.TheHealingArtsCenter.net)

*“One who looks outside Dreams. One who looks inside Awakens.” - Carl Jung*

# Mind ✨ Body ✨ Spirit connection

Spring/Summer 2009

After rain,  
after many days  
without rain,  
it stays cool,  
private and cleansed  
under the trees.....

[www.TheHealingArtsCenter.net](http://www.TheHealingArtsCenter.net)

## Go with the Flow... Vinyasa Style

Vinyasa Flow Yoga, or simply "Flow," is one of the most popular styles of yoga in the West. Like most forms of yoga, this style creates a strong connection between the mind and the body. What is different in this style is that the focus is on *linking* breath and movement. Synchronizing the breath and yoga poses results in a smooth, flowing class that becomes almost dance-like.

Most Vinyasa classes will include Sun Salutations as a foundation for all other poses. A basic Sun Salutation consists of eight poses that may be modified and expanded upon in many ways. (Please see opposite page for more information.)

Vinyasa style is an open, very creative style of yoga. Some Vinyasa classes will leave you feeling sweaty and exhausted, and others will leave you feeling invigorated, yet relaxed.

At the Healing Arts Center we call our Vinyasa classes "Slow Flow," because they are slowed down, and are designed to teach form and alignment while maintaining the mind/body connection. Classes can be geared toward beginner levels or stepped up a bit into a "power" flow for those who want more of a workout. Slow Flow is always taught in a multi-level format with options for more or less challenge.

If you are looking for a good foundational style of yoga, Vinyasa Flow may be right for you.

May the  
long time sun  
shine upon you,  
All love  
surround you,  
And the  
pure light  
within you  
Guide you on  
your way.  
Namaste.

Yoga is the primary focus of the Healing Arts Center. Participating in a yoga class or a personal yoga practice regularly may lead to the following benefits:

- ☞ Better flexibility
- ☞ More energy
- ☞ Weight loss over time
- ☞ Better body awareness
- ☞ Stronger muscles
- ☞ Fewer aches and pains
- ☞ Gentle healing from injuries or surgery
- ☞ Fewer symptoms of depression and/or anxiety
- ☞ A sense of wellness and peace of mind

### A Poem for Spring

After rain,  
After many days  
Without rain,  
It stays cool,  
Private and cleansed  
Under the trees.

And the dampness there,  
Married now to gravity,  
Falls branch to branch,  
Leaf to leaf,  
Down to the ground,

Where it will disappear,  
But not, of course, vanish  
Except to our eyes.

The roots of the oaks  
Will have their share,  
And the white threads  
Of the grasses,  
And the cushion of moss.

A few drops,  
Round as pearls,  
will enter the  
mole's tunnel.

And soon, so many small  
stones,  
Buried for a thousand years,  
Will feel themselves  
Being touched.

By, Mary Oliver

## Salute to the Sun

Welcome Spring with this popular yoga sequence Sun Salutations, or *Surya Namaskar*, have been around for over 2,500 years. The Sanskrit word *namaskar* stems from *namas*, which means "to bow to" or "to adore." Traditionally Sun Salutations were performed 108 times at sunrise.



The eight basic postures are: Mountain Pose, Upward Salute, Standing Forward Bend, Lunge, Plank Pose, Four-Limbed Staff Pose, Upward-Facing Dog Pose, and Downward-Facing Dog Pose.

The transition from one pose to the next is connected with either an inhale or an exhale. It is recommended that you breathe through your nose, not your mouth. Nose-breathing creates warmth and slows the breath down, encouraging a more meditative state.

Each Sun Salutation begins and ends with the hands in "prayer pose," with thumbs touched gently to the heart. This *mudra*, or hand gesture, reminds us to speak the truth with love and compassion toward others, as well as toward ourselves.