

Communicating Vessels Center for Meditation, Inc.



Yoga, Dance, and Art

aligning the mind, the body, and the spirit



News at the Center
April 2007

REST IN PRACTICE

by Jimpi

(continued from the March Newsletter)

In any particular yoga pose, breath awareness is the key to bringing exertion and rest into balance. Pacing your practice and progressing to deeper levels of awareness requires consistent attention to breath, thus avoiding the mistake of overdoing or approaching asana superficially for quantity rather than quality.

Ideally breath remains constant and calm and rest is applied in proportion to the type and duration of the poses one moves between. In a dynamic phase of practice, such as while warming up, moving between positions with each breath in or out, there is a rest or brief stillness of the body as the tide of breath changes direction. Thus the mindful breath contains the motion of the body. Body and mind are connected through the breath.

While holding poses in a more static type of practice, restfulness is attained finally through adjustments in alignment so that the position is held with the least possible effort and motionless except for breathing. With practice, you can gain insight into how long to maintain this longer stillness. Though the word "asana" implies restfulness, a short rest is generally taken in a less strenuous pose such as mountain pose or child pose for a couple breaths or six to eight seconds after moving out of an asana and before doing a second round or moving into another asana.

The long rest comes at the end of all the asanas: pranayama and other kriyas done at a stretch. The general principle is to devote one fourth of the actual practicing time for this rest. For example, twenty minutes of yoga would be followed by five minutes of rest. This rest is usually taken in Shavasana with a blanket to help maintain core temperature and protect the body from external wind. As needed final relaxation can be supported by blankets, blocks, or other props. While in Shavasana keep the eyes closed, the body loose, and the breathing normal. Concentrate the mind, perhaps on a place of natural beauty such as the ocean or a garden. In this simple method of resting there should be a feeling as if you are breathing the air of that chosen place and you are relaxing by being mentally present there.

(to be continued next month . . . "Restorative Poses")

MUSICAL EVENTS



On **Friday April 6th at 7:00 pm** the CV Center is honored to host a Community Rhythm Circle facilitated by Dave Chiller of Common Pulse (www.commonpulse.org). A Rhythm Circle (also called drum circle) is an empowering group experience which uses a dynamic combination of

percussion instruments, voice, and clapping to unite in the joyful experience of group music making. A trained facilitator uses supportive techniques to bring out the potential of each individual, creating an atmosphere charged with excitement and focused on developing group cohesion. What transpires is a heightened feeling of camaraderie, a healthy inner balance, and a self realization that what was shared was unique and valuable. This is a tremendous opportunity for anyone of any age interested in exploring rhythm and playing in a community. The cost is \$5.00 and instruments will be provided. This will be a low-volume event.



GENTLE YOGA & MEDITATION WORKSHOP with SUJITA

Saturday April 21, 2007

9 am to 12:00 pm

\$30.00

(\$15.00 to \$30.00 sliding scale for need)

Sujita PollyAnna Sklenar is trained in psychology, bodywork, and yoga therapy. Her interest is in guiding others into discovery of their own individual healing and creative force within. She is a yoga instructor at OSU in the College of Health and Human Services.

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CLASS SCHEDULE

(April 2 to June 8)

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| Monday | 6:30 - 7:30 | Meditation Open |
| | 7:30 - 8:30 | * Yoga Wake-up |
| | 10:00 - 11:00 | * Yoga Mom Yoga |
| | 12:00 - 1:00 | * Yoga Stress Management |
| | 1:00 - 2:00 | Meditation Open |
| | 3:30 - 4:30 | * Art Kids Love Clay |
| | 5:30 - 6:30 | * Yoga Gentle |
| | 6:30 - 7:30 | * Art Movement, Art, and Play |
| | 7:30 - 8:30 | * Dance Salsa Sizzle |
| 8:30 - 9:30 | * Dance Hustle & Nightclub 2-step | |
| Tuesday | 6:30 - 7:30 | Meditation Open |
| | 7:30 - 8:30 | * Yoga Wake-up |
| | 10:00 - 10:45 | * Art Art for Tots |
| | 10:00 - 10:45 | * Dance Tot / Adult |
| | 12:00 - 1:00 | * Yoga Stress Management |
| | 1:00 - 2:00 | Meditation Open |
| | 3:30 - 4:30 | * Dance 6 to 9 year olds |
| | 4:30 - 5:30 | * Dance 10 to 13 year olds |
| | 6:00 - 7:00 | * Yoga Family |
| 7:00 - 9:00 | * Spanish Beginning | |
| 7:30 - 8:30 | * Dance Modern I | |
| Wednesday | 6:30 - 7:30 | Meditation Open |
| | 7:30 - 8:30 | * Yoga Wake-up |
| | 12:00 - 1:00 | * Yoga Stress Management |
| | 1:00 - 2:00 | Meditation Open |
| | 3:30 - 4:30 | * Art Watercolor for Kids |
| | 5:30 - 6:30 | * Yoga Gentle |
| | 6:30 - 8:00 | * Art Figurative Sculpture |
| | 7:30 - 9:00 | * Dance Basic Swing |
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| Thursday | 6:30 - 7:30 | Meditation Open |
| | 7:30 - 8:30 | * Yoga Wake-up |
| | 10:00 - 11:00 | * Dance 3 to 5 year olds |
| | 12:00 - 1:00 | * Yoga Stress Management |
| | 1:00 - 2:00 | Meditation Open |
| | 3:30 - 4:30 | * Dance Beginning Ballet |
| | 4:30 - 5:30 | * Dance 10 to 13 year olds |
| | 5:30 - 6:30 | * Yoga Gentle |
| | 6:30 - 7:30 | * Tai Chi Beginning |
| 6:30 - 7:30 | * Art in the Afternoon | |
| 7:30 - 8:30 | * Dance Modern I | |
| Friday | 6:30 - 7:30 | Meditation Open |
| | 7:30 - 8:30 | Yoga Wake-up |
| | 12:00 - 1:00 | Yoga Stress Management |
| | 1:00 - 2:00 | Meditation Open |
| | 4:00 - 5:30 | Dance DancingRound |
| | 5:30 - 6:30 | Yoga Gentle |
| Saturday | 9:00 - 10:30 | * Yoga Vinyasa |
| | 1:00 - 2:00 | * Dance Salsa Experience |
| Sunday | 9:00 - 10:30 | Meditation Satsang |

DANCINGROUND PERFORMANCE



Dakota Snow and Lizz Utt



Emma Coke, Hayden Mickelberry, and Emma Bennett

The **Spring DancingRound Performance** was a rousing success. A huge thank you goes to the performers and their families for all the enthusiasm and talent: Alex Frisk, Leanna Hill, Emma Bennett, Emma Coke, McKatelyn Lawson, Hayden Mickelberry, Michelle Deveney, Nate Top, Andy Larson, Lizz Utt, Shayla Olson, Abigail Scheele, Cacia Cannon, Millie Baur, Cameron Graham, Dakota Snow, and Tabby Boeder. Thank you!

APRIL SATSANG

This month we will be discussing *The Yoga Sutras of Patanjali: The Threads of Union* translated by BonGiovanni. Please join us on Sunday mornings at 9:00 am for the following discussions:

Sunday April 8th - Concentration

Sunday April 15th - Practice

Sunday April 22nd - Progressing

Sunday April 29th - Liberation

UPCOMING EVENTS

Looking ahead to May, what would Cinco de Mayo be without **Mucha Vida Musica**?! There will be music and food and activities for the whole family! It all begins at **5:00 pm** on **Saturday May 5th**, so plan on it!