



23 November 2007

tr yoga newsletter

Dear tr students,

I hope you receive this newsletter in good health. To help ease you into the festive season this edition introduces a very relaxing pose and provides some information on forthcoming events and ideas.

To stay relaxed and energized for the busy Christmas Holiday Season, I recommend practicing Childs pose (Balasana) when it all gets a little too much:

Childs pose (Balasana)

I highly recommend this posture, it calms your body and mind, give you a gentle stretch to the entire spine, neck, shoulders and increases blood circulation to the brain which gives you an energy boost:

- 1) Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips.
- 2) Exhale and lay your torso down between your thighs. Broaden your sacrum across the back of your pelvis and narrow your hip points toward the navel, so that they nestle down onto the inner thighs. Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck.
- 3) Lay your hands on the floor alongside your torso, palms up, and release the fronts of your shoulders toward the floor. Feel how the weight of the front shoulders pulls the shoulder blades wide across your back.

Stay in the pose from 1 to 3 minutes. To come up, first lengthen the front torso, and then with an inhalation lift from the tailbone as it presses down and into the pelvis.

Contacting tr yoga

Unfortunately it appears that messages that some of you have left for me at Totally Fitness have not been communicated and I was therefore was not able to respond to you in a timely matter. To prevent this happening, please feel free to contact me **directly** via email (tessa@tr-yoga.com) or mobile (07726 439084) if you would like to sign up/cancel for a class, need information or have any other questions. Please accept my apologies if you have previously left a message and never heard anything back! I will do my best to make sure this does not happen again.

tr yoga Christmas gift

Running out of Christmas gift ideas? Would you like to give something unique, original and special? Then give, "**The Gift of Yoga**"



Yoga is a great gift for people of all ages! Yoga is a special practice that can be used to strengthen our bodies, our minds and our relationships with family and friends. Purchase a gift certificate for single classes, private classes or even better a series of classes. Contact me for details and prices on, "**The Gift of Yoga**".

tr yoga morning event

There has been lots of interest in a tr yoga morning event:

This event starting at 8.00 – 13.00 will include:

- Cleansing herbal tea upon arrival, fruits and fruit juices
- In-depth information about the principles of the Yoga and its medical and physiological benefits
- 3 different yoga styles offered by tr yoga: AM Yoga, Hot Yoga, and Yin Yoga
- A posture evaluation
- The opportunity to ask any questions you might have about the yoga, your postures and what you can do to improve
- Personalized attention to each student
- A morning full of great energy, information and lots of yoga!!

For this event I need a minimum of 4 and maximum of 10 students. The price will be no more than £35 per student. If you are interested and would like more details, please contact me and let me know which days could work for you!!!

tr promotion

Don't miss out on *Refer a Friend and Get a Class for Free!*

From 15 November 2007 to 15 December 2007, if your friend buys a class, you will receive a free class! (Limit 1 per student)

So that's it for this week, I look forward to seeing you very soon in a tr yoga class!

Namaste,

Tessa Rohrig

*Ps: Please let me know if you wish **not** to receive any information from tr yoga via email and/or post!*