



October 11–15, 2010
"Yoga of Relationships"

Hello All,

What is your relationship with triangle pose? Downward-facing Dog? Backbends? Balancing poses?

A different answer for each one, maybe? Me, too.

Have you ever considered your relationship to yoga and how that impacts other relationships? With people. With stress. With pain.

This week in yoga we will explore our relationships with certain poses and possibly open a door to understanding relationships off the mat. Please join me for class this week to explore.

I hope you all are enjoying the stunning weather we are having.

All the best.

Namastè,

Jane Estes

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Thought for the Week: Piglet sidled up to Pooh from behind.

"Pooh!" he whispered.

"Yes, Piglet?"

"Nothing," said Piglet, taking Pooh's paw.

"I just wanted to be sure of you."

~A.A. Milne