

# ॐ DIVINE INSIGHTS

## Divine Yoga Studio Newsletter

www.divineyogastudio.com phone: 9096473964

### In this issue:

- **Workshops!** Radical Self care and Wellness in October, Pranayama workshop in November
- DYS students go to Yoga Camp!
- Home practice—Twist Sequence
- DYS offers Gift Certificates!



**NEW**  
**Sunday Class**  
**mixed levels at**  
**4PM-515PM**



It was exciting to see so many Divine Yoga Studio students attend Yoga Camp this past September 2018. While Amy taught several classes, these fabulous yogis hiked, chanted, meditated, Yoga-ed and relaxed in the beautiful San Bernardino Mountains at Camp De Benneville Pines.

*Radical Self-Care & Cultivating Wellness Workshop*

OCTOBER 13, 1-3 PM  
 WITH KRISTEN MATHESON  
 \$35 BY 10/5, \$40 AFTER

### The GIFT of YOGA!



**DYS is now offering Gift Certificates!**  
 Just in time for the holidays and other special occasions!

Now when they ask what you want—you can tell them—  
**"I want the gift of YOGA!"**

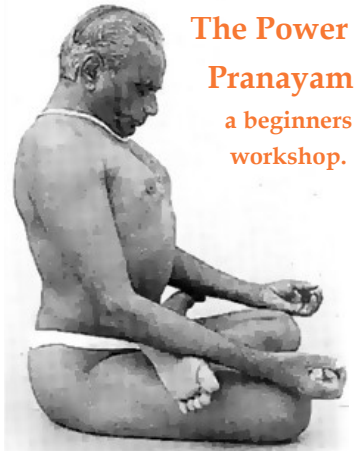
Most of us are aware how "busy" our lives are, how much doing and multi-tasking we do; but we don't see an end in sight. Modern day is full of stress. Most of us have become quite good at adapting to stress and performing under stressful conditions. Even so, chronic stress takes a toll on our health and wellness.

In this workshop we will explore specific practices and self-care techniques to manage stress, fill our reserves back up, and create wellness despite all of our busyness. These techniques will include: yoga, breath practices, meditations, herbal support, other lifestyle techniques, and more! Some Ayurvedic and Traditional Chinese Medicine techniques for cultivating wellness will also be covered.

Register at <https://www.eventbrite.com/e/radical-self-care-and-cultivating-wellness-workshop-tickets-50195964481>

### The Power of Pranayama

a beginners workshop.



**Sunday November 18, 2018**  
**2PM—330PM Cost—\$30**

Pranayama—(breath work) is a powerful tool to calm the mind and soothe the nervous system. *"The beauty of a lake reflects the beauty around it. When the mind is still, the beauty of the Self is seen reflected in it."* BKS Iyengar

Sign up by calling or, texting the Studio at 9096473964

-  1 Sukhasana (change cross) 1 x
-  2 Sukhasana Twist (simple cross legs, twist, change cross, and repeat) 2 x
-  3 Adho Mukha Virasana (extend arms forward then change cross)
-  4 Utthita Trikonasana 2 x each side
-  5 Virabhadrasana II 2 x
-  6 Ardha Chandrasana (with or without wall) 2 x
-  7 Adho Mukha Svanasana 2 x
-  8 Bharadvajisana (in chair) 2 x
-  9 Savasana 5 minutes