

## Meditation with Mantra "so hum"

The yogic mantra "so hum" is a reflection of the sound of the breath (imagine the sound of so as you inhale and the hum of the ocean wave with an exhale) and it also carries a contemplative meaning: "I am that" (so = "I am" and hum = "that"). This contemplation meditation is an opportunity to focus "the monkey mind".

In reversing and repeating Ham Sa after the So Hum, we understand that "That is I" and we create the space to reflect on the connection of all things and the ability to see that everything is One thing.

Find a comfortable posture for meditation (seated on a cushion or blanket, in a chair or against a wall).

Place your palms facing up in jnana mudra (forefinger and thumb touching) with your palms facing up to open your awareness or facing down to calm the mind.

Focus your attention on the tidal rhythm of your breath, feeling the rise of your inhalation (so) and the fall of your exhalation (hum).

As a creative visualization, consider the 5 billion human beings and countless creatures on Earth being fed by the same tidal rhythm of the breath.

### It's A Girl!!



Welcome Priana Cecilia Fongemie who entered the world with much love and support at 1:53 AM on Sun. Jan. 16, 2011, weighing 6.0 lbs and measuring 19.5 in long.

As is only fitting Jennifer began labor on Saturday during a yoga workshop with Lisa at Yogave' while practicing child's pose.

Congratulations to Jennifer & Kirk....She's Beautiful!!!

### New Family & Youth Yoga Sessions!

**Family Yoga**  
(ages 2-5 yrs old  
Parent & Child)

**April 2 thru  
May 7th, 2011  
12:00am-12:45pm  
Saturdays  
6 Week Session  
\$70.00/session**

**Youth Yoga**  
(ages 6-11 yrs old)

**April 7 thru  
May 19th, 2011  
4:00pm - 5:00pm  
Thursdays  
7 Week Session  
\$85.00/Session**

*Let's play, laugh, and breathe  
together as we build a foundation for  
a healthy and balanced lifestyle.*

### Know Your Kula Ferenc Sandor

*Did you know Ferenc is from Hungary?*



He met David at the UPS store, heard about Yogave' and never left! Ferenc keeps coming to yoga everyday (sometimes twice!) in order to continue to explore and observe himself on the mat. Ferenc is a Direct Support Professional for a brain injury group home and shows up to work day in and day out to support the people he works with.

We wanted to thank Ferenc for his unending support of Yogave' and honor him by helping you all get to know him too!

*Namaste, Ferenc!  
We bow to the light in you - that is the light in all of us.*

### A Yoga Fact

Number of U.S. yoga practitioners:  
72.2% yoga women Female  
27.8% yoga men Male

Above information released in the 2008 "Yoga in America" Market Study



Janu Shirshasana C is a pose that Jeanette never thought she would be able to move into.

*"To me, this pose represents the magic of yoga and the adaptability of our bodies."*

When we consciously let go of any expectations, when we practice effortless effort, and when we breathe mind fully and easy, anything is possible, even a pose like Janu Sirsasana C.

In the beginning, this pose felt awkward and unsettling, but as my asana practice evolves, I enjoy this pose more and more each day.



**Janu Shirshasana C**

There is so much being released and it helps me feel grounded.

I want to encourage everyone to practice patience with yoga postures; over time, your practice will evolve and your body, breath, and mind will fully integrate.

#### Description of Pose

Head to knee pose, or head beyond the knee pose. Janu means knee, sirs means head. Janu C is the final of the head to knee sequence in the Primary Series of Ashtanga Yoga.