

# SUNCOAST YOGA NEWS

Serving the  
Tampa Bay Area  
since 1983



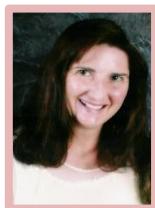
Contact us at  
[info@suncoastYoga.org](mailto:info@suncoastYoga.org)

[www.suncoastYoga.org](http://www.suncoastYoga.org)



## FROM SUSAN WASSERMAN

*In helping others and receiving help through networking, you are creating a spirit of interdependence that is practical and beneficial as well. No other business skill is*



*as valuable or provides a more lasting legacy than networking to help you reach your goals. In the process, you can build relationships that last a lifetime.*  
*Peggy Collins*

I have been busy compiling a list of all of the Yoga studios in Tampa Bay in preparation for our visitation committee to visit each one in the next month or two. When I first joined SYTA almost ten years ago, I could count the number of studios in our area on one hand. Now there are at least 45 studios, with new ones opening constantly! Many of these new owners have never heard of SYTA, so it's time to spread the word personally!

I have been casually visiting and taking classes at Yoga studios close to my home near St. Pete and am already getting new ideas for ways that SYTA can help them succeed. Here are a few that I received so far:

1. The owners that I talked to love the idea of having meetings at different studios each time - starting next year! This will give them the opportunity to showcase their studio, make a little money hosting a continuing education workshop for SYTA, and to see what other studios are doing.

2. I'm also getting a positive response to the idea of having a 1 hour "Teachers Roundtable" discussion on various topics, in lieu of a formal meeting, followed by the 3 hour continuing education workshop.

3. We are quickly realizing that Saturday morning meetings are not convenient for many studios and are open to the possibility of moving our meeting time. Soon we will be sending out a member survey covering this and other topics. Please be sure to return it to us.

If you have a Yoga studio, and have yet to hear from us, expect a phone call or e-mail in the next week or so. Also if anyone knows of a new studio opening in our area, please let me know so that we can welcome them!

Don't hesitate to contact me with any questions or ideas: 727-347-7354 or [swasserman@tampabay.rr.com](mailto:swasserman@tampabay.rr.com)

## CONTENTS

From Our Executive Director	p1
Contents	p2
Our Leadership	p2
Announcements	p3
Reminders	p4
Committee Reports	p4
ARTICLE:	
Yoga Class or Home Practice	
by Diana Reed	p5
From Spirit Springs	p6
ARTICLE: Getting to Know:	
Denise O'Dunn	pp6-8
POEM: <i>Muladhara Chakra</i>	
by Christine Cock	p8
ARTICLE:	
YOGA RESEARCH	
An interview with a neuroscientist	
at Harvard and Brown	pp8-10
ARTICLE: A YOGA DISCOVERY:	
Warm Mineral Spring	
by Barbara Shimer	pp10-11
ARTICLE:	
Rasa Lila Fest	pp12-14
FEATURED ASANA:	
Legs-up-the-wall	
by Judy Sableski	p14
FEATURED SCHOOL:	
WendyFit	pp15-16
Update: Yoga Alliance	
(National Association)	p16
Update: Yoga International Federation	
(International Association)	p17
SYTA History	p17
Recipe – Yoga Tea	p18
<b>GET PUBLISHED</b>	p18
<b>NEWSLETTER GUARANTEE</b>	p18

## OUR LEADERSHIP

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### OUR BOARD OF DIRECTORS:

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Program/Workshop

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Wanda Howe

Welcoming Committee

Barbara Shimer

Newsletter Editor: John Allcorn

allcorn@tampabay.rr.com



And don't forget to "like"

our facebook page for

further updates:

<http://www.facebook.com>

[#!/pages/Suncoast-Yoga-Teachers-Association/102658206448581](http://www.facebook.com/#!/pages/Suncoast-Yoga-Teachers-Association/102658206448581)



## ANNOUNCEMENTS

### OUR MEETINGS

Our one-hour meetings, which are held quarterly, give you the opportunity to develop special and long-lasting relationships with other teachers, let you live your vision and develop a heart-centered practice.

They also allow you to share your experiences in the loving fellowship of other teachers.

The meetings are followed by an **OPTIONAL** three hour Yoga workshop from approximately 10 AM 'til 1 PM at minimal cost and applicable to continuing education credits.

Throughout 2011, we will meet at Lifework Yoga Studio, 1223 Cleveland Street in Clearwater.

