

RabBoar Studio Update

September 2008

Changing Seasons — Changing You

Seasons Pass Quickly



As Summer draws to a close, it seems to have just flown by. We had planned to expand our garden, or paint the trim, or do more with the kids or grandchildren.

Now the kids are back in school, and it is time to start planning *next* year's garden.

Autumn will pass quickly, and winter will be here before we know it — then spring and the cycle continues.

Time passes much too quickly to postpone the important goals — especially goals which will help you feel better and have the energy to do the special things

you have planned.

It is hard to spend quality time with your family when you are exhausted at the end of the day — or if you have aches and pains that can make even walking uncomfortable.

Taking care of you *is* taking care of your family. Just a few minutes of deep breathing every day can increase your energy and relax you.

Some simple Yoga or Tai Chi basic movements can help relieve many aches and pains — and you'd be surprised and how wonderful you feel after a complete routine.

Pilates can strengthen your core muscles giving your back the support it needs. Yoga and Tai Chi will increase strength and range of mo-

tion in all your joints.

And we include plenty of stretching in all of the classes to increase or maintain that important flexibility.

Ten minutes a day (or every-other day) is all it takes, and a few times a week a more complete routine to push yourself and changed yourself.

Just like you can't be a better piano player by practicing the same scales, you can't improve physically without pushing.

Regular exercise and deep breathing is like eating right — it is not something you can do once-in-awhile — it is a life-long commitment to better health.

Before more time passes, take time to take care of yourself.

The Season for Change

Still on the topic of seasons and change, have you noticed how many times you have said to yourself "Starting (fill in date) I am going to...." something? I am going to take guitar lessons. I am going to eat better and exercise more. I am going to write in a journal every day.

And yes, we have great intentions, and may even follow-through — for awhile.

But more often than not our commitment fades. Methab and Guru Karam men-

tioned at lunch during the Kundalini Workshop that most people say they want to change (eat better, exercise, etc), but few people really want to do anything to create that change.

We are looking for a "magic pill" — and there are a lot of those pills out there, but they are not magic and may actually be harmful.

The real magic is within you — only *you* can change *you*. Make this your season for change.



September Schedule (closed 9/29—10/3)

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**