



## Happy Easter!

Yes spring is coming! A time where the sun is warming the soil as the seeds are sprouting and as new life is formed. At Easter time I am reminded of the time when I was growing up. Every year my parents had family come together and put together an Easter egg hunt for the children. As the youngest of 5 siblings, my uncle took it upon himself to bring the Easter spirit to me by hiding Easter eggs in the back yard.

As I reflect on Easter time in Russelsheim, Germany, the weather was in the 40-60 degree range most of the time. The grass in the back yard was cut high. My uncle walked with me outside, looking

for the eggs. Somehow, miraculously, when I got tired of looking and just wanted to give up, he took my hand and guided me closer to where the egg was. With a big smile he said: "Don't ever give up, even though it looks like nothing is there. Look again over the same area and look closer with patience and a happy smile" Frustrated I asked: "Where are the eggs? Where



are they coming from? Why haven't I found any eggs? I just looked at this spot a little while

ago and now here are Easter eggs" He smiled, looked up to the sky, with his hand pointed up at the sky and said to me: "The eggs come from the universe"

As we go through life many times it seems impossible to accomplish or get things done. Stop to take a break. Sit quietly and just be. In your mind's eye let go and focus on where you are right now.

In your thoughts, let the Universe guide you. Listen deeply with your heart, and let it be your true inner teacher.

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4/3/07

If you want to contribute a tip for a future Info letter, please send an email to:

[simply\\_wb@yahoo.com](mailto:simply_wb@yahoo.com)

### SPECIAL POINTS OF INTEREST:

- Free chair Yoga
- Group Yoga Classes
- News
- Yoga Philosophy
- Recipes



# This Month FREE Chair YOGA

Keshena Primary School

½ hour

Tuesday April 24th, 07.

4:30 pm to 5:00 pm

Zion Lutheran Church

None

## This Month closings:

April 12th In Keshena

No classes at the Zion  
Lutheran Church this  
whole month



Colorado summer 06

When I was in CO for training with Mukunda, I took a picture every day. Someone went on a hot air balloon ride this Sunday morning.

## Great DVD or book

There is great book called the Celestine Prophecy by James Redford. It is also in DVD format. It is available at

<http://www.healthstartswithfoods.com/movie/the-celestine-prophecy.htm>

This book has a great way of explaining what universal energy is and how or why you can see or sense it.

## The Yamas and Niyamas

### Yoga Don'ts: (Yamas)

- Do no Harm (Ahimsa)
- Tell No Lies (Satya)
- No More Stealing (Asteya)
- Cool It, Casanova (Brahmacharya)
- Don't be Greedy (Aparigraha)

### Yoga Do's: (Niyamas)

- Be Pure (Shauca)
- Be Content (Santosha)
- Be Disciplined (Tapas)
- Be Studious (Svadyaya)
- Be Devoted (Ishvara-Idian Pranidhana)

Complete Idiot Guide to Yoga

## By Appointment Only

Yoga Therapy

Amma Massage

Swedish Massage

Monday – Thursday

9:30 am – 7:00 pm

Fridays

9:30 am – 4:00 pm

Saturday

9:30 am – 12:00 pm



Silvia Stoffer RYT 500

## Group Yoga Classes until end of May

07 (new classes will start in the fall 07)

### Tuesdays

January, March, May

8:30 am - 9:30 am

6:00 pm - 7:00 pm

Zion Lutheran Church, Shawano, Room B25

On-going classes

4:00 pm - 5:00 pm

Primary School, Keshena, WI.

### Thursdays

January, March, May

8:30 am - 9:30 am

6:00 pm - 7:00 pm

Zion Lutheran Church, Shawano, Room B25

On-going Classes

4:00 pm - 5:00 pm

Primary School, Keshena, WI.

To sign up call Silvia @

920.639.9086 or 715.304.9169

**First class free!**

**6 sessions: \$48.00**

**Drop In: \$12.00**

**Private Yoga \$60.00**

**Call**

**All levels are welcome!**

**Just bring a mat and a playful heart!**

## The Relay

for Life at the Shawano High school was a success. I had a lot of fun.

I gave 24 massages. Lots of people signed up for free Amma massage and the winner was:

Ronni Schweyen, Shawano

Thank you for participating in the drawing.

If you know or hear about an event that would be interested in having me demonstrate Amma massages, please let me know.

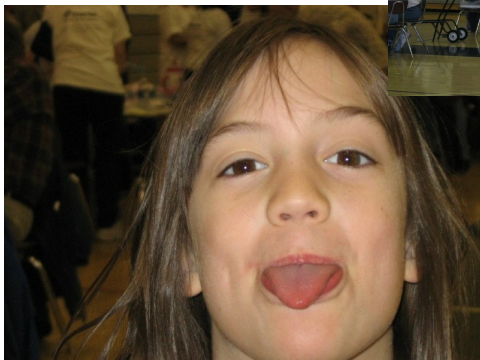
Call: 920.639.9086

## Volunteer

I am looking for volunteers to help distribute my yoga class flyer schedule every month at a favorite restaurant or public place. Placing schedules on bulletin boards, would help me greatly.

I'd like people to know that there are yoga classes at Keshena Primary School and Zion Lutheran Church and these classes continue to grow in size.

Call: 920.639.9086



Pictures from the Relay of Life

Padmasana (Lotus Pose) cross legged seated position

The ultimate yoga pose, Padmasana

(pod-MAHS-anna)  
padma = lotus



## BENEFITS

- Calms the brain
- Stimulates the pelvis, spine, abdomen, and bladder
- Stretches the ankles and knees
- Eases menstrual discomfort and sciatica
- Consistent practice of this pose until late into pregnancy is said to help ease childbirth.

