

YOGA RASA COMMUNITY NEWS

December 1, 2006 • Issue 25

Yoga Rasa exists to actively participate in creating peace on our planet by joining with others to grow an all-inclusive yoga study community, promoting total physical, mental, spiritual health and well being.

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☸ A "PEACE" OF MY MIND...

Tracie's message

The theme of this newsletter is "Unplugging from the Christmas Machine". Over the years I have observed a phenomena of group consciousness that occurs around this time of year and for many that means forgetting the source of our power and turning our power over to the holiday season; hence "plugging into the Christmas Machine". We bring this edition of Yoga Rasa Community News to serve as a catalyst to turn inward and find that still small voice within and plug into the space and beautiful potential of the present moment. Begin the season today from a clear intention and set a new purpose for your life and what your experience will be for the close of this year and the start of the new. Take some time to plug into your source of power and become clear about your values, set an intention each day of how

you will "be" from the place of your values and then set about your day. At any moment throughout your day, if you notice a feeling of disconnect from yourself and you become pulled about by tasks, stop and take a breath and plug back into your values and intention. The most valuable gift we offer ourselves, friends, families and communities is the gift of our love and presence. To remain in this space of love is our power it is the source of our energy, unplug from the Christmas machine this season! Join us at Yoga Rasa this month to stay centered and in an experience of joy, the space of the present moment.



Love, T.

COMING ATTRACTIONS

- Dec 1 Extra Early Bird rate deposit due for 10-Day Mexico Intensive (June 2007)
- Dec 2 Passport to Balance registration due for The Importance of Being Foolish (Dec 16, 2006)
- Dec 2-3 **Meditation Intensive Part I**
- Dec 15 Passport to Balance rate deposit due for 10-Day Mexico Intensive (June 2007)
- Dec 16 **The Importance of Being Foolish – How to Think Like Jesus**

HA HA KRIYA... Dave Barry on Christmas



Once again we find ourselves enmeshed in the Holiday Season, that very special time of year when we join with our loved ones in sharing centuries-old traditions such as trying to find a parking space at the mall. We traditionally do this in my family by driving around the parking lot until we see a shopper emerge from the mall, then we follow her, in very much the same spirit as the Three Wise Men, who 2,000 years ago followed a star, week after week, until it led them to a parking space.

Unplug From the Christmas Machine!!

He who has not Christmas in his heart will never find it under a tree. - Roy L. Smith
Christmas gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect.
- Oren Arnold

Hearing Christmas music everywhere you go? Starting to find tinsel stuck to your clothes? Feeling pressure to get your decorations up? Ah, it must be December. As we begin this month of presents, shopping, relatives, parties, cookies, decorations, etc., now is the time to decide what you want your experience of the holiday season to be like. The focus of this week's newsletter is to encourage you to reflect on what it is you want for this month and put it into action.

The pull of "the tradition" is strong, but take a look at whether it is actually serving you or whether you are at its mercy. This can be your most enjoyable holiday in years.



, Liz

Who is in charge here??

What is it we all get sucked into? If you don't make a conscious decision about what your focus is over the holidays, someone else will make it for you...and that will probably be the marketers. Ask yourself what the holidays mean to you and what your intention is. Do you want to focus on building a stronger connection with family members and friends? Do you want to focus on showing people kindness and love? Do you want to think more globally and express generosity to your local or global community? The first step is to figure out the purpose of this time for you.

If without your own influence, you will be open to the messages from the media and their influences. Most of the messages are along the lines of – get to the mall as soon as possible, buy this for your kids or they will be sad, buy this for your kids or you will feel guilty, if you make mistakes you don't deserve gifts, if you don't give a gift to someone they will think you don't love them, etc. The list goes on. Without pause and reflection, it is easy to fall under these spells. But, with awareness and your own intention for the season, you can see right through the untruths and manipulation. Of course not everyone is spreading those messages, but by staying aware of what you are hearing and seeing you will be able to easily tell which ones are in line with your intention and which are not.



What do people *really* want?

People don't want stuff just to have stuff! All people want is to be acknowledged and cared about. They want to know they were thought of and appreciated. Appreciation and love are not things you can buy and wrap up, they are intentions. Even if you get to the mall and find a gift, what was the experience like? If it was crowded and time-consuming, generating irritation, annoyance, and exhaustion within you, this is the intention that you will infuse the gift with. As yoga teaches, the intention is more important than all other aspects of the situation.

THE YOGI'S GUIDE TO **DECEMBER** AT YOGA RASA

We have many events and specials happening this month to support you during this busy time. Take advantage of these offers to get some great information and spend time with a community of like minds. You can find more info on the events elsewhere in this newsletter and/or online at www.yogarasa.net.