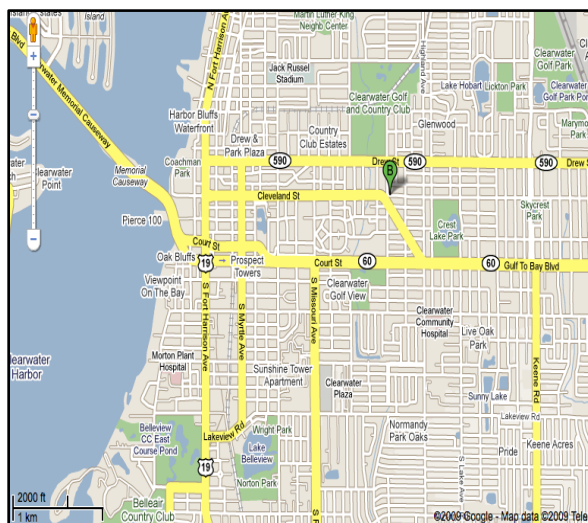
### NEXT MEETING - July 9<sup>th</sup>

We will have our next quarterly meeting (9-10am) and continuing education workshop (10 am-1 pm) featuring Asanas and Emotions with John Allcorn and Julia Miner on **July 9<sup>th</sup>**.

[http://www.suncoastYoga.org/page/workshops\\_events.html](http://www.suncoastYoga.org/page/workshops_events.html)

For our October 8<sup>th</sup> quarterly meeting, we will welcome back Swami Vidyananda, who will teach "Raja Yoga for Yoga Teachers."

Here's where we meet:



### BOARD MEETING

The next SYTA board meeting will be July 8th at 1 pm at the home of Wanda Howe –  
12004 Ridge Road  
Largo

### WORKSHOP WITH ROGER COLE

On November 11-13, SYTA will welcome Roger Cole for a weekend workshop. Registration details are on our web site:  
[www.suncoastyoga.org](http://www.suncoastyoga.org)

Roger Cole, Ph.D. is an internationally recognized Yoga teacher trained at the Iyengar Yoga Institutes in India and San Francisco. He is also a psychologist educated at both Stanford and the Univ. of Calif.

Dr. Cole has authored *Yoga Journal* columns and has trained thousands of students and teachers worldwide.

## REMINDERS

### REORGANIZATION

Suncoast Yoga Teachers Association has undergone a radical and exciting new reorganization. Instead of a board and officers, we now have a board and an executive director.

Our new executive director will be Susan Wasserman, a highly qualified and experienced leader of Suncoast Yoga Teachers Association for many years.

The board directors remain the same and includes those listed above.

### FACEBOOK

You can also “like” our Suncoast Yoga Teachers Association Facebook page and post your news there.

<http://www.facebook.com/#!/pages/Suncoast-Yoga-Teachers-Association/102658206448581>

### DUES

Note new dues policy: Due every 12 months on your pay date (If you pay



dues in Feb.2011, your dues will be due again on Feb.2012) Send your dues of \$25

to:

Susan Wasserman  
7015 Grevilla Avenue South  
South Pasadena., FL

### FREE STUFF

Yoga teachers can get free handouts and free quotes at <http://traditionalyogateachertraining.tripod.com>

The non-copyrighted handouts can be copied/pasted from the web site at no charge. There are hundreds of quotes in the “Yoga Dictionary” that also cover a wide range of topics.



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## COMMITTEE REPORTS

### WELCOMING COMMITTEE

Barbara Shimer, Chair

The Welcome Committee will be visiting Yoga studios to promote SYTA.

### WORKSHOP/PROGRAM COMMITTEE

Wanda Howe and Kurt Gratzol,  
Co-chairs

We are finalizing Roger Cole for November 11-13, 2011.

If anyone in the membership knows any nationally known teachers who are willing to come to our area, please let us know, as we are getting ready to book 2012. Our e-mail address is [info@suncoastYoga.org](mailto:info@suncoastYoga.org)

If you are at least a RYT 500 and would like to teach a quarterly continuing education workshop, please contact Wanda Howe.



## **YOGA CLASS OR HOME PRACTICE: The joys of kindred spirits**

By Diana Reed

(SYTA/SSYTA)

In today's society, we are mass communicators, yet we say very little. We text each other dinner plans, tweet about mundane happenings, Facebook our activities and relationships, email our birthday wishes and iPhone our apologies. Our current generation may have a difficult time speaking one on one. As we continue to depersonalize our human experience, we can't help but miss out on some of the fundamental joys of being human.

