

Om DIVINE INSIGHTS

Divine Yoga Studio Newsletter

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WORKSHOP!!!
Intro to the Chakras – with Angelina Ugalde
Sept. 16, 2018
register at :
<https://chakrasdys.event>



INTRO TO THE CHAKRAS

SUNDAY SEPTEMBER 16TH 1- 3 PM

\$40

with Angelina Ugalde, RYT

AU-YOGA.COM

Divine Yoga Studio
 31629 Outer Hwy 10
 South Suite B
 Redlands

–LECTURE & DISCUSSION OF THE 7 CHAKRA SYSTEM
 –DESCRIPTION OF CHAKRAS-BOTH BALANCED & UNBALANCED
 –PRACTICAL FOLLOW UP ITEMS FOR CHAKRA AWARENESS & BALANCING

REGISTER:
[HTTPS://CHAKRASDYS.EVENTBRITE.COM](https://chakrasdys.eventbrite.com)



13 Students from Divine Yoga Studio hung, twisted and braved new poses using the rope wall during the Yoga Kurunta – Ropes workshop. See their smiling faces? And this was after the workshop!



Student Spotlight—Angie Bynon

—You may have met Angie at the studio or perhaps you have been in a class where she was practicing her Iyengar Yoga teaching. I think she is pretty special and wanted to introduce all DYS students to her. Here’s a little about Angie:

My yoga journey began in 2002 with a Rodney Yee video that I picked up as a supplement to running. I loved the benefits of yoga so much that I started teaching classes at a local gym. Yoga became so ingrained in my personal life that in 2013, while maintaining a full-time career, I enrolled in a yoga teacher training at Inner Evolution Yoga and received my 200 hour Yoga Alliance Certification and taught classes in the Vinyasa style. Shortly around that time, I met Amy Brown and occasionally popped into her Iyengar classes. I loved the deep focus on alignment, stability and how the practice took me inward and quieted my busy mind. The slower pace of Iyengar classes allowed me to pay attention and fine tune my practice. Almost two years ago, a flexor tendon laceration to my right hand brought my life to a halt and forever changed the course of my yoga journey. When I was finally medically cleared to rehabilitate my hand I only had one thought, Amy Brown’s Iyengar Yoga! It was a long and painful recovery until one day it wasn’t. I was in good hands (pun intended) with Amy. In May of this year, I saw my hand surgeon and she was surprised at the regained mobility and flexibility of my hand.

If someone asked me to tell them about Iyengar Yoga, I would say that the practice is holistic and for every-body! You can start from exactly where you are and work through injuries, whether physical or emotional. This practice is more than healing, it has been transformative in all areas of my life. Iyengar teachers are highly trained and provide safe guidance and encouragement to go beyond. Currently, I am apprenticing under Amy Brown at Divine Yoga Studio to develop myself as an Iyengar yoga teacher.

A fun fact about me? I was born in Poland. My father was part of the Solidarity Movement led by Lech Walesa and was awarded political asylum to immigrate to the United States when I was 8 years old. We picked up and moved to Buffalo, NY, in 1983. A year after settling in the USA my family was interviewed as part of a nationally televised program discussing immigrant’s adjustments to their new country. We still have the VHS tape of that interview!

Labor Day Class Schedule

- 10AM—Mixed Level Class.
- 530PM Class Cancelled.

NEW! SUNDAY CLASS!

I am happy to announce a **4PM** Sunday afternoon mixed levels class starting **September 9, 2018.**

BKS Iyengar Quotes—

“It is through the alignment of the body that I discovered the alignment of my mind, self, and intelligence.”

“It is through your body that you realize you are a spark of divinity.”

