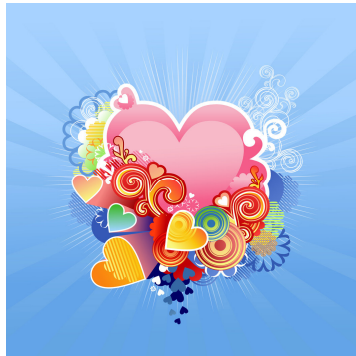


RabBoar Studio Update

May 2010

Kundalini for Compassion and Gentle Hatha

Relieve Stress with Compassion



We are about half-way through Spring. What great weather we've been having. Tomatoes are planted, zucchini is sprouting, and blueberries are filling out.

During the month of May our Thursday 7:15—8:30pm Kundalini Yoga class will focus on "Compassion". Learn how to

Meditation

Our Full Moon Meditation April 26th was amazing. What a lot of healing energy we sent out into the world ... and into each others. This meditation is based on the teachings of Yogi Bhajan and creates abundant healing energy which can be utilized by any/all members of the meditation circle for themselves or a distant loved one. The next full moon is

manage day-to-day stress by opening the heart chakra. Each class will offer you new ways to open your heart and relieve daily stress. Then you can begin to release the long-term stress which may have been with you for awhile.

We guarantee you'll feel the difference.

What have you got to lose? Ah yes, your stress!

Gentle Hatha

Join us Thursdays at 5:30pm for a gentle Hatha Yoga class. This will be *more* than a restorative class, but you will feel relaxed and restored afterward. We'll warm our muscles and our joints, stretch tight backs and hamstrings, and increase the range of motion of all major joints.

Learn some great breathing techniques to relieve stress — you may be surprised to know these breathing techniques can also relieve tightness in the shoulders and the back.

Thursdays will continue to be gentle through the summer.

For basic Yoga instruction, please contact pamela@rabboar.com to set up some private sessions.

Class Schedule www.rabboar.com/studio

Monday (Flowing/Challenging Yoga)	5:30-6:45pm	<u>Tai Chi Chuan</u>	
Tuesday (Kundalini Yoga)	5:30-6:45pm	Monday (Forms)	7—8:30PM
Thursday (Gentle Yoga)	5:30-6:45pm	Wednesday (Basics)	5:30—7PM
Thursday (Kundalini Yoga)	7:15-8:30pm	Wednesday (Forms)	7—8:30PM
Saturday (Core Strengthening Yoga)	11:00am-12:15	www.rabboar.com/studio	621-8003
Wednesday (Pilates)	5:45—6:45PM		