In my Yoga classes, students will inevitably ask if there is something they can do at home because they "aren't ready" for class. Or they may suggest that it is difficult carving time out of the day to get to the studio and they are happy with a DVD or their Wii system. While I understand the hassle of getting out of the house, or complications to not going home after work in order to come to class, this is what I tell those students:

There is much to be said about being in a room with other people who share your love or passion. While it's great to have an online or phone connection and 'speak' to each other any time that is convenient; when a

room is filled with shared spirits, the air is simply different. As you move through your class, whether a new or seasoned student, the energy that flows through the group is both gracious and unifying.

Are we meant to be pack animals, or navigate solo through our lives? Relationships prove that we seek out the companionship and acceptance of other life travelers. We build those relationships on mutual experience to cultivate deep trust and comfort. Forming new relationships can be difficult, especially as we age. But if we have the opportunity to walk into a room filled with people who already share a connection, we've made a crucial first step.

Of course, this philosophy extends beyond the yoga class and into all social situations. How many of us sit across from a friend while answering emails or texting someone else? Have we lost touch with the art of voice? Stepping out of isolation and reaching for another has its risks, but also holds grand rewards.

The next time you drive by a Yoga studio and consider going inside, listen to the pull of that inner voice urging you forward. You may find a new friend, experience a profound energy or simply bask in union. Step inside, unroll your mat and live the life in front of you. Turn off the phone and turn on your senses. Ignore the text and begin a real conversation. After all, we all travel the same road in

search of shared human experience. Don't miss the joys of kindred presence. Revel in the adventure that is human life. Be present.

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## FROM SPIRIT SPRINGS

(Citrus County)

Ann Sandstrom, Secretary

Spirit Springs Yoga Teachers Association

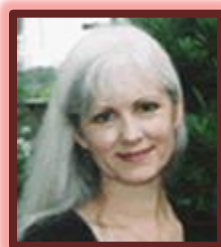
Spirit Springs continues its bi-monthly meetings and enjoys nearly half its membership attending, participating and sharing their knowledge, wisdom and enthusiasm. Penny Shaw-Bugos gave a wonderful and informative presentation on injuries and remedies for shoulder problems and how Yoga can help.

A Yoga retreat is planned for 2012. Our 2011 retreat was very well attended and we had wonderful presenters. Unfortunately, Spirit Springs spent a bit more than we took in. We hope to be able to at least break even next year.

Yoga grows in the north area. Diana Reed and Kathy Kowalski have opened their studio and have members Ingrid Benedris and Linda Murray helping out. Member Laura Boetto has a new clothing company making Yoga T-shirts called Nature Calls Shirt House. Give her a call at 352-270-6700.

For the future, our Saturday meetings will continue to be at the Train Depot and Sunday meetings will be at Pure Elements.

Chris Cock has spoken with Susan Wasserman (SYTA) and they are trying to arrange a casual/social meeting somewhere between Clearwater and Crystal River. We all look forward to that.



## GETTING TO KNOW:

Denise O'Dunn

by R. John Allcorn  
(SYTA/SSYTA)

Denise is never bored. She is the principal and administrator for the Balance and Bliss Academy of Ayurveda, an ayurvedic practitioner, a licensed massage therapist, a Yoga teacher, a board member of SYTA, a former editor for this publication and an SYTA past president. Getting to know her would do your heart good.

For more than 40 years, Denise has been involved with Yoga. She began studying Yoga in 1970 in Tampa, Florida. She received her certification as a Yoga instructor in 1985 from the United Institute of New Mexico and is registered with the national Yoga Alliance at the 500-hour level. For much of the past 25 years, Denise has taught Yoga full time and still teaches 2 classes a week at Lotus Pond in Tampa.

But in 2005 Denise expanded her eastern study to include Ayurveda therapy, the ancient Indian art and science of health and therapy. Denise received her degree in Ayurveda at the Sarasota Campus of the Florida Vedic College in 2005 and is a professional member of the National Ayurvedic Medical Association. She blends the ancient traditions of Ayurveda, Hatha Yoga and a modern approach to massage therapy into an approach to personal health that we could all use.

Denise also owns her own therapy business called Balance and Bliss which was established in Pinellas County. However, a year and a half ago, while teaching in Pinellas and Hillsborough counties, she took advantage of an opportunity to move Balance and Bliss to the 4 ½ acre wooded setting of Lotus Pond near the Citrus Park area of Tampa. When her friend Val Spies opened Lotus Pond for rentals, Denise moved in. She has been teaching Yoga at Lotus Pond and operating her ayurvedic practice ever since. She will even make house or hospital calls for Ayurvedic evaluation or consultation but does treatments only at Lotus Pond.