**TRADITIONAL TEXTS SAY THAT PADMASANA DESTROYS ALL DISEASE AND AWAKENS KUNDALINI.**

## CONTRAINDICATIONS/CAUTIONS

- Ankle injury
- Knee injury

Padmasana is considered to be an intermediate to advanced pose. Do not perform this pose without sufficient prior experience or unless you have the supervision of an experienced teacher.

In the picture is the full Lotus pose. We practice Lotus with modifications and alterations. The full Lotus requires flexible hips and if not done right can damage the knees. It can take people many years to master the advanced position (full) of Lotus as you see it in the picture.

[http://www.yogajournal.com/poses/488\\_1.cfm](http://www.yogajournal.com/poses/488_1.cfm)

## Yoga Philosophy: Dosha

I will keep coming back to the Dosha's because of my training in Integrative

Yoga Therapy and in Structural Yoga Therapy. Every yoga posture has an effect on your Dosha and the 4 elements. For example: the Lotus pose has a beneficial effect on all 4 elements. The 4 elements (Water, Air, Fire, Earth) are a discipline of Ayurvedic medicine and its constitutional types. This is important especially for one-on-one yoga sessions. Each person's unique nature and changing conditions for her/his **energies**, temperament, and capacities need to be considered.

While reading the Yoga Journal, it said that over time the yoga tradition has impacted much of South Asia, including Thailand. Thailand has embraced many aspects of India's culture through Buddhist and Vedic practices. In each of the cultures into which yoga has been assimilated, it has been the basis of new local developments and insights that add much of the richness of yoga's approach. This could help explain why there are similarities to the Taoist healing. This is very exciting for me as I am studying Amma Therapy a form of Asian Bodywork Therapy which focus is on the balance of Qi—**energy** and the elements.

Back to the Dosha's: There are no single words in English to describe the principle of the original Sanskrit words *Vata*, *Pitta* and *Kapha*. What's most important is that **energy** is required to create movement so that **fluids and nutrients** get to the cells that enable the body to function. **Energy** is also required to metabolize the nutrients in the cells, and is needed to lubricate and maintain cellular structure. Vata is the **energy** of movement, Pitta the **energy** of digestion or metabolism, and Kapha the **energy** of lubrication and structure. Amma Therapy assists your body's **energy** to utilize the vital energy or Yuan Qi, nutrients or Ying Qi, defensive or WeiQi and blood and fluids at it's maximum capacity. The practitioner works with your meridian and muscle tendino channels through tissue manipulation to balance your **Qi (energy)**.

All people have Vata, Pitta and Kapha, but one is usually primary, one secondary and the third least prominent.

\*<http://www.tmscotland.org/mav/seasonal-tips.html>

## Recipe

**Sesame Dressing** (05/01/2000 p55 Magazine Vegetarian Times)

Makes 1 and one-quarter cups -- Egg- & Dairy-free. This dressing has a nice lemony kick. Lemons are considered a health-giving food in Ayurveda because they stimulate the digestion and are both cleansing and nourishing. Refrigerate any leftover dressing and use within 3 or 4 days.

1/2 medium red bell pepper, coarsely chopped

2 Tbs. chopped fresh ginger

3 Tbs. fresh lemon juice

1 Tbs. sugar

2 tsp. Bragg Liquid Aminos

1/3 cup sesame oil or other mild-flavored oil, plus drizzle for seasoning

### Directions:

Pinch of asafetida (optional) 1. In small saucepan, heat 1/3 cup sesame oil over low heat. Add asafetida if desired and sesame seeds and cook, stirring often, until sesame seeds just begin to turn golden, about 6 minutes.

2. Add bell pepper and cook until sesame seeds are well toasted, about 5 minutes. Add ginger and stir once or twice to coat with hot oil. Remove from heat and let cool for a few minutes.

3. Transfer sesame mixture to blender or food processor. Add lemon juice, sugar, drizzle of sesame oil and 1/3 cup water. Blend until as smooth as possible, adding more water to thin if necessary. Add liquid aminos and freshly ground pepper to taste; blend again.

<http://vegetariantimes.com/recipe/7741>

**PER tablespoon:** 50 CAL; 5 G TOTAL FAT ( 1 SAT. FAT ) ; 2 G CARB.; 1 MG SOD.;

# INTEGRATIVE YOGA

With Silvia

Room B 25

Tuesday and Thursdays

8.30 am to 9.30 am

6.00pm to 7.00pm

## May

1st, 3rd, 8th, 10th, 15th, 17th, 22nd, 24th.

6 sessions \$48.00 (2 days are elective)

minimum of 6 student required

for am or pm classes

suitable for all ages

**Location: Zion Lutheran Church,**

1254 S. Lincoln Street, Shawano, Room B25

SILVIA @ 715.304.9169 OR 920.639.9086

Posted: 03/10/2007

Namaste Silvia

# INTEGRATIVE YOGA

With Silvia

Tuesday and Thursdays

4.00 pm to 5.00 pm  
suitable for all ages

April 2007

3rd, 5th, 10, 17th, 19th, 26th,  
24th free chair yoga 4:30pm-5:00pm<sub>(Library)</sub>



Room 404

**Location: Menomonee School District  
Primary School, Keshena, WI.**

Any questions ☎ Silvia @  
715.304.9169 or 920.639.9086

Posted: 3/21/2007

Namaste Silvia

# YOGA

With Silvia  
Group Yoga Classes 2007

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