

Suncoast Yoga Teachers Association



Serving the
Tampa Bay Area
since 1983

Autumn 2009, Newsletter

Call us at
(727)559-7653

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www.suncoastyoga.org

Exciting Changes are Coming to Suncoast Yoga Teacher's Association!

By Jeanne Marie Wolfe, E-RYT 500, SYTA Newsletter Editor

First of all, we have a new logo for our newsletter! I hope you enjoy the lovely lotus reflected in the blue, calmly rippling waters. Universally a symbol of serenity, the flower with the fragile facade has a steely tough inner core.

"May we live like the lotus, at home in the muddy water."

~Judith Lasater

I cannot see a lotus without thinking of Judith's quote. Many of us have had the opportunity to study with Dr. Lasater. She is a nationally respected yoga teacher, physical therapist and author who has enriched our organization with her workshops. Typically she closes her classes with the words above. Those words impressed me enough to research the Asian water lily known for its delicate beauty and tenacity of its reach. In many cultures and through the ages the lotus has been a symbol of incredible elegance and strength. A lotus manages to rise from the muddy depths of ponds, lakes and marshes, spreading its long, strong stalk through the dark, murky waters until it reaches the light above. It then opens, petal by petal, to full bloom into the sun's warmth.

It's easy to see how people have long related to the gorgeous yet gutsy lotus.

We yoga teachers speak of "The Thousand-Petalled Lotus," the Crown Chakra, Sahasrara - The Seventh Chakra- symbol of final revelation and enlightenment. It is a belief held by people of many cultures that the transformation of the world into paradise can occur through the lotus which expounds fully the oneness of all life. In Buddhist tradition, the fully opened lotus petals are likened to the rays of the sun. According to the prevalent creation myth of India, there emanated


out of the primeval waters due to the mind-activity of the Supreme Being, a thousand-petalled golden Lotus. It is presided over by the god Brahma whose four (or at the very beginning of Time, five) faces oversee its quarters. Egyptian tradition also related the lotus to a transcendent strength and spirituality. It is natural, then, that the Lotus is so central to spiritual Yogic tradition.


Meditating on the lotus, it is said, brings harmony into all aspects of our being, within and without. Symbolically, it helps us make sense of the seeming nonsensical. Given the lotus plant's potency as a symbol and its thousands of years of association with spiritual practices in many traditions, the lotus deserves our special attention. So welcome the Suncoast Yoga Teacher's Association newsletter logo, gently rising from our lovely Florida waters towards the warm golden sun.


Other changes? Well, for one thing, SYTA is becoming more Internet savvy...


Suncoast Yoga Teacher's Association will soon be on Facebook. Susan Wasserman has volunteered to be our point person on this. Please sign up to be a Facebook "fan" of SYTA. Just search Suncoast Yoga Teacher's Association from your Facebook page and add us as a friend. For more information about Facebook, you can contact Susan at yogisue@tampabay.rr.com

If you haven't joined Facebook, or you've been nervous about privacy issues connected with social networking, know that you control who sees your information and what you want to share. Adjust your privacy settings as seen below. This is under the Setting menu:

 **Profile** ▾
Control who can see information on your profile page.

 **Search** ▾
Control who can search for you, what they can see, and how they can contact you.

 **News Feed and Wall** ▾
Control what Recent Activity is visible on your profile and in your friends' home pages.

 **Applications** ▾
Control what information is available to applications you use on Facebook.

Block People

If you block someone, they will not be able to find you in a Facebook search, see your profile, or interact with you through Facebook channels (such as Wall posts, Poke, etc.). Any Facebook ties you currently have with a person you block will be broken (for example, friendship connections, Relationship Status, etc.). Note that blocking someone may not prevent all communications and interactions in third-party applications, and does not extend to elsewhere on the Internet.

Block Email

If you cannot find someone to block you can block an email address. We will block any account associated with this email address currently or at any time in the future.

Block List

You have not added anyone to your Block list.

Person

Email

We acknowledge that many folks from teens to Baby Boomers rely on Facebook for information and connections. Facebook is a great place to meet old friends and make new friends. It is a grand place to freely advertise your studio or other type of service you offer.