But there was a need for more and Denise desired to fill that need by opening the Balance and Bliss Academy of Ayurveda. The first class began its 19-month program April first and will graduate in January 2013. Denise's husband Kevin teaches the anatomy section but the

remaining classes are presented by Denise. This gives students a single and solid view of the study and



at Rasa Lila Fest

practice of Ayurveda.

Denise was able to clear up a common misunderstanding about Ayurvedic Medicine. The titles of those who practice Ayurveda are confusing for good reason. Most graduates are certified. Some, like Denise, also have an AA degree. But some are referred to as "Dr." In the US, there is no doctorate program but there is in India. If you run across a doctor of Ayurveda in the US, that person is most likely to have received his or her title in India. There the study of Ayurveda may take eight to ten years.

Many Ayurvedic practitioners, also like Denise, become licensed massage therapists so that they can touch people and include the specialized practice of Ayurvedic massage. In Florida, it is illegal for practitioners of Ayurveda, Reiki and other studies to touch clients without also holding a license in massage.

Denise O'Dunn has been with SYTA almost from its inception. She was editor of *Suncoast Yoga News* from 2002-2003. Even before that, she was our president. What Denise remembers most about her presidency is the "Overall sense of honor to help

lead such a wonderful group of teachers.” And when Denise says this, you believe it. During her presidency, Yoga Alliance was beginning and Denise managed to allay fears and welcome this important national Yoga organization. Otherwise, it was a calm and peaceful period for SYTA.

Denise has been serving on the SYTA board for years and has been particularly pleased with the way SYTA has blended its original mission with the electronic age and used the new tools of our web page and Facebook to better communicate with members and to do even more to promote our Yoga teachers and the ideas of Yoga. Her only hope is that all this continues and that we continue and expand our community involvement as we have recently done with our sponsorship of the Rasa Lila Fest (see article below) and our outreach to Tampa Bay studios.

Denise lives with her husband Kevin in Tampa and loves spending time with her granddaughters, Trinity Skye and Alchemy Nirvana.

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## MULADHARA CHAKRA

by Christine L. Cock  
(SSYTA)



Vibrations  
emerging from blood  
red  
root fluids, drawn up

through

heartwood  
rise  
up and up  
through soil and sand  
up and up  
past grunting worms, sprawling fungi  
up and up  
past mole tunnels, turtle burrows,  
trickling seeps  
up and up...  
surfacing and ascending into  
infinitesimal harmonic waves that  
    deliver the sound of all beings  
    rise as energies, unseen and  
before words  
    support as solid as rock  
    release earthly scents  
    connect to the tail-boned base  
of the spine  
    offer safe haven,  
    spark the fire, ignite the will  
    awaken the body’s center.

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## YOGA RESEARCH

Meditate to Tune Out Distractions  
Discussions with Dr. C. Kerr, PhD.,  
Harvard neuroscientist

by R. John Allcorn  
(SYTA/SSYTA)



*Dr. Catherine Kerr headed a team of scientists and others studying alpha rhythm brainwaves at Harvard Medical School’s Division for Research and Education in Complementary and Integrative Medical Therapies. Their studies concluded, among other*

*things, that people who meditate are better at ignoring distractions. The team researched chronic pain patients engaged in an 8-week Mindfulness Meditation protocol. Dr. Kerr is in the process of transferring from Harvard to Brown University in Providence, Rhode Island. She will be the Director of Translational Neurosciences for the Department of Family Medicine.*

SUNCOAST: Since you study and research alternative medicines, do you practice Yoga or some other discipline?

DR. KERR: Yes. For a long time, I studied Yoga with a student of Patricia Walden in Cambridge. Now I do Tai Chi and Qi Gong regularly.

SUNCOAST: What approach to meditation do you practice?

DR. KERR: I practice Mindfulness Meditation using a program developed by Jon Kabat-Zinn. [This meditation is said to have been taught by Gautama Buddha about 2500 years ago. The primary focus is on breathing.] This is the meditation approach we use in our studies.

SUNCOAST: What led you to do scientific research on meditation?

DR. KERR: The traditional scientific view is to separate the mind and body. The traditional approach seemed to pit the mind against the body. Many scientists still use this approach. We

want to show that you can't really do that. Our team has tried to show the necessity of recognizing the influence of the mind over the body. That is why much of my research has been on the placebo effect in treatment and recovery.

I was practicing Yoga and Qi Gong and began to see the influence of my own mind on medical issues I faced. I believed a scientific approach could be used. One study we did in 2000 compared placebo needles (injections) and pills. We found that the placebo effect of needles was greater than with pills.

SUNCOAST: What do you do in your research?

