

schedule of classes (February, 2009)*

Mon - 9 am Gentle Yoga 4:15 pm Beginners' Yoga 5:45 pm Tai Chi	Thur - 9 am Slow Flow Yoga 6pm Hot Yoga
Tues - 9 am Slow Flow Yoga 6 pm Hot Yoga	Fri - 9 am Gentle Yoga 6pm Hot Yoga
Wed - 9:00 am Beginners' Yoga 4:45 pm Beginners' Yoga 6:30 pm Dynamic Stretching	Sat - 10 am Meditation Group Sun - 10 am Science of Mind

**Please visit our website for a current schedule and class descriptions.
www.thehealingartscenter.net*

class prices

Yoga classes:

\$10 per class

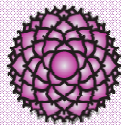
\$40 for 5 classes

\$60/one month unlimited yoga

Tai Chi:

\$7.00 per class

Discounts and sliding scale available.



The Healing Arts Center

625 Second Street Crescent City, CA 95531

(707) 218-5409 ☯ www.TheHealingArtsCenter.net

"One who looks outside Dreams. One who looks inside Awakens." - Carl Jung

Mind ☯ Body ☯ Spirit

connection

Winter 2009

Brought to you by The Healing Arts Center

"May travelers upon the road

Find happiness wherever they go.

*And may they gain, without the need of toil,
the goals on which they set their hearts."*

Shantideva, The Way of the Bodhisattva

www.TheHealingArtsCenter.net

Hot Yoga: Sweat your aches and pains away...

WHAT IS IT? Hot Yoga is a series of yoga postures including pranayama (breathing) exercises designed to awaken your body from the inside out. Each posture is performed twice in a single 90 minute class. As the name suggests, these poses are done in a heated room, which is usually maintained at a temperature of 95-100 degrees.

A major benefit of hot yoga is that it creates profuse sweating which rids the body of toxins. In addition, practicing hot yoga warms the muscles at a deep level, creating more flexibility and allowing for a deeper stretch.

HOT YOGA TIPS AND CAUTIONS:

- ☞ Make sure to drink plenty of water before and after class so you don't get dehydrated. It is not advisable to eat during the two hours before class.
- ☞ It is essential to have your own yoga mat and towel when doing Hot Yoga since you will be sweating so much. Please dress in layers.
- ☞ Hot Yoga is not advised for pregnant women, or those with high blood pressure, since it can raise the core body temperature as well as blood pressure.
- ☞ Hot yoga is offered on Tues., Thurs., & Fri. evenings at 6 pm. Please call for more information. 707-218-5409

New Study Group

SCIENCE OF MIND IS THE STUDY OF ANCIENT WISDOM WITH A MODERN APPLICATION.

By Deb Riley, RScP

History:

Science of Mind was created by a Metaphysical Scholar named Ernest Holmes, in 1926. Holmes studied the world's religions and found the common threads of truth that run through all of them. He then created a philosophy that integrates all of that wisdom into a practical approach to God. His intention was to offer a philosophy and prayer technique that would supplement anyone's religious beliefs, and to offer extremely effective and practical tools for the spiritual journey.

Those around Holmes were very excited about this New Thought teaching and wanted to create a center where people could come and learn this wonderful technique. So the Church of Religious Science was born. This "church" has evolved through time and the whole movement has grown in amazing ways. One of the ways is a name change; it is now called the "United Centers for Spiritual Living."

Beliefs:

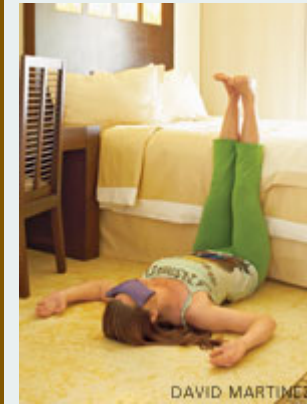
In a nutshell, we believe that God or Spirit is everything, everywhere, always, and that we are a part of this amazing power. There is never a separation from God, only the illusion of it. We believe what you think is what you get. How we think shapes our future. So the big question is what are you thinking on a minute-to-minute basis?

The Crescent City Science of Mind Study Group meets every Sunday at 10 am at the Healing Arts Center at 625 2nd St., for anyone who wants to take their Spiritual growth deeper. We are a very warm, loving, happy and welcoming group.

For more information please call Deb Riley, RScP at 707-487-0817. Deb is a Licensed Professional Practitioner who sponsors this study group as an Outreach Practitioner from the Seaside Center for Spiritual Living. For more information, please check these websites: seasidechurch.org, religiousscience.org, or cslseattle.org.

How to make an eye pillow

Eye pillows are handy for traveling and for relaxing in Savasana.



Materials

(makes one eye pillow)

- 1/2 yard of fabric that has been washed, dried, and ironed
- 1/2 cup dried beans or flax seeds
- 1/2 cup dried rice, lentils, or buckwheat
- 1/2 cup dried lavender or chamomile

Step 1 Cut the fabric

Using a ruler and pencil, mark two 4 1/2-by-10-inch rectangles on the wrong (nonprinted) side of the fabric. With a pair of scissors, cut along the marks to create the two panels needed for the pillow.

Step 2 Sew the seams

Place the two panels' right (printed) sides together, with the raw edges aligned. Stitch a 1/2-inch seam around the raw edges, backstitching (sewing first in reverse, then forward over the same stitches) at each end. Leave one of the 4-inch sides open, so you can later add the filling. Stitch a 3/8-inch reinforcement seam around the raw edges, leaving the same 4-inch opening. This reinforcement will ensure that the mixture doesn't leak out of the pillow after you've filled it.

With your scissors, cut two 1/4-inch notches in each seam allowance (the area between the stitching and the raw, cut edge of the fabric), one on either side of each of the four corners, making sure not to clip the stitching. Turn the eye pillow right side out for the next step.

Step 3 Fill the pillow

Spoon 1 1/2 cups of filling into the pillow's open seam.

Step 4 Close the final seam

Fold each side of the remaining 4-inch seam 1/2 inch toward the inside of the pillow, and pin the opening closed. Either by hand or with a sewing machine, stitch a seam across the folded edges to close the 4-inch opening, then try out the pillow: Lie down, put it over your eyes, and treat yourself to 5 minutes of deep relaxation.