



feel. think. sleep. live. better.

soundyogastudio

4/10/09 Newsletter No.2

APRIL'S FOOL

Today like every other day, I woke up wishing for more discipline, more structure, more beauty. But somehow, because it's Spring, I am not so hard on myself, and feel in the air and the greening of the hills a kind of permission and freedom to let my tasks unfold without harming the gentleness of the season. But what to write?! As usual, when I am at a loss for words, I turn to poetry, and found this from the Persian Poet, Rumi:

SPRING GIDDINESS

“Today, like every other day,
we wake up empty and frightened.
Don't open the door to the study and begin reading.
Take down a musical instrument.
Let the beauty we love be what we do.
There are hundreds of ways to kneel and kiss the
ground.

The breeze at dawn has secrets to tell you.
Don't go back to sleep.
You must ask for what you really want.
Don't go back to sleep.
People are going back and forth across the doorsill
where the two worlds touch.
The door is round and open.
Don't go back to sleep. . .

All day and night, music,
a quiet, bright reed song.
If it fades, we fade.

In the spirit of rebirth, I am here for you,
Colleen

ONLY CONNECT

Announcing a new page on my website - *Only Connect*. This will include the local merchants who support me, my students and friends and their new endeavors, and Health Care Practitioners with whom I cross refer and support. If you would like to be included on this page, please email me:
colleen@soundyogastudio.com

CLASSES AND EVENTS

For more information, and for my weekly schedule and prices, visit:

www.soundyogastudio.com

NEW! THERAPEUTIC YOGA IN ENCINO*

Saturday Afternoons Only

Layfield Physical Therapy
16101 Ventura Blvd. #336, Encino, CA 91436

One Hour Group Classes:

Single Class: \$15

Group of 6: \$75

INDIVIDUAL GROUP THERAPY*

\$75 per session

Introductory offer: 3 sessions for \$200

*Space is limited

Call or email to sign up: 310-702-0214
colleen@soundyogastudio.com

ABOUT COLLEEN



A lifelong Yoga practitioner and dedicated teacher, Colleen draws upon years of experience to provide sound therapeutic instruction.

Colleen received her Yoga Teacher Training from Samata International Yoga Institute with Larry Payne, Ph.D., and Yoga Therapy Rx Certification from Loyola Marymount University.