DR. KERR: Well, for example, the focus of some studies has been the somatosensory cortex of the brain. I use magnetoencephalography to investigate the effects of mindfulness meditation and Tai Chi Chuan on "moment-by-moment" changes in brain dynamics related to perceptual awareness. I also collect first-person, experiential reports on the effects of meditation and Tai Chi on perceptual awareness and healing.

SUNCOAST: How do your studies compare with those of Dr. Herbert Benson, another Harvard researcher, back in the late 60s?

DR. KERR: Dr. Benson was a pioneer in the field. We have just taken his research to the next level.

We compare the increased ability to focus with the brain's reaction and improvement in health. I mean, you can relax and be sleepy or you can relax and have a heightened awareness. We teach our subjects to heighten their awareness in addition to relaxing.

SUNCOAST: So, what will you do at Brown University?

DR. KERR: We will be doing translational research - to see if we can translate basic cutting edge brain research so that it is relevant for looking at the effects of meditation on illnesses like chronic pain. We want to focus especially on the area of knee arthritis.

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## FLORIDA'S ARTESIAN SPRING

Offers Yoga and More  
Review by Barbara Shimer (SYTA)

One of the State's best kept secrets is located in the in the community of North Port, Florida. Recently I had the pleasure of spending a mother-daughter day with my two daughters at the springs and was delighted to find such a prize in Florida. I have to say that I have never seen such a peaceful, outdoor place so close to home.

When I first entered the complex I was impressed by the beauty of the place as well as the quiet

atmosphere. The spring is surrounded by a grassy apron and soothing music is discreetly played on speakers throughout. We quickly found a place under the canopy of trees and lounged in the



chairs provided. We then read the information we were given by the friendly people at the entrance. The brochure stated that Warm Mineral Springs, also known as Warm Salt Springs, is a true artesian spring. This hourglass shaped spring puts forth 9 million gallons of mineral water daily. The spring contains 51 minerals and from conversations with several visitors they attribute healing properties to those minerals. Indeed, we discovered that folks, many of whom are Europeans, come to the springs to purposely "take the waters."

We decided that we would have time to participate in two of the four classes that were offered with the \$20.00 admission price. I chose the yoga class given by Maureen Boyle, a certified instructor. She made the class under the oaks seem like part of the natural environment. The 15 or so students had the advantage of mats and props that are stored right there and the time flew by. I spoke with Maureen afterwards and found out that she teaches there most days and is affiliated with the Chopra Center initiated by Deepak Chopra.

Although the other classes offered throughout the day may include water aerobics, hoop dancing, Pilates and hydro-Gyro, my daughters Stephanie and Dianna were more interested in facials and body massage. These activities are offered for an added fee.

When finished we decided to step into the spring. Access areas help deter any border erosion. We were amazed at the 87 degree temperature that the spring maintains all year around. We bobbed around in the waist high periphery of the spring. A lifeguard we spoke to told us if we wanted a stronger swim, we were invited to swim across the spring which is 230 feet deep in the center. After our "swim" we changed in the spacious bath house and ate lunch at the organic Café Evergreen where the meal was delicious and inexpensive.

Relaxing again under the trees, I found myself wanting to know more about this unique place. After all, I have been in Florida since 1962 and have never heard of Warm Mineral Springs! We spoke with one of the employees and learned that the spring is actually on the National Register of Historic Places and an important underwater archaeological site. It has been found to provide remarkable restorative health benefits.

It is the only warm mineral spring in the State of Florida and the largest warm mineral spring in the world. Research was begun on the

spring in 1972. This led to protecting the site due to its archaeological significance regarding the Florida Paleo Indians.

For thousands of years the spring has been in use as shown when 10,000 year old human remains were discovered near the bottom, including a skull, and skeletal remains of a mastodon and saber tooth tiger. Scientists feel that excavations may reveal findings that may date as far back as 30,000 years. And I never knew this spring existed! Did you?

When it was finally time to leave, my daughters and I felt that this day of relaxation was just what we all needed. I felt that this hidden gem in western Florida is the perfect place to practice not only Yoga, but a little pratyahara: a place to step off the map, creating a separation from the daily worries and concerns. A place where one can take a deep breath and just let go.

If you would like to go, Warm Mineral Springs is located at 12200 San Servando Ave., North Port, FL 34287. 941-462-1692. The website is [www.warmmineralsprings.com](http://www.warmmineralsprings.com). My girls and I highly recommend it!





The Rasa-Lila Fest 2011 was the first time a major Yoga festival was held in the Tampa Bay area...and it was an overwhelming success. The festival presented Yoga classes from at least 12 different styles of Yoga, more than 7 musical groups, some spontaneous and 20 Yoga workshops and presentations. If you missed this, then you missed what was the premier Yoga event of the year for Tampa Bay.

