

RabBoar Studio Update

April 2009

New Meditation Group and more...

Spring Has Sprung



Yes, it has been awhile since I've sent out a newsletter, and I can't really think of a good excuse — neither the dogs nor the cats can be accused of "eating my homework" when it is on the computer.

Isn't Spring a wonderful time of year? All the new growth — so many new things sprouting that I had forgotten I'd even planted.

And yes, it also includes the beginning of the mowing and weeding season.

And "Spring cleaning".

But it is always the new growth, the planting of the veggies and flowers and herbs that means "Spring" to me.

Meditation Group — Join us Sunday Evenings starting April 19th

To quote Wikipedia: "**Meditation** is a mental [discipline](#) by which one attempts to get beyond the reflexive, "thinking" mind into a deeper state of relaxation or awareness. Meditation often involves turning [attention](#) to a single point of reference. It is recognized as a component of many religions, and has been practiced since antiquity. It is also practiced outside religious traditions. Different meditative disciplines encompass a wide range of spiritual and/or psychophysical practices which may emphasize different goals -- from achievement of a higher state of

And I always feel that spending time in the garden, digging in the earth, placing the plants or pushing the seeds down into the ground can be a very relaxing, meditative, "Zen" kinda thing.

The warmth of the sun on our backs and shoulders, the feel of the earth beneath our tailbone (if we are sitting) or our feet if we are standing can be very grounding — and healing.

I call this the Yoga of Gardening — out minds become quiet, we notice the sounds of the birds, the gentle breeze, and all those little fussy thoughts that always are spinning around in our minds seem to become less noticeable and less intrusive.

We think about what the plant will look like in a few weeks or months. How that seed will grow and create food for us, and seeds for next year's planting.

Many of the flowers we grow might even end up in a salad or a healthy stir-fry. Herbs will be used in cooking and teas and even to make our sheets and towel smell sweet if we make a little bag of sage or lavender to put in our linen closet.

And while we wait for our gardens to reach maturity, the trees and bulbs will continue to display beautiful new buds and flowers and green— the color of the heart chakra — will soon wrap us in the beauty of Spring

consciousness, to greater focus, creativity or self-awareness, or simply a more relaxed and peaceful frame of mind. Giving this sense of relaxation and peace, meditation ultimately leads people to find peace within themselves."

If you have a regular personal meditation practice, you've probably already noticed feeling more relaxed. You may have notice other benefits also.

A private time for meditation can

be very important in our lives ... and very rewarding.

However, meditating with a group can make the meditation experience much stronger — we can be "carried" to new levels on the "vibes" of the group. Two people meditating create an energy that is *more* than just two. Four people might feel like 10.

Try it for yourself some Sunday evening 4:30—5:45 starting April 19th at the studio.

Class Schedule www.rabboar.com/studio

Yoga

Monday (Flowing) **5:30—7:00PM**
 Tuesday (Kundalini) **5:30—7:00PM**
 Thursday (Basic Details and Practice) **5:30—7:00PM**

Pilates

Wednesday **5:45—6:45PM**

Tai Chi Chuan

Monday (Basics) **5:30—7PM**
 Monday (Forms) **7—8:30PM**
 Wednesday (Basics) **5:30—7PM**
 Wednesday (Forms) **7—8:30PM**

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