

RabBoar Studio Update

August 2008

New Classes — New Times

Our Kundalini Journey Continues



The Kundalini Workshop with Guru Karam and Mehtab was truly a life-enhancing, and for some, life-changing experience. Some of us even had a chance to play the gong!

Mehtab recommended I start teaching a regular Kundalini Yoga class at our studio, so that's what we're going to do.

Starting August 5 Kundalini Yoga will be offered from **6:00PM—7:30 PM every Tuesday, and will be**

appropriate for beginners or experienced students.

And we will have an occasional Saturday intensive starting in October.

We'll learn new chants and meditations, Kriyas for health, energy, and, balancing the flow of energy through our Chakras, and more.

Those of you who came to our workshop felt the difference when practicing with a group — the energy when shared is more intense and vibrant, so physical and energetic changes happen more quickly. We even find that our home practice reaches a new level.

Please join us as we continue our Kundalini Journey.



More changes coming in August

Children's room coming soon

Available during Pilates class — watch for the announcement.

Monday class will focus on slow, flowing movements with occasional holding of a pose for an extended period. So if you have 3 months of regular Yoga experience, and are familiar with Sun Salutations, you are welcome to join us.

Wednesday Pilates Class Time Changed

I know many of you would like to come more regularly to the Wednesday Pilates class, but find it hard to get the kids settled after work and still make it to class.

With that in mind, we will be starting the **Pilates class at 6:00PM.** It is a 1-hour class, and will start with a more aerobic warm-up, then continue with mat

or ball Pilates core strengthening, finishing with good stretching to keep you flexible and release some of the lactic acid built up during the class.

Watch for our announcement that we offer childcare during this class. We will have a separate room for kids 5 and up to play or watch a video (unsupervised — but you will be nearby), and in the future we hope have supervised childcare for children as young as 2 years old.

August Schedule

Yoga

Monday (Flowing)

5:30—7PM

Tuesday (Kundalini)

6:00-7:30PM

Thursday (Basic Details and Practice)

5:30—7PM

Pilates

Wednesday

6:00-7PM

Tai Chi Chuan

Monday (Basics)

5:30—7PM

Monday (Forms)

7—8:30PM

Wednesday (Basics)

5:30—7PM

Wednesday (Forms)

7—8:30PM