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July 2015

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Hello, July.
Surprise me.

The way you experience and feel yourself is not determined by how other people look at and think about you (actually a healthy outlook is: what others think of me is none of my business). Rather the way you experience and feel yourself is determined by how *you* look at and think about *others*. Ultimately, this determines your identity. You identify yourself either as a body or as a spirit, as either divided or whole, split or one, depending on how you see others. Once you understand that, you may begin to think of others differently. Your thoughts, about others, about yourself, about everything, determine who/what you are.

New Classes!

[Mindful Movement](#)

Tuesdays
@4:00pm-5:15pm
w/ Margaret

[Freestyle Flow](#)

Tuesdays
@6:00pm-7:15pm
w/ various instructors

[Flow Yoga Open Level](#)

Sundays
@9:00am-10:30am
w/ Amanda

[Yoga in the Park](#)

~ from *Your Immortal Reality* by Gary Renard



YOGA FOR MEN
Mondays @6:00-7:15pm

For men who may be self-conscious about not being as flexible as the women 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).

If you're a guy who feels too shy or emasculated by the idea of attending a yoga class among a sea of women, you can now feel at ease at 'Broga'.

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 (stretching, moving without pain, balance) and appealing to the discipline of other more traditionally masculine exercises such as core-strengthening, muscle-toning, and functional movement.

