

# ॐ DIVINE INSIGHTS

## Divine Yoga Studio Newsletter

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### New Class—Gentle Yoga Thursday 6-7PM

Designed to offer students of all levels of yoga practice a gentler and slower approach to Iyengar Yoga.



Starts Thursday January 10, 2019



### In Memoriam Geeta Iyengar 1944-2018

On the last Sunday that I was in India, Geeta Iyengar—daughter of BKS Iyengar and Senior most Iyengar teacher suddenly passed away. Suffering from Nephritis in her youth, she lived most of her life with only 50% of one kidney in working order. Geeta devoted her life to the study of Iyengar Yoga—especially how women could benefit from the life long practice. It is with deepest sorrow that the Iyengar Community grieves the loss of a gifted and passionate teacher.



## Class Spotlight Yin Yoga Tues 5:45-7PM

**Yin Yoga** emphasizes long-held, passive holds of specific Yin poses to improve our health on many levels. Physically targeting the deeper connective tissues, mobilizing and strengthening our joints, ligaments, and deep fascial tissues. Mental, emotional, and energetic benefits also come from practicing Yin Yoga. Helping the student achieve optimal health and vitality.



**Yin Yoga Teacher Kristen Matheson—answers some questions about Yin Yoga**

**When did you start teaching Yin?** I started teaching Yin Yoga in 2014.

**What is it about Yin yoga that drew you to the practice?** The physical and mental benefits drew me to the practice of Yin Yoga. Yin Yoga helped me relieve stress, balance my activity and “doing” during the day, and help balance my high intensity workouts in the morning. It is also where I started deepening my mindfulness practice.

**How do you see Yin helping your students?** Yin Yoga provides physical, mental, emotional, and energetic benefits and for some spiritual benefits. The benefits vary for each individual based on the intention of student. Students come to Yin Yoga for different reasons which can change over time. Some students come to Yin practice to relieve stress while others come for the physical benefits of the practice, or to balance their daily movement (or lack of movement) to achieve optimal health.

**What would you say to students who might be hesitant to come to the class?** Just come try it! You will notice a difference with repeated practice. We use lots of props to take the “work” out of the poses to allow deeper healing physically and mentally. Alternatives and suggestions are given based on individual student’s needs. It is a really nice way to end the day helping you to ease into unwinding and sleep; starting the next day renewed.

### Current Schedule 2019

Day	Class	Time	Teacher
Monday	Level I	10AM –1130AM	Amy
Monday	Level II	530PM—7PM	Amy
Tuesday	Mixed level class Yin Yoga	405PM-525PM 545PM—700PM	Amy Kristen
Wednesday	Level I/II Class	830AM—10AM	Amy
Wednesday	Beginner/Level I	6PM-715PM	Amy
Thursday	Mixed level class	405PM—525PM	Amy
Thursday	Gentle Yoga	6PM-715PM	Angie B
Friday	Restorative Yoga	6PM-715PM	Amy
Sunday	Mixed level class	4PM-515PM	Amy

**SAVE THE DATE**

**Sunday Workshop with Anna Delury Senior Iyengar Teacher.**

**Sunday April 28, 2019—more info to come!**



**Amy and Tammy Gingerella, fellow Iyengar Teacher and friend at BKS Centenary Celebration in India—December 2018.**