The Rasa Lila Fest web site called it “a complete one-day retreat package in a breathtaking and engaging natural setting.” With more than 600 participants, the festival sold out. It was certainly not crowded since there was plenty of room in the spacious campground to dance your heart out and not run into anyone, as some people were doing. The coordinator of this event and hero of the day was Nathan Bangs who said, “We turned down lots of ticket sales due to the lack of parking at the location. This issue has already been corrected for next year’s festival. Land was not the issue, parking was.”

The festival was held on 80 acres of beautiful land on Camp Owen J. Brorein, nestled between Lake Moon and a canopy of trees providing

a respite from the afternoon heat.

After the day of music, asanas, meditation, kayaking and a myriad of other activities, some participants camped Saturday night at the campground there.

Everything seemed flawless. Nathan’s assessment: “It was perfect. We started on time, stayed on schedule, not one issue or problem from 6 am to midnight...all smiles!” It is rare to attend such an event that is so well-organized and offers so many opportunities that you sometimes have to make choices on what to do or attend.

Suncoast Yoga was well represented. Susan Wasserman presented a workshop on aromatherapy, Denise O’Dunn on



ayurveda, Wendy O’Lenic on Yoga fusion and Laraine O’Neill guided us through the Yoga Nidra.

“I thought I’d be exhausted,” said Julia Miner, “but the Yoga classes just seemed to energize me and the enthusiasm all around sure kept me going. And I did sleep well that night.”

And for the kids, Kidding Around Yoga had activities planned all day -- including yoga classes -- for all the little darlings. As you can see in this picture, Swami Vidyananda enjoyed leading the children in dance.



The name Rasa Lila comes from Hinduism, not Yoga.

Wikipedia says, “This ‘dance of divine love,’ as translated from

Hindi, is part of the traditional Hindu story of Krishna dancing with Radha and her sakhis.” It presents divine love. Nathan chose this because, “It was the vision of the Fire Yoga that started it all as the sun goes down and we all play around the campfire...Divine Play was that vision.” And they all played and played into the night.

Nathan Bangs is a Realtor who serves the entire Tampa Bay community and the man who brought all of this together. Our *Suncoast Yoga News* had a chance to talk with Nathan and here’s what he had to say:

SUNCOAST: *What experience have you had that allowed you to enjoy such a success your first time out?*

NATHAN: Zero, none, nada....I did go to Jazz Fest in New Orleans once in College.

SUNCOAST: *The day was so well done and seemed flawless. How did you do it??*

NATHAN: Since I’d never planned a Yoga Festival or any other type of festival before, I had no pre-built vision of what others have done; I just

did what I felt was right for our Yoga community. It was the attention to details and focus that made the event a success.

SUNCOAST: *What surprised you the most?*

NATHAN: How many people showed up and how easy it was to get the Yoga community together.

SUNCOAST: *Why did you do all this?*

NATHAN: I did not think it was going to be this big or that much work, but it was worth the smiles, feedback and happiness that Rasa-Lila Fest brought to the Yoga community. I



had a budget and by the time I was done it tripled. I planned it to celebrate Yoga Tampa Bay’s 2 year anniversary celebration [YTB is a website and

Facebook community dedicated to linking local yoga lovers. *ed.*] Every event I have planned for Yoga Tampa Bay was getting bigger so I guess this was to be expected. Our Yoga community is growing daily.

SUNCOAST: *So, what are your festival plans for the future?*

NATHAN: My goal for Rasa-Lila Fest 2012-Tampa Bay will be 1,000 participants and 600+ parking spots .

The Rasa-Lila Fest 2012-Tampa Bay will be at the same camp location on Saturday April 07<sup>th</sup>, 2012. I have plans to add more variety to the Yoga schedule, rent the entire campsite so we can widen the festival activity field, promote camping in advance, and possibly add a few more yoga classes.

In October I will have a Rasa-Lila Festival-Central Florida. Come enjoy The Pines at Windermere in Central Florida. I am also in the works for a Rasa-Lila Fest South Florida possible at the end of 2011 and a Rasa-Lila Fest North-West Florida in 2011.

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## FEATURED ASANA

By Judy Sableski (SYTA)

### VIPARITA KARANI

The “legs-up-the-wall pose”!

*viparita...inverted, karani....action*



Sometimes you don't feel like bending forward or back or even balancing on one leg. But do I ever refuse an opportunity to practice this pose? Never!

