

# Communicating Vessels Center for Meditation, Inc.



## Yoga, Dance, and Art

aligning the mind, the body, and the spirit



News at the Center  
March 2007

### THERAPEUTIC REST

by Jimpi

Mr. and Mrs. Yamamoto, caretakers of the high school I attended in Utah, lived in a couple of rooms just inside the main entrance of the building. I don't recall a single time during those winters when the walks and two pavillions in front of the school were not clear of snow, and yet I only ever witnessed one person, Mr. Yamamoto, a man of slight build in at least his late sixties then, shoveling snow. How he did the job was remarkable in the way he would rest between bursts of effort. Steadily working and regularly resting; in fact, it is the image of him resting that I remember best. He would stand behind the vertical shovel with both hands resting on the end of the shovel handle—completely still and relaxed. Then he would start again.

I was remembering him because this past winter Brooke and I read an account of the 1996 ascent of the north face of Everest. While visiting her brother, Barclay, a physician and mountaineer in Salt Lake City, we had several conversations about the many popular books and films that have brought such perilous high-altitude stories to light in recent years. He talked about "therapeutic rest" in the context of the extreme conditions climbers train for and endure. We see and read about them near the summit, taking a step and then resting before being ready to take another step or two, before being compelled to stop and rest again. It may be hard for us who have not been to high altitudes to relate, and yet therapeutic rest is useful to understand in order to make our yoga practice or exercise regimen more effective. In sports medicine it is now recognized that time to recover is essential to making progress in training. A great aid to this understanding can be experience and the practice of awareness.

Dr. Barclay defines therapeutic rest as: "Down time at the right time. Short or long, when or where—dependent on individual needs and circumstances—one must escape the gravitational pull of mother earth." He went on in a recent letter to express his belief that "the body tells us quite clearly if we are out of balance through pain and fatigue."

In yoga we continually refine our ability to tune in to the breath for the signals it gives in order to adjust the way we move between or hold asanas or poses.

(to be continued...)

### DANCINGROUND PERFORMANCE

On **Friday March 23rd at 6:00 pm** you will be astonished and delighted by a variety of dancers and performers. Among the attractions will be **toddler dancers and their significant adults** expressing their love for each other through dance; the **3 to 5 year olds** being amazing whatever they decide to do; and the **7 to 9 year olds** expressing the joys of spring through movement and smiles.

The **West Albany Swing Club** dancers, under the direction of Jacqueline Godby, will be performing three of their favorite dances, and the **WAHS Drama Club**, under the direction of Cameron McFee, will present three dramatic pieces from, respectively, *Seussical the Musical*, *You're a Good Man Charlie Brown*, and *Chess* through the talents of actors Cameron Graham, Millie Baur, and Nate Top.

**DancingRound Performance Group** will present two pieces: one that depicts the mental rigors of yoga performed by Jimpi and Cacia Cannon and a lyrical solo piece indicative of everlasting hope and human joy also performed by Cacia Cannon.

We've had a creative and happy eleven weeks of dancing this term, and we are grateful for the opportunity to show what we've learned by performing. Come enjoy this evening of talent!

### SPRING BREAK

The CV Center will be closed from March 24th through April 1st. Spring classes begin April 2nd. Ah! Spring...

### MARCH SATSANG

The aim of **Eckhart Tolle's** teachings is the transformation of individual and collective human consciousness—a global spiritual awakening. He has written *The Power of Now* and *A New Earth*. Join us on Sunday mornings at 9:00 am for the following discussions stimulated by Tolle's work:

**Sunday March 4th** - *You are not your thoughts*

**Sunday March 11th** - *The present moment*

**Sunday March 18th** - *Observe the painbody*

**Sunday March 25th** - NO SATSANG (Spring Break)

# Communicating Vessels Center for Meditation, Inc.

## CLASS SCHEDULE

(April 2 to June 8)

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

## SPRING CLASSES

The CV Center's line-up of spring classes includes several new classes this term including **Beginning Ballet** on Thursday afternoons from 3:30 to 4:30 and **Survival Spanish** on Tuesday evenings from 7:00 to 9:00.

Along with the Monday night Movement, Art, and Play class, adaptive recreation will be offering **Salsa** on Saturday afternoons at 1:00 and a **Beading and Jewelry-making Class** on Thursday evenings at 6:30.

Beginning April 14th, break out your favorite writing implement and join a **Creative Writing Workshop** to be held for three Saturdays from 3:00 to 5:00 pm. The workshop will be facilitated by Brooke Bigelow who holds a masters degree in literary studies and was the marketing manager for Utah State University Press for five years.

Three Sundays in May (the 6th, 13th, and 20th) at 10:30 am a **Meditation Workshop** will be held to consider the history and significance of meditation in both religious and secular life and to explore the healthful, spiritual, intellectual, and practical characteristics of meditation.

And yoga, creative dance, tai chi, swing, salsa, meditation, and art classes are all being offered this spring at the CV Center. Please check the schedule for specific times and days.

## MUSICAL EVENTS

At the CV Center on **Friday April 6th** we are honored to host a **Community Rhythm Circle** facilitated by **Dave Chiller of Common Pulse** ([www.commonpulse.org](http://www.commonpulse.org)). This is a tremendous opportunity for anyone of any age interested in exploring rhythm and playing in a community. Or you are welcome to come just to listen. The event will begin at **7:00 pm** and instruments will be provided.

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!

## ART EXHIBITS

On display this month at the CV Center will be Jimpi's **art students' work**. You will see watercolors and ceramics, masks and rock creatures, and many other creative and interesting pieces of visual art. There will be a **reception** honoring all the artists from this term's art classes at the DancingRound Performance on **Friday March 23rd**.