Wednesdays
@8:00am-9:00am
w/ Darlene

Yoga in the Park \$5
Community Class

Saturdays
@7:30am-8:30am
w/ June

View our full July
schedule here

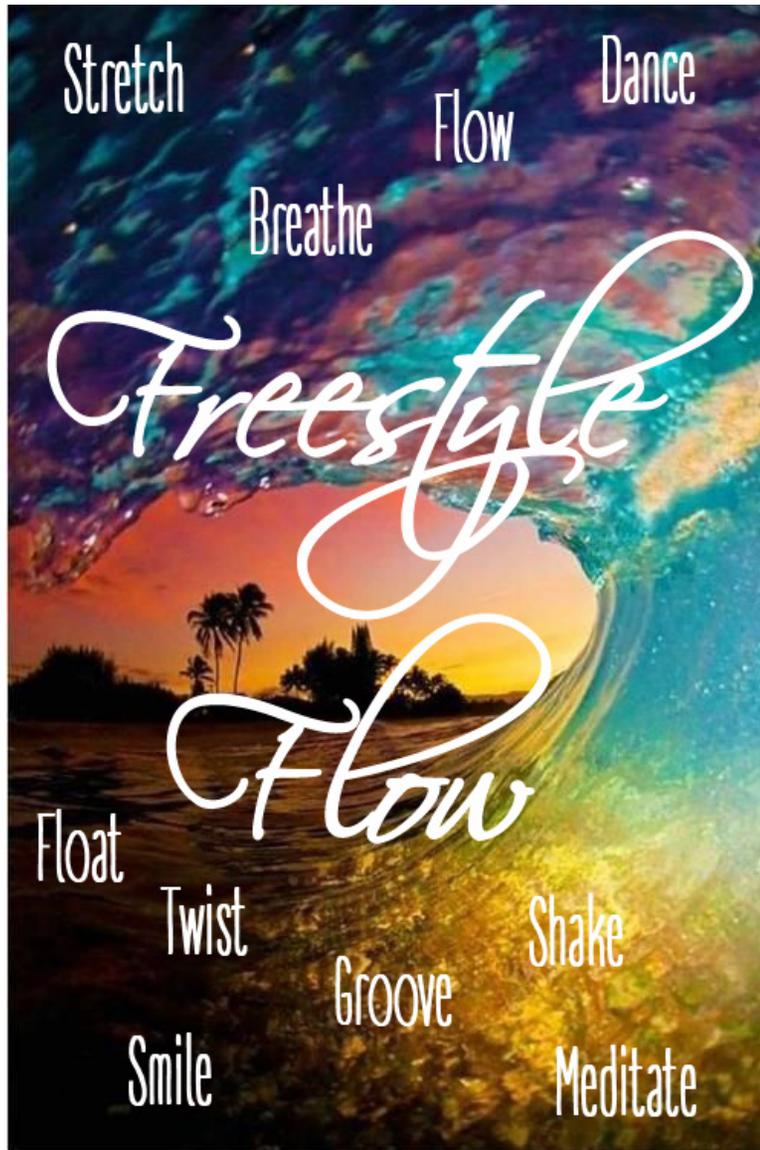
Youth Yoga
with Melanie

Kids (Ages 4-9)
Mondays
@3:45-4:30pm

Tween
(Ages 9-13)
Mondays
@4:45-5:45pm

OUR RISING SUN YOGA
YOUTH TEAM offers
BIRTHDAY PARTIES, GIRL
SCOUT TROOPS, FIELD
TRIPS, CAMPS and
TRUST/TEAM BUILDING
WORKSHOPS. Check the
schedule or call the
studio to book a yoga
event today!

If you would like to do an



Freestyle Flow
Tuesdays @6:00pm-7:15pm

Our teachers have joined together to bring you a unique class that incorporates a fun flow that will get you up and moving and grooving - dynamic stretching, strengthening, breathing, core work, and a little fun flair by each teacher!

exchange of your time for classes, become an Ambassador for Rising Sun Yoga! Contact Michael at 716-632-5802 or michael@RisingSunYoga.com if you are interested in learning what is involved & the perks of being our Ambassador.



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

In this class, we flow through poses with an emphasis on bringing the body into optimal alignment in order to enable an experience of transformation - physically, emotionally, and spiritually. Classes allow you to experience the detailed alignment principles and heart-oriented spiritual philosophy taught in yoga.

Students of all levels, abilities and yoga experience are honored for their unique differences, limitations, and talents although class participants should have at least one year of yoga and/or a strong yoga practice.

(This class replaces Hatha Yoga on Tuesdays @6:00pm-7:15pm)



3 hour Tween Camp (ages 9-14)

Monday, August 3rd @5:00pm-8:00pm

Om, Sharing Circle with Talking Stick, Fun Yoga Sequences, Yoga Games, Partner Poses, Group Poses, Challenging Individual Poses, Yoga Craft, Snacks, Breathing, Meditation, Restorative Poses, Savasana and a closing Sharing Circle.

Please pack a sandwich and a closed container for water.

\$52 / \$50 cash

Frozen Themed Kids Camp (ages 5-9)

Wednesday, August 5th @3:30pm-5:30pm

This 2 hour Frozen Camp starts with crown making for our coronation ceremony. Elsa and Ana and rolling troll Salutations.

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:

kiddingaroundyoga.com

OR go straight to the training page to [register!!!](#)



KEY LIME PIE POPSICLES

INGREDIENTS

- 2 cans organic coconut milk or whole milk
- Juice & zest of 1 lime
- 3 TBS. honey
- pinch of salt
- 1 c. chopped macadamia nuts

INSTRUCTIONS

1. Mix coconut milk, lime juice & zest & honey in a blender/food processor.

Talking Stick sharing who our favorite frozen character is. We will learn a Yoga routine to "Do you want to build a snowman" We will do partner poses and enjoy a yoga freeze game to a snowball fight and an obstacle course chopping ice, hopping over ice and balancing on ice. We will end class with a winter wonderland secret garden.

We will have a small snack. Please bring closed container for water.

\$36 / \$34 cash

(All camps need at least 5 participants to run)



FRANCOIS RAOULT SEMINAR in OCTOBER! JOURNEY INTO ASANA, PRANAYAMA, & SOUND

Saturday @12:30pm-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 @11:00am-5:00pm

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.

2. Pour into popsicle molds or cups and freeze for 6+ hours.
3. Before eating remove from mold & roll in chopped nuts.

By DaNelle Wolford



CUCUMBER MINT POPSICLES

INGREDIENTS

- 4 cucumbers
- 2 sprigs of fresh mint or 2 drops of peppermint oil
- 1 squeeze of fresh lime juice
- 3 TBS. honey

INSTRUCTIONS

1. Mix cucumbers in a blender/food processor.
2. Strain pureed cucumbers through a strainer.
3. Mince 6-8 mint leaves and blend with strained cucumber "juice".
4. Add squeeze of lime

Fee:
\$220 entire workshop before October 1st (\$235 after)
\$120 single day, if space allows.
Priority to those taking the full weekend.

juice & honey.
5. Place a mint leaf in
each popsicle if
desired.
6. Pour in popsicle
molds and freeze for
6+ hours.

By DaNelle Wolford



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