

Communicating Vessels Center for Meditation, Inc.



Yoga, Dance, and Art

aligning the mind, the body, and the spirit



News at the Center
January 2007

January Yoga Special

Bring a friend to the Monday, Wednesday, or Friday
7:30 am yoga class and both of you are free!

MUSIC and ART

We are excited to announce that for this month's concert on Saturday January 20th at 7 pm, **Talia Barnes** and **Jamie Lund** will be singing and performing their original songs. Their music is alternative and includes piano, guitar, and vocals. Please join us for an evening of beautiful music and fine entertainment. (\$5.00 suggested donation for the musicians at the door.)

If you have been to meditation or a yoga class in the past month, you are bound to have noticed the beautiful landscapes, seascapes, and forestscapes adorning the CV Center's walls. This expressive art is from painter (and neighbor) **Vernon LaFond**. LaFond was born in Yoncalla, Oregon in 1914 and grew up in Lebanon. He showed an interest in art at an early age, using watercolors to create paintings and greeting cards for friends and family. He made his first official entry into the art world at the Oregon State Fair at the age of ten. He began working with pastels at age fourteen and took up oils and acrylics in his forties. Known as a jack-of-all-trades, LaFond and his wife Lucille owned LaFond's Cafe at 4th and Lyon in the fifties. As well he has worked as a barber, barrel cooper, custodian, and movie film projectionist. He retired as a Linn Deputy Sheriff in 1974. Vernon returned to painting during his recovery from open-heart surgery in 1998 and continues to work in a variety of media.

DANCINGROUND **Performing Company**

The CV Center is proud to host the DancingRound Performing Company. Both rehearsals and performances for the company will be held at the CV Center. This month the company will audition new members and begin creating and rehearsing dances for the spring performance. **Auditions will be held Saturday January 13th and Saturday January 20th from 10:30 a.m. to noon.** No previous dance experience is necessary and all ages are encouraged to participate.

JANUARY SATSANG

For Satsang in January we will be reading (and perhaps writing) haiku. The length of a human breath is the length of a haiku poem, about 17 syllables. The wisdom of the words is timeless, but the effect of reading them is immediate and gratifying, and it illuminates the eternal moment. Consider these poems and join us on Sunday mornings at 9:00 am:

Sunday January 7th

Sitting by the fire
Another self is walking
Into the north wind.

— Matsukazi Tetsunosuke

Sunday January 14th

Opening my hands
Nothing can be found in them--
The lingering cold.

— Kato Koko

Sunday January 21st

Being only a drop
Between heaven and earth
Utterly naked.

— Uzaki Fuyuo

Sunday January 28th

One after another
As the birds dip their sharp beaks—
Water-rings of spring.

— Kato Koko

MEDITATION

Also known as "focused breathing," meditation is an effective tool for managing stress because it helps to lower the level of cortisol in the blood. Cortisol is a hormone that is produced in response to stress, but when cortisol levels remain too high for too long, disease can occur. During meditation the mind is gathered in the present, which cuts the natural tendency to worry about future events or obsess about previous actions. The activity in the brain also changes during meditation as the brain waves become longer, akin to those produced during deeply relaxed states. (paraphrased from *Ageless Yoga: Gentle Work-outs for Health and Fitness* by Juliet Pegrum)

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Winter Class Schedule (January 8 to March 24)

Monday
6:30 - 7:30 **Meditation** Open
7:30 - 8:30 **Yoga** Wake-up
10:00 - 11:00 ***Yoga** Bring Baby
12:00 - 1:00 ***Yoga** Stress Management
1:00 - 2:00 **Meditation** Open
3:30 - 4:30 ***Art** Kids Love Clay
3:30 - 4:30 ***Dance** 13+ year olds
4:30 - 5:30 ***Yoga** Teen
5:30 - 6:30 **Yoga** Gentle
6:30 - 7:30 ***Art** Movement, Art, and Play
7:30 - 8:30 ***Dance** Salsa
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** Fun for Preschoolers
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** 7 / 9 year olds
4:30 - 5:30 ***Dance** 10 / 12 year olds
5:30 - 6:30 **Yoga** Gentle
6:30 - 7:30 ***Yoga** Family

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
3:30 - 4:30 ***Dance** 13+ year olds
4:30 - 5:30 ***Yoga** Teen
5:30 - 6:30 **Yoga** Gentle
6:30 - 7:30 ***Dance** Adult Creative
6:30 - 8:00 ***Art** Sculpting the Head in Clay
7:30 - 9:00 ***Dance** Basic Swing

Thursday
6:30 - 7:30 **Meditation** Open
7:30 - 8:30 ***Yoga** Wake-up
10:00 - 11:00 ***Dance** 3 / 5 year olds
12:00 - 1:00 **Yoga** Stress Management
1:00 - 2:00 **Meditation** Open
3:30 - 4:30 ***Dance** 7 / 9 year olds
4:30 - 5:30 ***Dance** 10 / 12 year olds
5:30 - 6:30 **Yoga** Gentle
6:30 - 7:30 ***Tai Chi** Beginning

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
5:30 - 6:30 **Yoga** Gentle

Saturday
9:00 - 10:30 **Yoga** Vinyasa
10:30 - 12:00 **Dance** DancingRound company class

Sunday
9:00 - 10:30 **Meditation** Satsang



FEES: Yoga classes: \$9.00 per class or \$40.00 for a 5-class punch card
DancingRound company class \$35.00 per month
Meditation and Satsang: free

* please register through Albany Parks and Recreation 541-917-7777 www.cityofalbany.net/parks