

Heaven on Earth Yoga

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Reminder

Yoga allows us to turn inward connecting with our higher Selves. The more open the body is the easier we can connect with that quality of peace. The tension in the body prevents us from getting there. I take a class with a friend/colleague of mine that took most of the training with me. It is such a good reminder of how important it is to receive, and how it helps your daily practice. When you feel totally “whole” in your body, we function in the world from that place. The gentle poses, the precise alignment, and the breathing bring the body, mind, and spirit in total harmony. When we live from within, our True Self, we extend that into the world creating peace and harmony. Do more yoga.



Books I am reading:

Medical Medium by: Anthony William

Cleanse to Heal by: Anthony William

Contemplation:

This is the real secret of life- to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play. - Alan Watts

There are two ways of spreading light; to be the candle or the mirror that reflects it.....

- Edith Wharton



Yoga on Zoom

If you have not joined us yet in a Zoom yoga class and would like to try it, please do. The 1st class is free. If you like it we can set you up. You need yoga blankets, 2 blocks, a belt and a folding chair. Some props can be substituted. The better you are supported, the greater release of tension. Classes are: Tuesday's 9:30 a.m. and 6:30 p.m. Saturday's 9:00 a.m. (each 90 min.)

Starting Wednesday, November 11 a 5:00 p.m. gentle/beginning class starts. (75 min.)

Wednesday's 7:00 p.m. and Sunday's 10:00 a.m. we offer a free yoga Nidra session. (40-45 min.)

Wednesday November 11 at 5:00 p.m. CT, I am starting a gentle yoga class. This class is 75 min. We will take time for the poses and look for exact alignment using movement and pranayama (breathing practice). You need a folding chair, a belt, a pair of blocks, and yoga blankets. If you do not have yoga blankets, you can substitute bolsters or a chair. Please contact Marianne by responding to this e-mail if you are interested or call me at 708 336 0712. Your 1st class is free. After that a 5 class pass is \$85.00 and a 10 class pass is \$145.00 Payments by CC, Venmo or check.

