

Hello Yogis!

As we settle into the new year here at Samudra, we are happy to see so many of you returning to your practice after the busyness of the holidays. February is a great month to let your Resolutions turn into habits, and yoga is a wonderful way to keep the "February Blues" at bay!

As you will see below, there is a lot going on at Samudra this month. Check out our **two Restorative classes** (second and fourth Fridays) and if you are looking for a unique and fun Valentine's Day gift, we have a **Partner Shiatsu Massage Workshop** on the 21st. What a great way to connect with your partner or friend---sign up by the 14th and get a \$5 gift certificate to use downstairs in the coffee shop.

Also preparing us for Spring is **Full Circle Farms**, who will soon be making weekly CSA (Community Supported Agriculture) box drop-offs at Samudra! This is a fantastic opportunity to receive fresh & organic produce as often as you want - every Monday or just once a month! You can even customize your CSA box once you set up an account. Please visit www.fullcirclefarms.com to sign up or for additional information. We are very excited to be working with this amazing Western Washington farm!

And finally, in this season of Love, a quote from yogi, Jack Kornfeld: "If your compassion does not include yourself, it is incomplete."

Take care everyone, and we hope to see you on the mat or in for coffee very soon,
Kath and Winter

RESTORATIVE YOGA

Friday, January 8th, 5:15-6:45pm, with Kathleen (sub for Lynn)

Friday, January 22nd, 5:15-6:45pm, with Kathleen

Join us on the second Friday of every month for some relaxation and renewal. In this class, bolsters, blocks and blankets are used to passively position you in postures that are held for several minutes. You reap all the benefits of the pose while allowing your body and mind to completely relax and restore. A perfect antidote to a too-busy life.

A GREAT VALENTINES DAY GIFT IDEA!

PARTNER SHIATSU WORKSHOP

Sunday, February 21, 1-3 PM

\$45 per couple; Register now, this workshop has limited space!

with Danette Costello, L.M.P. (and dedicated Samudra yogi)

Call Samudra at 360.377.4223 or visit www.samudra-yoga.com to register for this amazing workshop.

Register and pay for this workshop by February 14th and receive a \$5 gift certificate to use downstairs at Samudra Coffee, Tea & Treats.

At Samudra we believe that the world would be a much nicer place if more people touched each other with the intent to heal. Invite your partner, family member or friend to learn this ancient art of nurturing, healing and intimate touch. The gentle rocking, pressing and stretching motions are performed on yoga mats without disrobing or oils. Shiatsu is safe, fun to give, and great to receive. In this workshop you will learn techniques that you can use everyday---Shiatsu massage is a great way to honor and connect with your partner.

What is Shiatsu?

Shiatsu is a treatment in which the thumbs and palms of the practitioner are used to apply pressure to specific points which have a direct referral to the reflex zones of the muscles, nerves, blood vessels and internal organs. Shiatsu helps to balance the Autonomic Nervous System and strives to regulate and balance vital energy by stimulating the body's innate, self-curative power.

A little bit about Danette:

Danette Costello was raised on the Kona Coast of the Big Island of Hawaii. She completed her formal apprenticeship and training in Lomi Lomi Massage in 1983. She graduated from the Swedish Institute of Massage Therapy in 1994 and is certified in Swedish Massage, Five Element Theory, and Shiatsu. She is a dedicated yoga student here at