



Teachers & Alumni Newsletter

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Dedicated to enriching your life through the art, science and philosophy of yoga.

August 2023 Newsletter



Mark Your Calendars Workshop with Fr. Joe Pereira

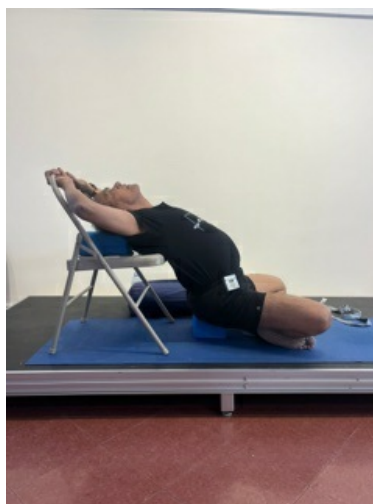
September 29th, Friday : 6 PM - 9 PM
September 30th, Saturday: 9 AM - 2 PM
October 1st, Sunday: 9 AM - 2 PM

\$199+gst

Location: Parkdale Community Association, Calgary

Register online or call the studio 403-239-3344.

www.theyogastudiocalgary.com



THE HEART MATTERS

Celebrate and be inspired by the man who seems to never age (Fr. Joe is 81!). Give your home practice a kickstart. See you there!

The heart is to our body what the engine is to the car, requiring care and maintenance. In particular, asana practice opens the front body and improves circulation through the heart and arteries. Yoga is a reminder that our heart is *also* the seat of our emotions requiring special attention.

A Yoga practice is really about cultivating a state of mind and body which in turn evokes a deep seated contentment or Samadhi. Practicing yoga as a *work in* and a workout brings true balance.

In day-to-day life it is easy to keep our heart closed and not even know it. Sometimes fear will choose for us, even unconsciously, and keep us from spontaneously responding to people and events. When we practice heart focused asana, such as front body openers and Backbends, we not only improve the overall function of the heart but we say YES to life.

It is when the intelligence of the head surrenders to the intelligence of the heart that we are said to *drop into wisdom*.

So beyond just the simple functioning of a healthy organ in our physical body, our temple, our heart health really matters.

To some, creating spaciousness in our heart centre through gentle supported asanas for just a few minutes a day yields profound differences in the way we approach life mentally, physically and emotionally.

Father Joe, a young 81 years old, known as a singing priest, forewent a typical life in India many years ago in order to serve the greater good through the priesthood. When he wavered and had a 'crisis of faith' Mother Teresa counselled him through it. His was a calling of the heart, a missive from what he calls 'his supreme yogi'.

His lifelong friendship with BKS Iyengar, gave him ways to channel his overflow of altruistic love. The two men understood each other. They were alike and recognized in each other their similar life purpose which was to alleviate suffering. They both took their work to the poor and those marginalized in health and spirit through a vigorous but effective style of yoga.

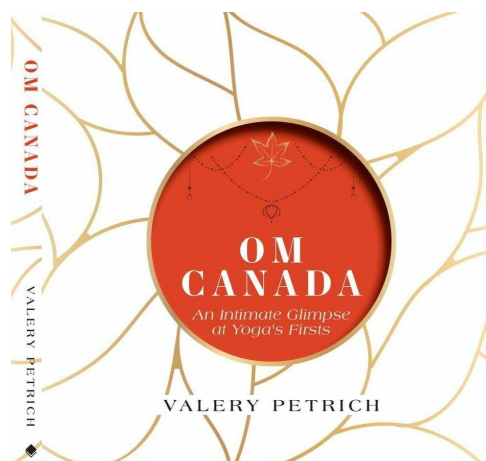
They both encouraged daily practice, in all sorts of circumstances as a spiritual way to inhabit the body lovingly, build immunity and endurance and learn to drop into restfulness when needed through stillness and silence.

Please plan on attending this workshop, whether a beginner or advanced student, to deeply self-nourish yourself and educate others how to do the same. You will know immediately you are in the presence of a Master. Small things that seem insurmountable may fall away. You will definitely get a sweet physical workout in Iyengar style asana but the added bonus is the inner well of silence when Fr. Joe shares his 5 step meditation.

'The Heart Matters'... Whether wanting to chase away lingering symptoms of Covid, remove old residual grief, add a few more years to your life through heart health, allow your emotions to flow more freely, see old friends or make new ones, this workshop for you!

'We come together, we practice together we praise the God of our understanding together and we go back into our lives with more open hearts. How much more simple can Grace be?' Fr. Joe

Om Canada is available to order.



"This is a phenomenal book of the history of Canadian Yoga. OM CANADA by Val Petrich had me be

very nostalgic of our history. I loved the photos I would never have thought existed."

Chip Wilson
Founder of Lululemon Athletica and author of “Little Black Stretchy Pants”

Click Here to Order on Amazon

Click Here to Order on FriesenPress

You can also order through 1yogalady@gmail.com for \$35.00 + \$15 shipping + handling fees.

“Love your calling with passion. It is the meaning of your life.” —Auguste Rodin

“When the flower opens, the bees will come.” —Kabir



The Yoga Studio College of Canada

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