Typically a Facebook page carries photos, videos, and space for comments. There is a reliable and informative page that lists many studios, teachers and styles on Facebook. What a wonderful way to keep in touch with other yoga teachers and organizations in other states and even other countries.

Other Changes...

Watch for more exciting news from our organization! SYTA is working to stay vibrant and fresh, offering *in house* workshops taught by members as well as weekend intensives taught by nationally known instructors. Earn CEUs and enrich your practice for yourself and your students.

Treasurer...

We are in need of a treasurer. With the new system, the treasurer will have a lot less to do. There will be a Pay Pal system in check plus a paid bookkeeper. This will decrease stress on the treasurer to a manageable degree.

The board has agreed to increase dues starting next July to \$25.00 per year. Pro-rated dues will remain in place. This will help to off-set the cost of the changes we are implementing that will put on a better face for SYTA in the community and spark membership, encourage teachers to advertise on the web site and make for better community relations.

For more information contact Annie Horbert at ahorbert@verizon.net or Barbara Shimer at bashimer@tampabay.rr.com

You can help our organization grow...

There are many new yoga teachers in this area who may not be familiar with all we offer in the way of hosting nationally and internationally respected and renowned yoga and meditation instructors.

Please support Suncoast Yoga Teacher's Association by mentioning us to any teacher unfamiliar with our organization. Maybe you could bring them to a meeting. Guests are always welcome!

Namaste'



We Are Reminded Of Good Memories By The Photo Below:

This photo was taken at the SYTA Teacher's Retreat at Chinsegut Hill, Brooksville in 2004 .

Thanks for the photo, Marty Maddox!

For those unfamiliar with our retreats, the weekend get-away offers us a time to relax, restore, and share ideas and fun with other yoga teachers. We traditionally hold the annual retreat in the spring at the University of South Florida venue, Chinsegut Hill Nature Preserve, 22495 Chinsegut Hill Rd., Brooksville, FL 34601, 352-796-2242

I won't even begin to start naming people in case I forget someone! If you want to identify people, I will re-run this photo with their names in the Winter Edition of the newsletter. Thank you!

Jeanne Wolfe, Editor of SYTA's newsletter



A reminder:
SUNCOAST YOGA TEACHERS ASSOCIATION, INC.

A not-for-profit organization

presents

Angela Farmer and Victor van Kooten
"THE BREATHING BODY"
December 5th and 6th, 2009



The present shifts in our economic and ecological environment are offering us the options of 'fear and holding-on to what appears to be slipping away'... or a "letting-go" of old ideas, values and ideals so as to open up to a new awakening of ourselves, our creativity and potential, as well as a return to our true and divine nature.

We may have all the good intentions and plans for handling the future, but without first 'going inside' and discovering where to start this process in our bodies, minds and soul, we are merely pawns in someone else's game!

During this weekend workshop we can find many ways to 'let-go', to open and to re-connect with our Base Chakra, our 'ground of being' our Muladhara. From there we can develop our power, stability and 'roots' that enable the up-rising energies of spirituality, creativity and manifestation to take form.

Just as Life sends its many twists and turns to challenge us, we shall find ways in our Asana practice to gain greater freedom, flexibility and playfulness to meet those forces that surround us. All this leads to greater ease and joy in meditation, as well as a clearer sense of our unique and individual purpose right now.

Lots of love, Angela

Victor and Angela are world-renowned Yoga teachers, having influenced many of the leading Yoga teachers in the West today. They inspire students to reflect inward and reconnect with the deep springs of wisdom, energy and creativity that lie within. They invite students to go beyond prescribed techniques of structural movement to allow the creative and intuitive spirit to emerge. Their classes are an oasis for those seeking a more internal and meditative approach and offer a wealth of poetic imagery, playful exploration and creative movement... all geared to help students find their way back to their own inner substance, guidance and wisdom.

This workshop is both a continuation and a beginning and is open to students and teachers alike. We shall focus on diving deeper into a personal and meaningful practice with emphasis on the breath, the base chakra, rooting and unraveling our bodies, minds and souls.

