

# RabBoar Studio Update

**December 2008**

**Happy Stress-Free Holidays**

## Give Yourself a Gift



No matter how we celebrate the holidays this month, and how special the occasion, for some reason it has become more a time of stress than a time of joy.

And it isn't difficult to figure out why. Shopping for that special something for a loved one, knitting or crocheting or hand-crafting something even more special, baking cookies and other holiday treats ... well, the list can go on and on.

And even with all we do, how often do we still feel like we haven't done enough?

How can we feel the peace of the holiday season when we are making our lives anything but peaceful?

Do we really believe that we will lose the affection of our loved ones if we don't bake dozens of cookies, or knit everyone a scarf, or...

Of course we don't. We know the people who love us

want us to be happy, to feel calm and peaceful, and most of all to be healthy and able to enjoy the holidays with them more than they want a plate full of cookies.

So, taking a few minutes to just sit and breath deeply and slowly can calm the central nervous system, and relax our neck and shoulders — and our minds. A 10 minute walk around the block (or the backyard) can be so refreshing, and give us that little energy boost when we are feeling tired.

And, of course, just 10 minutes of Yoga or Tai Chi Chuan each morning can help us have more energy through the rest of the day.

Or a gentle practice right before bed can help relieve the daily stress and calm our minds and bodies so we can sleep better.

Scratch a few things off that list, and add instead some time for yourself — make it your daily gift to you — and know that it is also a gift to those who love you.

And ENJOY THE HOLIDAYS.



## The Gift of Love

I just searched (or should I say "googled") "The Gift of Love" just to see what I would find. As always, the search found a lot of websites, but this was my favorite:

I Agree Today  
To Be The Gift of Love.  
I Agree to Feel Deeply  
Love for Others  
Independent of Anything  
They are Expressing,  
Saying, Doing, or Being.

I Agree to Allow Love  
As I Know It  
To Embrace My Whole Body  
And Then to Just Send It  
To Them Silently and Secretly.

I Agree to Feel It, Accept It, Breathe It  
Into Every Cell of My Body on Each In-Breath  
And On Each Out-Breath  
Exhale Any Feeling Unlike Love.

I Will Repeat This Breathing Process Multiple Times  
Until I Feel It Fully and Completely  
Then Consciously Amplify in Me  
The Feeling of Love and Project it to Others  
As The Gift of Love.

This is My Secret Agreement –  
No One Else Is To Know It.

May be reproduced in totality for any peaceful purpose without financial gain.

All rights reserved, Jerome DeShazo, D.D., M.B.A., M.C.C.

## December Schedule [www.rabboar.com/studio](http://www.rabboar.com/studio)

### Yoga

Monday (Flowing)	<b>5:30—7:00PM</b>
Tuesday (Kundalini)	<b>5:30—7:00PM</b>
Thursday (Basic Details and Practice)	<b>5:30—7:00PM</b>

### Pilates

Wednesday	<b>5:45—6:45 PM</b>
-----------	---------------------

### Tai Chi Chuan

Monday (Basics)	<b>5:30—7PM</b>
Monday (Forms)	<b>7—8:30PM</b>
Wednesday (Basics)	<b>5:30—7PM</b>
Wednesday (Forms)	<b>7—8:30PM</b>

<a href="http://www.rabboar.com/studio">www.rabboar.com/studio</a>	<b>621-8003</b>
--	-----------------