

RabBoar Studio Update

November-December 2010

Meditation Monday and Sadhana Scheduled

Kundalini Early Morning Sadhana Sunday, December 19th



"Sadhana means a practice of self-discipline that allows one to express the Infinite within one's self." An early morning Sadhana is important because the angle of the sun to the earth is very good for meditation — there is much Prana (energy) in those hours, and the body rhythms are more set to support physical cleansing

than during the rest of day.

Doing Sadhana in a group develops "group consciousness." The happiness of one person balances the sadness of another — the entire group finds its energy directed by the activity of the sadhana itself and the group becomes tuned into the Infinite.

The Sadhana we will be practicing is the one created by Yogi Bhajan to prepare us for the Aquarian Age. We will begin at 4:00 AM (doors

will be open around 3:45 AM) and end about 6:30 AM. If you are going to be late, please quietly enter and find a place to sit. You can join us at any time, but by 4:30 at the latest would be best for you and for the rest of the group.

Please wear a head covering (even a scarf will do), and white or a light color is best. You may want to bring a shawl to use if you get cool, but we will have blankets and mats available to sit/lie on.

As Yogi Bhajan said, "The greatest reward of doing Sadhana is that the person becomes incapable of being defeated. Sadhana is a self-victory, and it is a victory over time and space."

Classes Move "Back Home" Meditation Monday

Starting November, our Yoga classes are once again being offered at 12807-5 Tucks Chapel Road in Rogers. We love our country setting and our location convenient to Rogers, Pea Ridge and Avoca. We are 10 minutes from 540/102, 10 minutes from Pea Ridge and 5 minutes or less from Avoca. Join us for a variety of classes and times.

We are offering a new class Monday nights starting in November. We will have a 30 minute Yoga class to warm up and stretch tight muscles, then we will have a 31 minute meditation. Some meditations may include pranayama (breath focus) or a chant (stimulating meridian points and/or energy centers). Meditations are from the teachings of Yogi Bhajan.

Class Schedule at 12805-7 E Tucks Chapel Road www.rabboar.com/studio

Monday (Yoga & Longer Meditation)	5:45-6:55pm	<u>Tai Chi Chuan</u>	
Wednesday (Pilates)	5:45—6:45PM	Monday/Wednesday (Basics)	5:30—7PM
Alternate Saturdays (Core Strengthening Yoga)	11:00am-12:15	Monday/Wednesday (Forms)	7—8:30PM
Tuesday and Thursday Kundalini Yoga in the tradition of Yogi Bhajan	5:45-7:00pm	Alternate Saturdays Chi Gung	9—10:30am