The location will be at the Belleair Garden Club, 903 Ponce De Leon Blvd., Belleair, FL

SATURDAY Hours: 10am to 1pm with a 1½ hour lunch break, then from 2:30pm to 4:30pm.

Bring a light lunch and beverage, as lunch is not included.

SUNDAY Hours: 10am to 3:30pm, with a very short break from between 1pm and 1:30pm. Bring a light snack.

Wear comfortable clothing. Bring a mat, blanket, block, belt and any props you use in your personal practice such as balls, lifts and physical aids. Be prepared to work barefooted.

**Questions? Call Jean Warf at (727) 595•2656
 or E-mail Jean at Jean.Warf3@gmail.com**

REGISTRATION FORM
“The Breathing Body” with Angela Farmer and Victor van Kooten
December 5th and 6th, 2009

Non refundable deposit is \$20.00. The total for the workshop is \$225.00.

Enclosed is a check payable to SYTA in the amount of \$ _____

Name: _____

Phone: (_____) _____

Street Address: _____

City: _____ State: _____ Zip: _____

E-mail address: _____

The balance for this workshop is due no later than November 1, 2009.

Please send this registration form to:

Annie Horbert, SYTA Treasurer. 13300 Indian Rocks Road, #602, Largo, FL 33774

Annie's E-mail is ahorbert@verizon.net

The location will be at the Belleair Garden Club, 903 Ponce De Leon Blvd., Belleair, FL

SATURDAY Hours: 10am to 1pm with a 1½ hour lunch break, then from 2:30pm to 4:30pm.

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Bring a light snack.

YOGA DAY USA

A reminder that **YOGA DAY USA** will be on **Saturday, January 23, 2010**. Suncoast Yoga Teacher's Association (SYTA) will again sponsor Yoga Day for our area. SYTA will purchase a large ad listing participating member studios, and will send news releases to newspapers, TV & radio stations. If you belong to SYTA and would like to list your studio as a participant, please contact Susan Wasserman at swasserman@tampabay.rr.com for an application.

OTHER SYTA NEWS

Our new **quarterly** Suncoast Yoga Teacher's Association meetings are followed by a 3 hour "internal" workshop format. The next meeting will be **January 9, 2010**. For more information contact Barb Shimer, SYTA President or any other listed officer of SYTA.

Every SYTA member is responsible for updating the SYTA membership information, especially e-mail addresses. This will be much more user friendly with our updated web site.

DUES: Some are overdue

Almost half of our SYTA members (more than 45%) have not paid their 2009/2010 dues yet (members were reminded in July). Please consult your checkbooks to find out if you have forgotten to pay your dues:)

and ...

Payment of annual dues are \$20.00 per year, prorated until July 1, 2010
when dues are \$25.00 per year.

For more information contact Annie Horbert at ahorbert@verizon.net
 or Barbara Shimer at bashimer@tampabay.rr.com

RECIPES

Asparagus Soup

From Annie Horbert:

I cook my asparagus in a steamer. I use a full cup of water and a steaming basket in my favorite steaming kettle. Once the asparagus is cooked, I save the used water in the fridge. I always have leftover (at least two dozen spears) asparagus and I do the following:

I add 3 cups of vegetable stock (made from bouillion cubes) to the leftover asparagus water I chop 1/4 of a vidalia onion and add 1/2 tablespoon lemon juice and 1/3 tsp ground coriander
2 cups of milk
salt and
pepper.

Bring that to a boil adding 3 tablespoons of all purpose flour to thicken the soup.

I add either a 1/4 cup of low fat sour cream or strained low fat yogurt when the soup has cooled somewhat.

The last ingredient should be the leftover asparagus, cut into small pieces.

I almost never eat the soup on the day that I make it. It tastes better if you let it sit in the fridge for a few days.