Print this out and put it on your refrigerator!!



EVENTS

December 1 & 2

Meditation Intensive Part I

December 6 & 8

Wellness Forum

The Importance of Being Foolish

December 9

Christmas Market

December 10

Jones Hall outing – A Very Merry Pops

December 16

Workshop

The Importance of Being Foolish

December 18

Blanket & coat delivery to the homeless of Houston (details coming)

December 18-24

7-Day Vinyasa Flow

December 21

Nataraja Yoga Dance



SPECIALS

3 Private Lessons for \$180

For first-time private lesson students

1 Month Tuition and 1 Private Lesson \$88

For new students

18 Private Lessons for 20% off – Pay half now and half in 2007

Open to everyone



Yoga Rasa goes to Jones Hall!

Support Lisa Anders, your fellow yogini,
and hear uplifting performances!

A Very Merry Pops

Sunday, December 10, 2006 • 2:30 pm

We will organize a group from Yoga Rasa,
please contact Lisa by 12/5 if you are interested –
20% discount off the regular price.

Regular prices: Center Orchestra - \$82, Grand Tier - \$73, Mid Orchestra - \$66, Upper
Orchestra - \$50, Mezzanine - \$46, Front Balcony - \$40, Upper Balcony - \$27

lisakanders@houston.rr.com



The stage at Jones Hall will be transformed into a festive holiday display full of sights and sounds of the season. There will be medleys from the Houston Symphony Chorus, and a performance of Dr. Seuss' "How the Grinch Stole Christmas." A Very Merry Pops will leave you humming holiday tunes right out of the hall!

Lisa Anders, art teacher and yogini, has been singing with the Houston Symphony Chorus since January as a second soprano. She has performed the Verdi Requiem, Ravel's Daphnis & Chloe, Beethoven's 9th, Pops Knockouts and Video Games Live concerts. This will be her first Merry Pops performance. She also sang with the Moores School of Music Choral Artists chamber ensemble. She is very excited to have her family from Yoga Rasa enjoying the show!



Yoga Rasa Wellness Forum

The Importance of Being Foolish: How to Live Like Jesus



Tracie will speak on the teachings of Christ as discussed in
the book "The Importance of Being Foolish" by Brennan Manning

- ▶ Find internal guidance through love ◀
- ▶ Empower yourself to follow your path ◀
- ▶ Develop greater surrender and trust ◀
 - ▶ Create a heart of forgiveness ◀

December 6th at 7:30 pm &
December 8th at 10:30 am

Presented on a donation basis, 100% will go to the *Nouvel Age Orphanage*

Yoga Rasa Christmas Market

~ Saturday, December 9, 2006 ~
10:00 am – 5:00 pm

Browse, shop, take a break from the mall,
and see what we have to offer:
natural health professionals,
massage therapists, retail vendors,
card readers



Complimentary Wine & Cheese.
Hors d'oeuvres provided by Linda Salinas!

Shop in peace at Yoga Rasa!

Give the gift of health and relaxation to family and friends this year!
Gifts and gift certificates available – for you or a loved one!

YOGA RASA COMMUNITY NEEDS

Have anything you would like to
advertise in the newsletter?
Whether you are in need or have something to give,
let Liz know at tararasa@houston.rr.com!
We can help you connect to others in the
Yoga Rasa Community.



THIS WEEK AT YOGA RASA...schedule/changes for the coming week

Saturday 12/2

7 am – Being Yoga Teacher Training
9 am – Yoga Foundation
12:30-4:30 pm – Meditation Intensive I

Sunday 12/3

10 am – Yoga Stability
12:30-4:30 pm – Meditation Intensive I

Monday 12/4

9 am – Yoga Foundation
4:15 pm – EnerPilates
5:30 pm – Yoga Foundation
7 pm – Being Yoga Teacher Training

Tuesday 12/5

9 am – Sringeri Rasa Flow
5:30 pm – Vinyasa Power Flow
7 pm – Meditation

Wednesday 12/6

11:30 am – EnerPilates
12:15 pm – Meditation
5:30 pm – Power Packed Flow
6:30 pm – Sringeri Rasa Flow
7:30 pm – Wellness Forum: Being Foolish

Thursday 12/7

9:30 am – EnerPilates
7 pm – Yoga Foundation

Friday 12/8

9 am – Yoga Foundation
10:30 am – Wellness Forum: Being Foolish
4:15 pm – Vinyasa Foundation

OM SHANTI

Please submit newsletter ideas! Email Liz at tararasa@houston.rr.com.
If you wish to unsubscribe from this, or any Yoga Rasa email communication, please let us know!