If you feel stressed or fatigued, this pose can be refreshing: a case of doing less and reaping more!

The pose benefits: alleviates headaches, boosts energy, and relieves lower back pain.

The contraindications: glaucoma, hypertension, stroke, and

hiatal hernia

Begin by having sufficient wall space that is clear.

Sit next to your mat with your back against the wall (the mat is on your right).

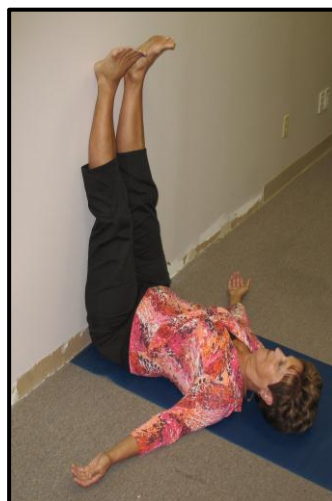
Bend both knees bringing your right foot under the left knee.

Put your right elbow on the mat and as you lean toward your mat, swing both legs up, placing them against the wall.

The first time you attempt this move, you may feel quite awkward, but it will become second nature, and it

will help bring you close to the wall.

Once you are comfortably situated, relax with your arms at your side and your eyes closed.



Then do nothing! Let

your mind be open and sense the flow of energy as you experience the process of "undoing". Open your heart. Relax your neck, head and shoulders. Feel the energy flow from the soles of your feet all the way to your head.

Time spent in this asana is one of the best things you could possibly do for yourself!

## SCHOOL FOCUS



### Wendy Fit Yoga and Pilates

by John Allcorn(SYTA/SSYTA)

Wendy Fit Yoga and Pilates offers a 200 hour teacher training course at its location on West Hillsborough Avenue in Tampa that offers students one of the least expensive yet fully accredited programs in the area. The next class is set to begin around October.

The classes are taught primarily by Wendy O’Lenic, E-RYT and focus on learning and teaching asanas. Wendy is registered with Yoga Alliance and the school is in the process of completing the registration requirements. The 200 hours are covered in approximately 6 weekends which can be completed in “one to twelve months depending on [student] attendance in classes and observing.” Additionally, students must complete about 20 hours of class observations and intern teaching.

Weekend classes are taught by Wendy and other teachers and cover a



variety of approaches to asanas. Wendy says, “The students are getting their hours through about 30 hours of classroom work with me. Then I bring in the e-ryt’s for the more specialized areas like the

Ayurveda, aromatherapy, anatomy, chakras, meditation etc....I believe they will get a better feel of the way a teacher should or should not teach by taking from as many different styles not just reading about them in a book or having me explain them.”

Good news for students is that there is no required homework or reading, but the program does offer many suggestions for students to

There are so many potentially great teachers out there that may never begin to teach because they can't afford it  
Wendy

pursue their studies. The program focuses much less on Yoga philosophy and much more on the safe and effective teaching of asanas. Classes tend to be small so more individual attention is given. The only other requirement is that students join a professional organization, and we all hope they choose the Suncoast Yoga Teachers Association. I mean, who else?

The teacher training course at Wendy Fit stands out for the low cost and variety of teachers. The total cost for a student to attend and graduate from Wendy Fit Yoga School with 200 hours would be as little as \$605.00 (Plus books and “likely costs”) but no more than \$750.00 (Plus books and “likely costs”).

“Likely costs” include the costs of classes a student must attend and “observe” as well as optional costs of extra workshops, optional retreats and travel expenses. These costs make Wendy Fit one of the most financially attractive programs around. The costs listed above include the school’s \$500.00 tuition.

If you or someone you know is interested in these classes, contact:  
Wendy O’Lenic  
Wendy Fit Yoga and Pilates  
13974 West Hillsborough Ave.  
Tampa, FL 33635  
(813) 854-5400  
Email: [studio@wendyfit.com](mailto:studio@wendyfit.com)  
Web: [www.wendyfit.com](http://www.wendyfit.com) (teacher training classes are not currently covered on web site)

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**UPDATE: Yoga Alliance**

Yoga’s national organization  
By R. John Allcorn (SYTA/SSYTA)

Yoga Alliance® is the national association for Yoga teachers. Through YA both Yoga teachers and schools of Yoga can become nationally registered, have their names available for students to locate them and help support the largest national Yoga association that promotes Yoga in the United States and abroad.

Yoga students can feel assured that the teachers registered with YA have achieved a minimum standard of education and have promised to uphold an ethical standard for their

teaching.

The Texas Yoga Association and Yoga Alliance are getting closer to keeping Yoga free from Texas state governmental control.

