



Experienced
Registered Yoga Teacher

Heaven



on Earth

Orland Park - cell. 708-336-0712

Yoga

msteen4den1@gmail.com

Newsletter

September 2021



Marianne Steenvoorden

Back to school September 2021

The summer is slowly coming to an end. The days are getting shorter, the nights longer, and we are again turning more inward. What good fortune it is that we do yoga.

Turning inward, connecting with the inner divine... we are so familiar with that when we lay in

Shavasana and hear..... Become aware of your toes..... And we are already letting go of stress that has been building up since the last time we took a class.

Each time I take a class (2X a week), I am so grateful to the practice. Each time I understand more and more what I really do for myself. We cannot redo our lives; our purpose is to learn the best and the most for the soul.

Whatever the soul learns in this lifetime, that is what we take with us when we pass on. It doesn't matter how hard you worked, what you did for a living, or how much money you made, but how you did it and what imprint you leave behind as you leave this planet. Whatever your soul experienced and learned to love and understand, that is what you take with you when you die.

Yoga is a great part of that learning. Each time we do yoga, we let the mind rest and connect with the Source, That which you really are. Each time it is like taking a 90 min. vacation. When you feel great after a class, you know you have connected with your essence, your Soul, your Higher Self. You are in harmony and that always feels GOOD. You can experience that every time you do yoga.

It is not so much the poses you do, but the attention you give when you do the poses. Be open to all possibilities, especially in the poses you know well. You can be a great observer; the more you are present, the more you notice, the more results you get. Every class can become a Bliss class.

I was really disappointed with the use of my legs over the last few years. Now, I am so happy with any little change I notice. It is fantastic. Yes, it was uncomfortable at first, but I tried, and came out the pose early when I needed to. The breathing is a big part of it. I am so grateful to my teachers, my body and all that I am able to do. It takes commitment and dedication for sure. It is like anything, if you want something good, you have to invest in it with time and personal space. Let's do more Yoga.

Marianne CSYT E-500, CCPYT, LYNF.

Learning consists of daily accumulating.

The practice of the Tao consists of daily diminishing; decreasing and decreasing, until doing nothing.

When nothing is done, nothing is left undone.

True mastery can be gained by letting things go their own way.

It cannot be gained by interfering.

Tao Te Ching

Books: I am reading/re-reading: *The Autobiography of a Yogi* by: Paramahansa Yogananda
Change your Thoughts— Change your Life by: Dr. Wayne Dyer.

Reminders: A little while ago I asked everyone, if they would like to write down their “story” of how they came to yoga, how they came to Heaven on Earth Yoga. I have received some wonderful stories and would like to share them with you all. I am giving everyone the opportunity to send it in before November 15, 2021. On that date it will be 21 years ago that I opened Heaven on Earth Yoga on Lake Street in River Forest, and 23 years after I started teaching Yoga. That date is special to me, like a birthday. The stories I receive, are being put together and I will share them with all of you. Thank you very much for the stories I have received already, and thank you in advance for the stories that are still in the making.

From October 26- November 12 there is no class. I am trying to go to The Netherlands. Depending on the travel situations. I will keep you informed. Thank you.

Prices: 5 class pass \$ 85.00 - 10 class pass \$ 145.00

Payments are taken by Venmo or checks.
Please send checks to my home address:
Marianne Steenvoorden
8818 Golfview Dr. Orland Park, IL. 60462
Or, for people overseas, a credit card works fine.

All levels of yoga classes are offered on Zoom only.

Your first class is free. I meet with each new person privately before they join a class. This way I can show you how we set up and how we look for alignments for the optimal results. Also, I think it is a nice way to meet before we “dive” into a class.

Tuesday 9:30 a.m. and 6:30 p.m.

Wednesday 5:00 p.m.

Saturday 9:00 a.m.

Props you need:

4-6 yoga blankets

2-4 blocks

A folding chair

You need some floor space that will allow you to twist and lengthen the body.

Sometimes we need some wall space.

Yoga classes are 90 min. with a guided awareness at the beginning and end of each class. The first Shavasana is to prepare and center the body to be open to the changes that we will be creating by doing the poses. The last Shavasana is to allow the changes to sink into the layers of perception including the cells of the body on an even deeper level. This way we are able to bring our practice into the world, being more loving, kinder, not rushing to judgement and more....you can fill in the blank here. We really need more yoga in this time we are living in to deal with all the challenges we face.

Sunday, September 12, we will start our free Yoga Nidra sessions again. We will offer this every 2nd Sunday of the Month at 10:00 a.m. Central time. The session will be about 40-45 min. You need a quiet space in your home where you can be undisturbed. You can use your Shavasana set up on the floor or rest in a comfortable chair.

Fell free to share the Zoom link with friends and family or anyone who is interested in joining us. The yoga Nidra session is without video. You are able to control the video if you would like to say hello and goodby, but during the session the video is off.