



## Northwest Yoga Studio

"Opening hearts, minds and bodies in Northwest Las Vegas."

### Greetings Yogis and Yoginis!

Many of us come to yoga with the intention of building strength, fitness and maybe even losing weight. After all, when you're physically fit and strong, you not only feel better, you're also better equipped to handle the demands of life with more grace and ease. But the beauty of yoga is the way it helps you build inner strength, too. This, however, requires you to keep up a regular practice, whether you're feeling motivated to step onto your mat or not. Maintaining a consistent yoga practice helps you develop your capacity for commitment as well as the ability to not let the other aspects of your life get between you and what is essential to your well-being. By being true to your commitment to your practice, you enhance your ability to be true to yourself in other situations. Still, when it's hot outside and you'd rather hang out by the pool with a frosty drink rather than sweat it out in the studio, maintaining a regular yoga practice can definitely be a challenge. So to help dispel these stumbling blocks, choose your regular class times and stick with them, even when you're not "feeling it." You'll be so happy you did! And remember, your fellow yogis and yoginis at your friendly neighborhood yoga studio are always here to help motivate you and cheer you on! Because in the end, time on your mat is a sacred, necessary space, not just for building a stronger body, but for creating a more centered, open and freer mind and spirit. Plus, you can always get back to the pool after class!

Namaste,

Carol Mittwede

### Why Meditate? Part 2

So now that you know all the great reasons to meditate,

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### [How To Meditate](#)

### Not-To-Miss June Workshop:

Let Go And Flow with Zeek! You'll definitely want to reserve your spot at this very special workshop with one of the most popular and well-respected yoga instructors in the Las Vegas valley! Come join Certified Baptiste Yoga Teacher Zeek Vincent on Saturday, June 4, 3-6 p.m. for The Baptiste Yoga Method "The Letting Go Experience" master class. Laugh, sweat, discover and release as you experience this powerful, transformative form of vinyasa flow yoga taught by a 17-year yoga veteran! All levels are welcome and tasty nibbles and beverages will be offered after class. Price: \$30



### Fabulous Summer Classes:

Starting this month - Wednesday 11 a.m. Anusara yoga with Karen. Now you have even more chances to sweat, laugh and open your heart with our studio's very own Certified Anusara Yoga teacher!

how should you get started? Although there are several meditation methods out there, including mantra, chakra and steady gaze meditation, one good way to begin a daily seated practice is by using mindfulness meditation. This method requires you to focus on your breath, be in the moment and be open to whatever is inside that moment without judgment.

To begin, take a comfortable seat, either on the floor, a cushion, bolster or a comfortable chair that will support your spine. Sit tall and rest your hands on your knees or in your lap. Bring your attention to your breath and tune in to the sensorial presence of the body. Once you feel settled, widen your awareness to include all the bodily sensations as well as any thoughts or feelings that come up.

Use the breath to focus on the present moment; if you find yourself swept up in a thought or emotion, notice it and simply return to the breath. The key is to pay attention to the ever-changing process of thinking rather than to the contents of your thoughts, letting them come and go without clinging to any particular one. Continue to watch and be mindful of any thoughts, feelings and sensations for 5-20 minutes.

Make an effort to sit in meditation daily, whether first thing in the morning, right before bed or whenever you're able to sit without interruption. Don't stress if you miss a day - just make every effort to make meditation a regular part of your life. Once you begin to experience its myriad benefits, you'll be so happy you did!



Join Abby for Yoga of Discovery, Wednesdays at 7:15-8:30 p.m. Discover the root causes of addiction and learn how to bring consistent balance and harmony into your life through this transformative practice that integrates yoga, Ayurveda, present moment awareness and the 12-steps. Also perfect for anyone recovering from an illness or surgery, or anyone who wishing to go deeper into the philosophy of yoga, this class features a gentle, slow flow asana practice, pranayama, meditation and a short discussion when and if desired.



Celebrate the sunny season at a special summer solstice birthday practice! Have a birthday in June or just want to party like you do? Then don't miss Karen's Anusara Birthday practice on Tues., June 21 at 7 p.m. Sweat, rock out, laugh and open your heart as we honor the June babies at our studio on the longest day of the year. Make sure to stay afterward for all the delectable desserts and refreshing champagne!

Ready to sweat and play hard? Then come join Karen's special Intermediate Anusara practice on Sunday, June 26<sup>th</sup>, 2-4 p.m.