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June 2015

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Wherever you go, no matter what the weather...



Saturday, June 20th

9am-3pm

**Join us as we open our studio to the community
to introduce you to yoga and to our studio.**

**This event is open to the public.
Classes are free for first timers.**

Bring a friend!

Discounted class passes sold this day

Raffles for all students attending any class



Foundations of Meditation 4-Week Workshop with Tracy

- ◆ ~~Monday, June 1st @6:30pm-8:00pm~~
- **Monday, June 8th @6:30pm-8:00pm**
- **Monday, June 15th @6:30pm-8:00pm**
- **Monday, June 22nd @6:30pm-8:00pm**

Western science has come to accept that regular meditation practice provides innumerable health benefits – physical, mental and spiritual. Meditation helps us to let go of stress, anxiety, and fatigue while training the mind to become more focused and more powerful. The result is a happier, more fulfilling life leading to stability, peace, and spiritual unfoldment.

In this course, you will be introduced to the practice of traditional yoga meditation. We will explore the necessary steps in establishing a solid home practice. Whether you are just starting out or feeling stuck working on your own, together we will develop the solid foundation and systematic method necessary for success!

You can still attend single classes at \$15 per class. [Register here](#)

Attention Yoga Teachers: This course qualifies for Continuing Education Units with Yoga Alliance



Our Toddler & Me Yoga classes are a great way for moms, dads, guardians, and grandparents to bond with their little one. Practicing yoga with your child can create a lifelong love of movement and a sense of calm and peace. Improved posture, flexibility, strength, and balance contributes to your well-being. You can help your baby cultivate their attributes by doing yoga together. Join Kelly Kubiak for a hands-on and playful approach that will allow you to take care of yourself while developing a deeper and more meaningful connection with your child.

From 12 months to 3 years. 5 weeks for \$60. **Requires minimum of 4 participants pre-registered to conduct the class. [Register here.](#)**

- **Saturday, June 20th @3:30pm-4:15pm**
- **Saturday, June 27th @3:30pm-4:15pm**
- **Saturday, July 11th @3:30pm-4:15pm**
- **Saturday, July 18th @3:30pm-4:15pm**
- **Saturday, July 25th @3:30pm-4:15pm**



Saturday, June 20th @9:30pm-10:15pm

Join us in the Courtyard to celebrate the Summer Solstice...an event celebrated around the world where thousands gather to welcome the longest day of the year.

Donation based class.

We will be back to beautiful Glen Park in Williamsville in June! Stay tuned and **check our schedule** as we will be adding the classes soon!

Kundalini Yoga w/Sofia

Every Sunday @ 9:00am-10:15am

A system of yoga exercises and meditation that promotes health and spiritual awareness. It is a complete science that combines postures (asanas), movement, sound current (mantra), breath (pranayam) and meditation into powerful sets called kriyas.

Kundalini Yoga is more than just a great physical workout. Called the Yoga of Awareness, it is an incredible experience in awakening and raising your consciousness, keeping you feeling young and giving you fullness of heart.

In this class, you are encouraged to work at your own level as you explore through chanting, movement, breath work, and meditation.



Yoga for Men Coming in July
4 Weeks * July 6 - 27 * 6:00-7:15 pm

For men who may be self-conscious about not being as flexible as the woman on the mat next to them in class, or want the benefits of yoga without intimidation, Broga is a yoga class geared for men (where it's okay if you can't touch your toes).

A lot of guys' bodies, after years and years of sports, are out of whack — some have cement shoulders or really tight hips, others have no flexibility and banged-up knees, and most have no idea what yoga is.

Broga emphasizes the aspects of yoga that are traditional (increasing flexibility, moving without pain, strengthening safely, improving balance) and appealing to the discipline of other more traditionally masculine exercises such as core-strengthening, muscle-toning, functional moving, stress-reducing, and clarity-enhancing yoga postures for a great workout.