Many states are looking to yoga schools as a new source of revenue, but if such legislation were enacted, many smaller schools would have to close despite a growing need for competent Yoga teacher training. Efforts in Texas may set a standard for resisting such government regulation. “Yoga Alliance sees this as a national issue that requires both national and state level strategies, [and is] working on a comprehensive catalog of state regulatory efforts that relate to yoga. When we are finished we will publish it and keep it updated on our website.”

(1) YA is not only assisting the Texas association but has offered assistance to anyone concerned with this issue: “Conversely, if you are being threatened by state regulators, let us know about that as well and we will reach out to leaders from the yoga community in your state to see if there is something that Yoga Alliance can do.” (1)

The first annual **Yoga Alliance teachers' conference** is to be held Oct. 31 - Nov 3, 2011 at the Renaissance Esmeralda Resort and Spa in Indian Wells, CA. At this conference, YA will present a “discussion of what is happening at the state level and how best to further organize our efforts at both the state

and national levels” to address the issue of various governments attempting to regulate Yoga schools.  
(1)

You can contact Yoga Alliance by mail or phone at:  
1701 Clarendon Blvd. Suite 110  
Arlington, VA 22209  
888-921-YOGA (9642)

#### Works Cited

1. *YA Insider*. “Keeping you present.” March 4, 2011 Volume 1 Issue 4

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### **UPDATE:**

**International Yoga Federation**  
Yoga’s international organization  
By R. John Allcorn (SYTA/SSYTA)

If you’re interested in a more inter-cultural Yoga experience, you can start by visiting the IYF web site at:

[www.internationalYogafederation.net](http://www.internationalYogafederation.net)  
NOTE: It’s a very colorful web site!!

IYF is planning its International Yoga Convention to include the International Yoga, Yogatherapy and Ayurveda Course July 30 to 31, 2011 at the Hotel & Centro de Convenciones in Medellin, Colombia (shown below).



IYF is also planning its annual International Yoga Conference October 29 and 30 at Conrad Punta del Este Resort in Punta del Este, Uruguay. Check out their web site for details. The conference will also host the International Yogatherapy and Ayurveda Therapy Conference simultaneously.

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### **SYTA HISTORY**

In July of 1983, a small group of teachers from various Yoga backgrounds met to share and promote their interest in Yoga. As a result, the Suncoast Yoga Teachers Association (SYTA) was born. The organization was incorporated in

May 1995 and serves to:

- 1) promote Yoga awareness in the area;
- 2) provide a resource for Yoga teachers to share interests and exchange ideas, and
- 3) help teachers improve their skills and knowledge of Yoga.

From a small group of 15 teachers, SYTA has grown into what it is today.

Members live throughout Florida, the United States and Canada. SYTA members represent many Yoga disciplines, such as Integral, Iyengar, and Kripalu. The presentation of these various disciplines in workshops and quarterly meetings broadens each member’s understanding and appreciation of Yoga.

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## RECIPE

### YOGA TEA

for 4 Cups

#### INGREDIENTS:

Approx. 6 feet of lemon grass leaves - Chop into approx. 3/4" pieces  
15-20 leaves of Mint, chopped  
4-5 leaves Holy Basil, chopped  
1 tsp chopped Ginger  
3 Cups Water  
1 1/4 Cup 2% Organic Milk  
4 tsp Jaggery Syrup\* (see recipe below)

Heat water with all leaves  
Add ginger  
Allow to boil for 5 minutes  
Let "steep" for 10 minutes  
Heat Milk separately  
Add Milk and tea and serve with 1 tsp Jaggery Syrup per cup

#### JAGGERY SYRUP

Break up 1 pound lump form of Jaggery into small pieces  
Put in pot and add 1/4 Cup water  
Stir until mixture liquefies  
Cool and store in glass jar or bottle in refrigerator

\* Available at Indian grocery stores such as:

Touch of India  
25030 US Hwy 19N  
Clearwater 727-725-7747

**HEY! It's Your Newsletter**

## GET PUBLISHED!!

Your On-line newsletter is both for you and BY you. Any input you would like submit will be carefully reviewed and most likely published.

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Submit an article on a topic of your choice. Here are some suggestions:

Other Yoga associations, Yoga philosophy, teaching hints, business ideas

### LETTERS TO THE EDITOR

Send in your comments on recent events, decisions, newsletter articles or other Yoga issues

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Explain an asana: how to do it, its history, contraindications, etc.

### RECIPES

Always popular - send in your favs

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[allcorn@tampabay.rr.com](mailto:allcorn@tampabay.rr.com)

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