



Teachers & Alumni Newsletter

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

February 2024 Newsletter

A Message From Val

You are invited. ...To my **Learn How to Meditate** Workshop

Come learn how to rest outside your thoughts.

Most of them are not real anyway. Meditation is about bypassing the thoughts to 'abide with ease' in the centre of our consciousness. In Yoga Speak, it is a process of clearing the dross (Vrttas) from mindfield (Buddhi).

Meditation is an art form, as exquisite as it is fulfilling.

But it is not easy. But is anything worth acquiring easy? Finishing a good piece of art, mastering music or getting a degree all require perseverance (tapas) and an eye on the goal.

Nothing happens on the spiritual path without diligent practice (Sadhana), patience and trust. And anything worth having involves practice.

To begin, watching thoughts is frustrating. How do you rally your focus on one thing, like the breath? How do you disidentify from all the stimulus your senses feed you (pratyahara)? Separate the dross from the mindfield?

One of my teachers many years ago told me the rich Inner world is the real world, all else is shifting sand and swirling atoms. He said we store enormous amounts of data and then hang on to it long after it has served its purpose. Why do we cling to those thoughts and who is doing the thinking?

Inspiring teachers like him have kept me on a path (Sadhana) all these years and keep me enthralled with old scriptures like the Vedas and Upanishads. Through direct experience we can verify what the ancient teachings tell us. And even when our practice lapses, we are drawn back. There is something in us that seeks to recognize itself.

Meditation can increase productivity by making haste slowly. It helps you make good choices, contributes to your good health, helps you sleep better and leads you test drive the Yoga Sutras philosophy which states there is a pool of blissful consciousness. It is also a fascinating study to see how science tracks this process in these times!

If you are a beginner, come and learn the fundamentals of a meditation practice with me that set you up for success, such as how to sit to align the energy in the spine and how to breathe using pranayama. Then learn how to interrupt the stream of thoughts and be indifferent to them, paying attention to only what is part of the broader pool of consciousness. If you are a regular meditator, come and refine your practice.

Valery Petrich

Director

Learn How to Meditate with Val Petrich



Want to do less with better results? Feel like you're juggling too much? Have a sense something is tapping you on the shoulder for change?

Join me in learning the practical aspects to set up a meditation practice – how to start, sustain and meet the challenges that present themselves.

Recommended for beginners or those with a regular practice who want guidance.

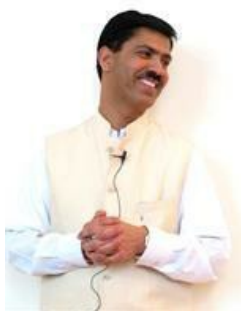
March 9, 2024

Saturday 2:30 PM - 5:30 PM

\$55 +gst

[Register online](#) or call the studio 403-239-3344.

Yoga Retreat with Pandit Dabral



Step away from the demands of your daily life and step into a rewarding, in depth experience of yoga with Calgary's beloved Pandit Dabral.

This one day retreat will:

- leave you feeling refreshed after Sun Salutations and classical yoga breathwork
- deepen your meditation practice to access intuition and clarity
- give you context for your life purpose
- demystify the meaning of yoga philosophy and esotericism
- provide a stimulating overview of the lineage of yoga
- firm up your practice, whether beginner or long time practitioner

Bring a friend! Bring a bagged lunch. Abundant free parking.

Contact Studio for outline of day.

March 16, 2024

Saturday 9 AM - 4 PM

Investment: \$150+gst

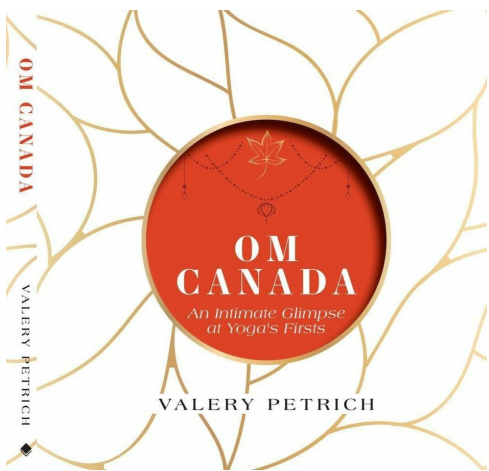
Location: Parkdale Community Association, Calgary

[Register online](#) or call the studio 403-239-3344.

Book Release

Om Canada is now available!

A unique gift for you and a yoga friend!



"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](#)

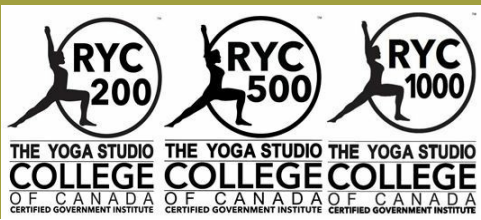
[Click Here to Order on FriesenPress](#)

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

Designation

Doing something interesting as a yoga teacher? Contact me with your latest passion to share with other teachers.

If you are a YSC alumni, contact me for your 200, 500 or 1000 hour designation at 1yogalady@gmail.com



The Yoga Studio College of Canada

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