Annie



Shoepeg Corn Casserole

(a Native American Thanksgiving Dish)

From Michael Thomas

1 can 12 oz white shoe peg corn, drained
1 can 16 oz French green beans, drained
1/2 cup chopped celery
1/2 cup chopped green bell pepper
1/2 cup chopped onion
1/2 cup grated sharp cheddar cheese
1/2 cup sour cream
1 can 10 1/4 oz cream of celery soup
1/2 cup margarine
1 1/2 cups Ritz cracker crumbs

Combine first eight ingredients. Add salt and pepper to taste. Pour into 2 quart casserole dish. For topping, melt margarine and stir in cracker crumbs. Sprinkle on casserole. Bake at 350 degrees F. for 45 minutes.

Makes 6 servings

A definition of Shoepeg corn:

From Wikipedia, the free encyclopedia

Shoepeg corn is a cultivar of white sweet corn valued for its sweetness. It is characterized by small, narrow kernels tightly and unevenly packed on the cob. The corn has a sweet, mild flavor.

Shoepeg corn is popular in some regions of the United States, particularly in the South. An early promoter of canned shoepeg corn was Malcolm Mitchell of Maryland – his Mitchell's Shoepeg Sweet Corn is a brand still available today,[1] although its original center of production was transformed into Aberdeen Proving Ground soon after the U.S. declared war on the Central Powers in April 1917.

The name “shoepeg corn” derives from a shoe-making term used during the 1800s. Shoepeg corn kernels resemble the wooden pegs used to attach soles to the upper part of shoes.

Shoepeg corn is a common ingredient in salads and corn dishes throughout the Southern United States, but is relatively unknown in other areas of the country. It is on rare occasions available fresh in some areas, but it is most often canned.

Healing Oils and the Ayurvedic Lifestyle

By Susan Wasserman, RYT 500



Oil therapies have been used in India for thousands of years, and are considered the secret for health, beauty and longevity. Healing oils are used by ayurvedic practitioners in cleansing and rejuvenation treatments (pancha karma), as well as in simple self-massage (abhyanga) treatments.

Oil massage lubricates and nourishes the body. It improves skin tone, as well as supporting the digestive and circulatory systems. Oils release toxins and promote sound sleep. "Oil is food for the cells", says Dr. Vasant Lad, an ayurvedic physician, "When cells become dry, they look old."

Based on a client's metabolic body type (dosha) and health issues, an ayurvedic practitioner formulates a personal blend using essential oils. The essential oil is the subtlest part of the plant, and has pronounced therapeutic effects on the body, mind and emotions. Our skin is our largest sensory organ, and through it we can absorb healing essential oils into our blood stream and into the lymph fluid that exists around every cell. Think about this and imagine the chemicals we absorb everyday through over the counter creams, lotions and deodorants!

Even though essential oils have been used since ancient times, their chemistry has not been studied until the last century. In 1928, Renee-Maurice Gatefosse, French perfumer and chemist, re-discovered the healing properties of essential oils. After suffering a serious burn to his hand in his laboratory, and plunging it in a vat of lavender oil, Gatefosse discovered that this

oil eased the pain and assisted in rapid healing with no scarring. In 1930, he published his first research on the subject, and the term "aromatherapy" was born.

Five of the most common essential oils used in aromatherapy are:

Lavender: The essential oil of lavender has over 160 known medicinal properties, and is very good for almost any imbalance. It is one of the few essential oils that can be applied directly to the skin. In addition to burns, lavender is used for swelling, insect bites, stress and as a sleep aid. When in doubt, use lavender!

Rosemary: This oil is great for enhancing the memory. It stimulates circulation, and relieves joint and muscle pain. Combined with eucalyptus in an inhalation blend, rosemary is good for sinus and respiratory infections.

Clary Sage: An excellent oil for women, as it regulates the hormones- helping depression, anxiety, PMS and hot flashes.

Peppermint: One of the most aromatic and useful oils, it is very cooling to the digestive tract. It has both antiseptic and expectorant qualities, and is used for headaches, fever, sore throat and stomach upset.

Tea Tree: This oil has a long history as an anti-fungal and anti-viral agent. It is excellent for skin conditions, and is useful for colds and sore throats.