Loving Kindness Meditation w/Aneela

Sunday, June 21st @10:45am-11:25am

Now is the time to let go and bring yourself into a place of love as you dive deep into your Self. Come experience loving-kindness so that you may open your heart to an energy that radiates love to the people around you.

Research shows that Loving-Kindness Meditation increases mindfulness and positive thinking and decreases depression (Fredrickson et al., 2008). By focusing on individuals (including yourself) with love, you can transform your life to one that is full of satisfaction and joy.

We will spend 30 minutes meditating on various elements of loving-kindness which will leave you feeling invigorated. We welcome everyone to join us for a journey within!

Class is free.

[Click to check full schedule for the month](#)

(from <http://blog.spafinder.com/5-summer-spices-cool-ayurveda/>)

While many of us look forward to the longer, warmer days of summer, sometimes it can be too hot, forcing us to retreat into air conditioning or take a dip in the pool. And according to Ayurveda, summertime – known as the "Pitta," or the fire season — can require specific cooling spices.

For those unfamiliar with the ancient art of Ayurveda, doshas are biological energies found throughout the human body and mind, said to govern all physical and mental processes and are associated with each individual's health and fulfillment. Doshas are derived from the five elements: Vata is composed of Space and Air, Pitta of Fire and Water, and Kapha of Earth and Water.

According to Naina Marballi, B.S.A.M. DAC, Ayurveda physician at Ayurvedas World in New York, "Pitta rules metabolism, particularly digestion, and is in charge of all processes of transformation in the body." She goes on to explain that Pitta has the most in common with summer, since it's made up of primary element fire, and secondary element water. Pitta can lead to excess inflammation, acne, rash, sweating and even heatstroke, if we're not careful.

Although Pitta is associated with summer, you don't have to battle these uncomfortable qualities. Integrate one — or all — of these five cooling spices into your warm weather meals and beverages so you're better able to enjoy everything that summer has to offer:

1: Fennel increases digestive and gastric juices without aggravating Pitta. According to Ayurveda, fennel also reduces inflammation of the stomach and intestine — which is said to increase in summer — and helps absorb nutrients. It also has antacid properties, which help maintain pH levels in the GI tract. It is excellent to use fennel in food, which helps to protect eyes from inflammation and has very good cooling effect in summer.

2. Rose petals improve digestion by remaining cooling for the fiery digestive tract of most Pittas. The astringency of rose petals directly cools digestive irritation and inflammation.

3. Mint can be used to lighten and improve the appearance of sun-damaged and pigmented skin. Grind mint leaves, mix them with rosewater and lemon juice, and apply the mixture to the affected areas. It can also provide relief from heartburn in the initial stages. It is an excellent remedy for Pitta aggravation. Mint helps to sooth Pitta by dispersing heat and cooling you down by opening up your pores to encourage sweating.

4. Turmeric has excellent astringent qualities, making it a very good cooling spice during the summertime. It is a liver cleanser and blood purifier, helping control cholesterol, as well as anti-inflammatory, anti-allergen, and anti-bacterial. This gives turmeric excellent qualities of cooling off summer-heated skin.

5. Dill is excellent digestive tonic, helping to reduce acid reflux and calm stomach upset. The green color of dill leaves have an amazing capacity to fight free radicals, and have the very good quality of being anti-bacterial.

in OCTOBER!

Mark your calendars...Francois Raoult from Open Sky Yoga Center will be visiting our studio on Saturday & Sunday, October 10th & 11th.

Saturday 12:30 - 5.30pm (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 11:00 am - 5:00 pm

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 Oct. 1

(\$235 after)

\$120 single day, if space allows.

Priority to those taking the full weekend



**Kids Yoga Teacher Training by Kidding Around Yoga
Coming to Rising Sun Yoga in November!!!**

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 relaxation, asanas, games, activities, arts & crafts, business, marketing, and more!

To learn more about Kidding Around Yoga, visit their website: www.kiddingaroundyoga.com OR go straight to the training page to **register!!!**



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