



# Community Sakshat

News Letter  
Vol. 1, 2011

Dear Friends!

As always, we thank you with our whole heart for supporting Yogave' and our intention to provide donation only Yoga to anyone and everyone. We believe in unconditional generosity. We offer up what we feel will benefit our community and in that giving comes yours. We are here to receive you - hold space for you and to support you in all aspects of life.

~ Namaste, The Yogave' Family

## Highlights in This Issue

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Know Your Kula ~ Choice of Pose ~ News

### Teacher Feature!

Jeanette Richelson



I began teaching at Yogave' in August 2009.

Nothing specific called me to yoga, I went to class simply for physical reasons. I didn't fall in love with the yoga asana practice overnight or have a huge epiphany on my mat, nor did I notice positive differences in my body or in my attitude right away.

Overtime I started to notice that outside of physical strength & flexibility, I was gaining internal flexibility and fearlessness. As the energy channels within the body cleansed and cleared, I was capable of practicing other limbs of yoga, such as ahimsa, integrity, non attachment, and concentration. Asana practice motivates us to notice what we eat, how we interact with others, and who we are with ourselves.

The physical practice strengthens my awareness to my divine light and highest potential so that I can be in service to others, live in the consciousness of inclusion, lean into my own discomfort, make empowered choices and BE unconditional love.

Yoga allows me to leave behind the worry, fear, and haste that keeps us in a competitive and scarcity mindset, and it welcomes me into that space of gratitude, where this is 'plenty of time', trust, and creativity.

Yoga is hard work and sometimes it is hard to choose to be on your mats. The beauty and magic that presents itself within the practice motivates me to embrace the hard work but we must start where we are, practice peace and patience with ourselves!

My daily asana practice is the Ashtanga Primary Series.

After my morning practice there is nothing that I cannot confront, sit with, or surrender to. I am love! During mysore practice, I have moments when the heaviness, self doubt, anxiety, & expectations that arise completely float away and it is understood that nothing is as important as now.

## Yogave' 12

Yoga 12 Step Recovery

Simple guided movement  
in combination with a  
12-step meeting

Find a deeper mind-body-heart  
connection on your journey to  
recovery



2nd & 4th Friday  
Of Every Month

7:30 PM

Donation Only

Come experience the benefit of yoga as it relates to recovery. Learn how yoga and meditation can help in the process of recovering from addictions and other obsessive and/or compulsive behaviors. Those in any recovery program are welcome!

Respecting the principles of anonymity and confidentiality.

[www.YOGAVE.com](http://www.YOGAVE.com)

## WORD WONDERS



### Chakras!

There's a lot of talk about Chakras at Yogave and we wanted to extend an explanation.

Chakra refers to energy that has gathered at a specific location in the subtle body and swirls together at a high vibration. These centers of organized energy (most well known as being 7 pointed in our Western culture) collect, absorb and express Prana (the life force that moves through us).

These stacked wheels of energy encourage the manifestation of our physical form, beginning at the base of the spine and emanating out the crown of the head. As with all energy, chakras cannot be held, but their effect on the physical body can be measured by witnessing the shifts of our internal systems and when specifically attended to allow us the ability to coordinate the mind and body.

Want to know more? Email [kathleen.flanagan@yogave.com](mailto:kathleen.flanagan@yogave.com) and we'll create the space.