Ayurvedic practitioners also work with traditional Indian oils that have been used effectively for generations. Examples of these are:

Bhrami: In India, this medicated herbal oil is used primarily as a hair oil, as it increases hair growth and cools the scalp. It also helps in mental alertness.

Neem: This is one of most powerful healing oils for the skin. It is very strong with an acute pungent odor, and should be blended with a floral oil, such as lavender. Indians call the neem tree the "village pharmacy". Research has shown that neem oil is good for severe skin eruptions, is used as an antiseptic, and as an insect repellent.

Champa: This blend is cooling, moisturizing, great for irritated skin and can be used as an aphrodisiac.

For a personal massage blend, essential oils and Indian oils are added to a base or carrier oil specific to a person's body type. Sesame oil is ideal for vata types, fractionated coconut oil is cooling and is excellent for pitta types and kaphas need a lighter oil such as sweet almond. Jojoba oil is great for all three body types.

In ayurveda, we emphasize self-care, and an essential part of this is self-massage with your personal blend. Before or after a bath or shower, massage your body in circular movements, with longer strokes on the limbs and smaller circles on the joints. The abdomen and chest is massaged using larger clockwise motions. The oils should go into the skin quickly, and any excess should be removed with a towel.

Once you develop a daily self-massage routine, you will find yourself looking forward to treating yourself to the soothing effects of the oils. This is a simple and effective way to prevent many age-related problems that most Westerners see as unavoidable, and to feel your best at any age. According to Dr. Lad, *Snehana*, the Sanskrit word for oleation, literally means "loving your own body".

Editors Note: Susan Wasserman is a yoga teacher with certifications in yoga therapy, ayurvedic clinical consulting and aromatherapy. She is president of Yoga Flow Inc., where she offers private yoga therapy classes, ayurveda and aromatherapy consultations, essential oil products and continuing education workshops. Susan recently created a set of essential oil blends and sprays specifically for yoga practitioners (see photos). She hopes that these will find a home in bay area yoga studios and beyond. For more information about Susan and her blends, see her web site at

<http://www.yogaflowoils.com>



One Minute of Total Clarity

Introduction by Jeanne Wolfe

While writing the lead article for this newsletter, I Googled Judith Lasater to be certain I quoted her lotus reference properly. I found the following in an article written in 2004 by a workshop attendee, Cara Jepsen. I find this to be a profound way to change my day and try to remind my students.

Living (And Practicing) Your Yoga With Judith Hanson Lasater, Ph.D., PT

By Cara Jepsen

Judith Lasater began her April 16-18 workshop at Moksha Yoga by asking us if we were willing to do three things: take off our watches, move a little closer to the front of the room and set our intention for the next few hours.

When we were settled she told us a story about a teacher who began their math class each day with a moment of silence. The students' work improved dramatically as the school year progressed and, according to Judith, the brief form of meditation ended up transforming the entire school."

"Practice doesn't have to be for hours and hours each day," she reminded us. "All you need is one minute of total clarity to change your life." Then we sat silent for a moment, which is how we began each session of the weekend workshop.

Chicago Yoga Center, July - August 2004

See more about Judith Lasater and her workshops at the following link:

<http://www.yogachicago.com/jul04/lasater.shtml>

Dr. Lasater is also a physical therapist, has a Ph.D. in East-West psychology and was a cofounder of *Yoga Journal* and the California Yoga Teachers Association. Her last workshop in the Chicago area was at Lakeside Yoga in 1994, so it was a real treat to have her in town. Judith showed me how to heal a chronic knee problem at a weekend-long retreat I attended with her last year at Feathered Pipe Ranch in Montana.

From the same article by Cara Jepsen

OUR Suncoast Yoga Teacher's Association web site can direct students to teachers of many styles.

Check <http://www.suncoastyoga.org> out today! If you want to be listed as a teacher, contact Kurt Gratzol at Kurt@Gratzol.com. If you teach yoga, we'd love to meet you!

