

Hello friends,

I don't know if you have noticed, but it's been awhile since our last newsletter. We have been so busy here at Samudra and in our own lives, that we have been a bit quiet.

It might be the shifting of the seasons, or our big life changes, but for weeks now I have been feeling that something was happening, a feeling like music in the air, like a great tuning up for...what? An entrance? A gathering? I don't know, but it has been as if the veils have lifted, as if something meaningful has moved closer. Change is in the air and it all boils down to this realization: I don't know anything about what is coming, but I am grateful to be a part of it. As we move toward our Second(!) Anniversary here, we thank you all for your support, love and encouragement.

See you soon,

Kath and Winter

SUMMER BEGINNER SERIES

with Lynn Heimsoth

July 11-August 22 (no class on August 15), Mondays from 4:45-5:45pm

\$75/student

This 6-week series is designed for students new to yoga or students wishing to brush up on their knowledge of yoga fundamentals. You will leave this series having experienced postures and breathing techniques frequently used in any of Samudra's classes, allowing a smooth transition to Basic, Intermediate or Vinyasa Flow classes. This is our only Series class, so please pre-register. No drop-ins.

SAMUDRA SUMMER CAMP

\$25/student per class or \$65/student when you sign up for all three! Please pre-register online or at the studio, though if you want the 3-class price, you need to sign up at the studio.

Neck & Shoulder Workshop, Sunday, June 12 from 1-3pm with Kathleen Sheets

You carry the world on your shoulders and something the size and weight of a bowling ball on top of your neck, so it's no wonder you get a little stiff and sore now and then. If you struggle with these areas in your asana (and your daily life) this workshop is for you. Join Kathleen as she dives into the bio-mechanics of stability and mobility of the shoulder & neck and how you can apply it to your own yoga practice.

Shiva/Shakti Workshop, Sunday, July 31 from 1-3pm with Lynn Heimsoth

Lynn will lead you in asana and meditation that will incorporate the Shiva and Shakti energy that is in all of us. Learn how you can tap into both energy's and bring that balance into your practice. More info on this workshop to follow.

Five Tibetan Rites & Four Purification Pranayamas, Sunday, August 28 from 1-3pm with Kath Mitchell

In this workshop you will learn the five asanas that make up the ancient practice that is referred to as the yogic Fountain of Youth. Taking 10-15 minutes out of your day to perform these rites will help increase your energy, reduce stress, help with clarity of thought and increase your strength, flexibility and balance.

We will follow the asana portion of the class with a Pranayama practice called the Four Purifications. This is a method that consists of four separate breathing techniques that are linked together to increase their effectiveness. This practice cleanses the Nadis(subtle nerve channels), strengthens the power of digestion, massages internal organs, burns up toxins, calms and purifies the mind and enhances the upward moving prana.

SUMMER SOLSTICE AT SAMUDRA

Sunday, June 19th

Join us at 8:30am for our celebration of the Summer Solstice, as Heather leads the class in 108 Sun Salutations to welcome the new season. This will be Heather's last time teaching the ancient practice before she leaves us in August. Get here early. bring a towel. a water bottle and your solar energy!

COMING THIS SUMMER.....

Our annual Yoga Weekend with Christy Burnette will be held in September, dates and info to follow! Stay tuned for more info on the festivities we're planning for our Two Year Anniversary celebrations on the last weekend of July!

PRIVATE YOGA LESSONS

Did you know that all of our teachers at Samudra are available for private lessons? A private lesson is a great way to deepen your practice and get feedback and knowledge that is tailored to you and your yoga practice. A 1-hour private lesson is \$75. Talk to your favorite instructor to set one up!