



Experienced
Registered Yoga Teacher

Heaven



on Earth

Orland Park - cell. 708-336-0712

Yoga

msteen4den1@gmail.com

Newsletter

Spring 2021



Marianne Steenvoorden

Hello Everyone,
Happy Easter, Happy Spring.
After all that snow that we enjoyed in the midwest, the sun has come and melts the snow. Fresh spring green start popping up in nature. Beautiful.

I am back in school to learn more about yoga poses and the therapeutic effects on the body.

Actually the course is called "Teaching on line Therapeutics" TOT for short. The first 4 week course is finished and the next 4-week session starts March 9. There are 4 4-week courses in total, so look for more goodies to come. It has created changes in my own body and helped me to strengthen my legs. I have heard many great reports from all of you that experienced the poses in the class. Thank you to all to be so gracious with you sharing. It has been really helpful, while a part of my homework is writing down the experiences of the students. We just keep on learning, don't we? I love it.

One more thing I like to share, I have had the idea of closing the Skin care part of my business a few times, and it is coming up again. April 15 I have been doing facials and body work for 44 years. And I think it is time to clean that room out and stop doing facials. I will be just focusing on Yoga. I am taking taking reservations until the end of April. For the clients that love

the products, they are available as long as they last.

Thank you very much for all the loyal customers, it sure has been a great time. I am also very grateful for the skin care business as it has supported me so that I was able to get all my yoga training. Wow, It has been a great ride from coming here in the the USA in 1983 going to beauty shows and visiting salons and spas and teach them how to use the Babor products. Then going back to my own Salon and let the distributor part go. This is where my heart is. Working with people and working on healing and beauty from within. When we feel good about ourselves the surrounding start to change also. When the skin care business was getting very busy, yoga came back to me very strongly. Although it is very nice to get a facial and/or a massage, you are depending on someone else doing it for you. With yoga you learn the tools to take care of your self whenever its is needed. It's the best gift ever. I love it.

If you have a nice yoga set-up with blankets and blocks or chair, you can do a few poses every time you feel tight or have a pain or ache. I am more than happy helping you to put a few poses together that you can easy do in your home practice. Let's try to stay healthy and flexible as long as we can.

Let's do some spring cleaning and do more yoga.

Namaste

Marianne.



Genuine compassion arises when the ability to love no longer depends on how others treat you.

– Paul Ferrini

Everything that happens to you is part of the plan for your awakening, including those challenging events that force you to shift out of your inertia and self-limiting behavior patterns.

From the depth of your soul, you call out for growth. You pray to be released from your burdens and to discover and express your gifts.

From deep within your pain you call for peace. From deep within your co-dependency, you call for the courage and the freedom to be yourself.

– Paul Ferrini