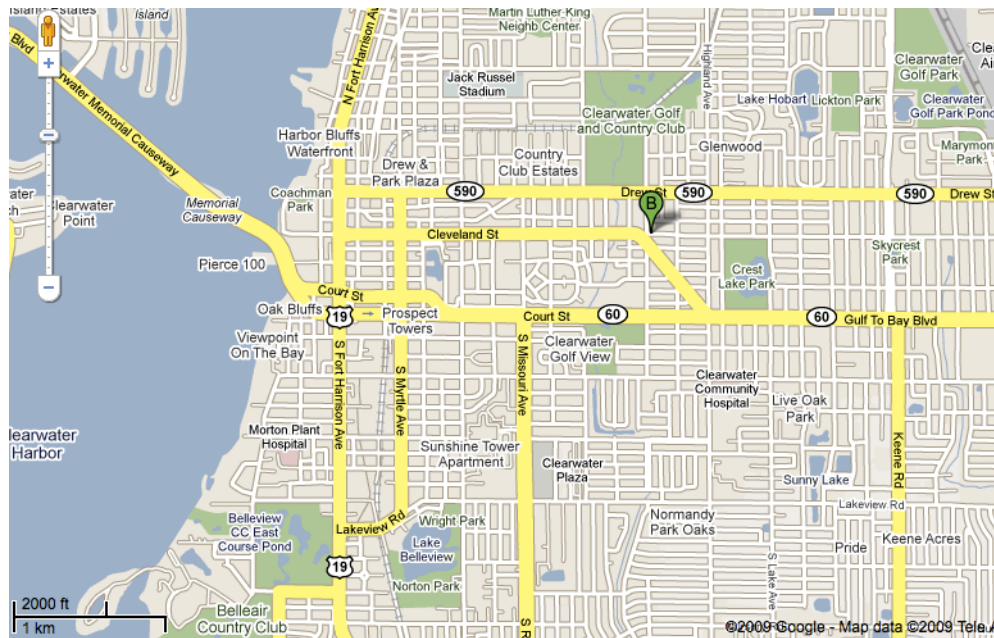
Qualifications for associate membership are:

- Presently teaching or have taught yoga in the past
- Must be sponsored by a member
- Payment of annual dues (\$20.00 per year, prorated) until July 1, 2010 when dues are \$25.00 per year.

Privileges Include:

- Access to the SYTA web site
- May borrow books and tapes from our library
- First preference to our workshops, featuring master teachers such as Rodney Yee, Judith Lasater, Angela Farmer and Tias Little

After attending two out of four regular SYTA meetings and ANY TWO workshops anywhere within a twelve month period, you may qualify as a Registered Member, where you will be able to vote, run for office, and purchase business cards with the SYTA logo. For more information, contact our membership chairperson, Kurt Gratzol at Kurt@Gratzol.com or the SYTA phone line at 727.559.7653. You may attend a quarterly meeting as a guest. Meetings are at Lifework Yoga Studio, 1405A Cleveland Avenue, Clearwater FL at 9am.



Suncoast Yoga Teacher's Association web site

<http://www.suncoastyoga.org>

Kurt Gratzol is our Membership Chair and he will liaison with our Webmaster. If anyone needs a user name or password they can contact Kurt. His e-mail is: Kurt@Gratzol.com If you have member questions and prefer the phone for information call President Barbara Shimer at (727) 385-8556.

Articles Please!

Every member of Suncoast Yoga Teacher's Association has something to contribute to this newsletter. There is no better way to impart your knowledge (and deserved free advertising). Just send a text file to Jeanne Wolfe at e-mail address: rosagena@gmail.com Call Jeanne at (727) 483-0166 if you need more information. The next edition will be the Winter newsletter published in January.



SYTA

Suncoast Yoga Teachers Association

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Please send articles in text, e-mail, or Word format to rosagena@gmail.com

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Wanda Howe, Kurt Gratzol

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) serves as 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 an organization of 135 members strong. Members live throughout Florida/ the United States and Canada. SYTA members represent many Yoga disciplines, such as Integral, Iyengar, Kripalu and others. The presentation of these various disciplines in workshops and monthly meetings broadens each member's understanding and appreciation of Yoga.

**Serving the
Tampa Bay Area
for over
twenty-five years**



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