

# Communicating Vessels Center for Meditation, Inc.



## Yoga, Dance, and Art

aligning the mind, the body, and the spirit



*News at the Center*  
*May 2007*

### **RESTORATIVE POSES**

by Jimpi

(continued from the April Newsletter)

In our yoga practice when we choose poses that nourish and calm us and give us a sense of deep rejuvenation, we are doing restorative yoga. These asanas are typically supported with blocks, straps, or blankets and require us to linger in stillness for up to several minutes at a time.

A restorative practice is a good practice to cultivate on your own since often it is most helpful outside of class, to expel insomnia or allow for calm prior to or following a stressful event. Here are a few suggestions for practicing restorative poses.

Start out with a few minutes of gentle movement before settling into a restorative practice. Moving slowly and carefully will prepare the muscles for relaxation and give your body a chance to let go of its restlessness.

Support yourself with plenty of props. The more you feel your body is supported, the deeper your sense of surrendering into the pose will be.

Take the time to get comfortable on your props and make any necessary adjustments before you settle in. A small adjustment to a blanket or a minor shift in the body's position can allow for a much more enjoyable experience.

Although they look peaceful, restorative poses can be challenging. Just because the body rests quietly doesn't mean the mind will settle into stillness too. Be patient and continue to practice despite your mind's resistance.

You may choose to incorporate a couple of restorative poses into your daily practice or you may devote one entire practice each week to restorative poses. But if you practice with awareness, in time you will cultivate the ability to more easily still your body and calm your mind and rest with peace in the present moment.

[Resources for further reading: *Relax and Renew: Restful Yoga for Stressful Times* by Judith Lasater]

### **EVENTS**

**MUCHA VIDA MUSICA** Saturday May 5th at 5:00 pm. Celebrate Cinco de Mayo with music and food!

**BEGINNING MEDITATION WORKSHOP** Every religion in the world has encouraged some form of meditation, but now meditation is considered a way to lower blood pressure, clear the mind, and gain better overall health. At this workshop you will learn about the entire spectrum of meditation, from religious inception to healthful living, and you will be given practical tools to help you practice meditation on your own. (Sunday May 6, 13, and 20 10:30 - noon \$20.00)

**BELLY DANCING PERFORMANCE** Saturday May 19th at 7:00 pm

### **SCHEDULE**

The CV Center will be **closed Monday May 28th** for Memorial Day. No classes will be held.

**Summer classes and workshops** and the **KIDS' CREATIVE LIFE SUMMER CAMP** sessions will begin on July 1st. From **June 14th through June 30th** the CV Center will be closed and no classes will be held. Please see the summer schedule on the back of this newsletter for more information.

### **MAY SATSANG**

In May we will continue our discussion of *The Yoga Sutras of Patanjali: The Threads of Union* translated by BonGiovanni. Please join us on Sunday mornings at 9:00 am.

# Communicating Vessels Center for Meditation, Inc.

## CLASS SCHEDULE

(July 1 to August 30)

<b><u>Monday</u></b>	6:30 - 7:00 am	Open Meditation
	7:00 - 8:00 am	* Wake-up Yoga
	6:30 - 7:30 pm	* Movement, Art, & Play
	7:30 - 8:30 pm	* Salsa Sizzle
	8:30 - 9:30 pm	* Latin Moves
<b><u>Tuesday</u></b>	6:30 - 7:00 am	Open Meditation
	7:00 - 8:00 am	* Wake-up Yoga
	6:00 - 7:00 pm	* Family Yoga
	7:00 - 9:00 pm	* Everyday Spanish
	6:30 - 8:00 pm	* Modern Dance I
<b><u>Wednesday</u></b>	6:30 - 7:00 am	Open Meditation
	7:00 - 8:00 am	* Wake-up Yoga
	6:30 - 8:00 pm	* Figurative Sculpture
	7:00 - 9:00 pm	* Swing Dance
<b><u>Thursday</u></b>	6:30 - 7:00 am	Open Meditation
	7:00 - 8:00 am	* Wake-up Yoga
	5:30 - 6:30 pm	Gentle Yoga
<b><u>Friday</u></b>	6:30 - 7:00 am	Open Meditation
	7:00 - 8:00 am	Wake-up Yoga
	10:00 - 11:00	* Moms' Yoga
	11:00 - 12:00	* Beginning Ballet
	2:00 - 3:30 pm	* DancingRound
	3:30 - 5:00 pm	* Songwriters' Guild
	5:30 - 6:30 pm	Gentle Yoga
<b><u>Saturday</u></b>	9:00 - 10:30 am	* Vinyasa
<b><u>Sunday</u></b>	9:00 - 10:30 am	Satsang

### SUMMER WORKSHOPS

**Creative Writing for Kids** (11 to 17)  
Tuesday through Friday August 7 to August 10  
9:00 am to 12:00 \$40.00

**Songwriters Circle Guild (12+)**  
Friday July 13 to August 31  
3:30 to 5:00 pm \$20.00 yearly membership

**Creative Writing Workshop**  
Saturday August 4, 11, and 18 3:00 to 5:00pm  
\$40.00

**Beginning Meditation Workshop**  
2 sessions: Sunday July 8, 15, and 22  
Sunday August 5, 12, and 19  
10:30 to 12:00pm \$20.00

## Kids' Creative Life Summer Camp

is for **children ages 6 to 12** and introduces them to the wide and wonderful world of the creative arts. Each camp session, Monday through Thursday, will be a potpourri of exciting explorations of physical activities (such as **yoga, creative dance, and cooperative games**); individual activities (such as **creative writing, watercoloring, clay play, and reading**); and community-building activities (such as **gardening, learning and speaking Spanish, drama games, arts and crafts projects, and snack preparation**). The instructors, Brooke Bigelow and Jim Piercey, ran the After School Care program at Corvallis Waldorf school for the school year 2005-06. Jimpi is a practicing artist and a yoga and Spanish teacher. Brooke is a dance and literature instructor. For more information visit their web sites at [communicatingvessels.org](http://communicatingvessels.org) and [jimpi.com](http://jimpi.com) or email [cvcenter238@gmail.com](mailto:cvcenter238@gmail.com).

**Each session will be held at the CV Center in Albany, runs from 9:00 am to 4:00 pm Monday through Thursday, and costs \$95.00.** (Early drop off and late pick up can be arranged. Please inquire about scholarships or financial assistance.)

Session I	July 9 - 12
Session II	July 16 - 19
Session III	July 23 - 26
Session IV	July 30 - Aug 2
Session V	Aug 13 - 16
Session VI	Aug 20 - 23
Session VII	Aug 27 - 30

**TO REGISTER** pick up a registration form at the CV Center or visit our web site to print out a registration form and return it with your \$25.00 deposit or call 619-2243 or 619-8069.

(Limit of 15 children per session)