



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

July 2022 Newsletter

## A Message From Val

**Make that call.  
The value of Satsang.**



Did you ever have an experience where you intended to reach out to someone with a phone call or a lunch invite...but never quite got around to it?

When you meditate regularly, those nudges become more frequent and clearer. They are good to follow through. The person often holds an important message for you and it is also an opportunity to make a difference in someone's life. What could be more worthwhile? We all came into this world with a suitcase full of gifts and it is time to come out of isolation and share them.

I lost my father during covid as well as my ex-husband Bohdan, with whom I was close. I trusted my meditation practice and connected with them. I really believe that if I was not a meditator I would have missed the cues that brought us that much closer together.

Similarly, I went out of my way to set up a lunch date while in Calgary last year with a YSC grad and I'm glad I did. She passed away unexpectedly this month. Brigid O'Shea was feisty and formidable. A retired nurse who suffered from MS, she would attend our Friday trainings

sometimes with tears of hopelessness. She said she looked forward all week to the lift our fellowship gave her. When we come together this way, it is called Satsang.

We can come up with lots of reasons not to reach out to people... I have found many of my resistances are selfish, how can I give up my morning nature walk? Fareed on CNN Sundays? Or my yoga routine! As a practice, I weigh out the self-indulgent choice versus calling someone I care about....and it flips the equation every time. I thank Ram Dass's book '*How can we Help*' for insight on that.

It expands our concept of *Self* by coming together in Satsang, putting another person first and lending a listening ear. For me, it seldom disappoints. It gives me a chance to really see and hear the heroism in that person. When I am an active listener, I hold the space for their qualities to shine. Recently, it seems everyone has a story and a challenge. But when I am truly listening, I also hear a resounding triumph. Everyone welcomes a chance to connect. I am also practicing phoning rather than texting. Don't we value the personal touch? The times that we find it the most inconvenient to create space for that other person in our lives is sometimes when we have the richest experience. It is a bit like those times we resist getting on our mats... only to have a breakthrough practice!

I do a lot of mentoring and coaching these days and the common theme is this. We need to lift each other up now more than ever. We are connected globally such that every issue feels like ours. And indeed, it is. Yoga philosophy teaches us there is non duality in the universe, a sameness. There is a stream of consciousness that runs through everything and we are drops in the same ocean. No wonder we pick up so much when we meditate!

Rama Vernon used to say '*get out of the kitchen and into the world*'. These are now times to step out and circulate, to be fully emerged in the dance of life (*lila*) and to choose who you want to dance with. It is a time to refresh our throat chakra and brush up our conversing skills. Join one of the many groups seeking your social activism in these times...and there are plenty. Be the change you want to see in the world. Wherever two or more are gathered, you have Satsang.

Oh and make that call.

You'll be glad you did.

**“A ship in harbour is safe, but that is not what ships are built for.” John A Shedd 1928.**

*Valery Petrich*

Director  
Yoga Studio College of Canada  
(est. 1996)

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## Himalayan Meditation

With Val Petrich  
On Zoom  
Fridays 7:00 - 8:00 pm MST  
Free, just bring your commitment.  
>[Click here to register and get the zoom link](#)<

**Want to learn how to master meditation from the master himself?**



Join Pandit Dabral  
<https://www.himalayanmeditation.com/>

## Workshop with Ryan Leier

Sunday Oct. 2, 2022 10:00 - 12:00  
Yoga Studio Calgary North  
\$49 + gst



A workshop of creativity, fun and challenge! Ryan is known for his playfulness and expertise and as founder of the national One Yoga .

>[Click here to register.](#)<

**Fr. Joe Pereira**

## Silence of the Spirit Workshop

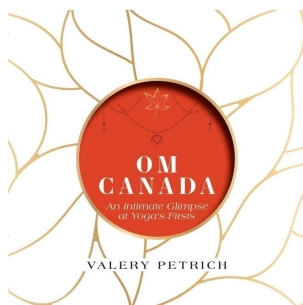


Sunday Oct. 2, 2022 12:30 - 4:30 pm  
Yoga Studio Calgary North  
\$99 + gst

Don't miss this world celebrated teacher! He returns on his 80th birthday to deliver a well rounded Iyengar restorative practice for all levels. Includes pranayama and meditation.

[>Click here to register.<](#)

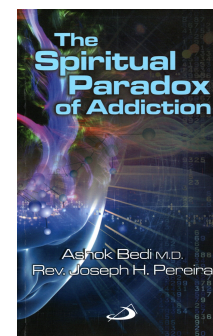
## Book Signing!



*Om Canada*

Sunday Oct. 2, 2022 4:30 – 5:30 pm  
Yoga Studio Calgary North  
200 - 1829 Ranchlands Blvd. NW  
Calgary, Alberta

Now is your chance! Join Fr. Joe and Val and have your book signed! Great gift for your yoga friend!



*The Spiritual  
Paradox of Addiction*

**Hungry for some Indian philosophy lectures to fill your evenings?  
Highly recommended!**

**RAVI RAVINDRA**

<https://www.theosophical.org/program/webinars/5332-the-heart-of-the-spiritual-search-in-india-from-the-rig-veda-to-the-yoga-sutras>

**EDWIN BRYANT**

<http://www.edwinbryant.org/>

**CONGRATULATIONS!**

**Janice Triffon**

**Jenn Punnett**



Janice (Richmond, BC) adds yet another diploma to her skill set.



Congrats to Jenn Punn for the opening of *Revive Yoga and Wellness*. Check it out at

<https://www.revivespace.ca/>



The Yoga Studio College of Canada

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