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Matkin Yoga Newsletter

Happy New Year!
January 2006

Greetings!

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Dear friends,


I love the new year because there is such an energy of renewal in the air, and everyone is eager for the opportunity to take advantage of that force. We all always want to turn over a new leaf, or get ourselves together in one way or another.


What we hear most from our students at this time of year is a new commitment to deepening and creating more consistency in their *Sadhana*, their yoga and meditation practice. The beautiful thing that occurs is that when we renew our promise to our practice, this promise to ourselves begins to spread out throughout our lives and to others. After all, the way in which you live your life is your practice as well. The way in which you do all things expresses who you are.


In this new year, through your *sadhana* on and off the mat, realign with your vision of how you want to create yourself, your relationships and what you want your life to be.

We're happy to offer many opportunities for you to join us in exploration!

 **Our amazing Therapeutics Teacher Training begins next month (first session on February 24th).**

 This past weekend, Lisa offered her **Making Peace With the Body** Workshop, which explored methods of entering into the new year in healing and partnership with your body. Look for it again soon!

 In February, we'll offer a couples' workshop for Valentine's Day weekend, **Celebrating Intimacy**.

 Throughout the winter and spring, we'll be offering several series to deepen aspects of your practice, from our trademark **Power and Precision** to series on Pranayama, Meditation, Therapeutics and more.

NEW CLASSES IN MANHATTAN

We're kicking off 2006 in style with lots of upcoming workshops, series and a new class schedule featuring 16 weekly classes in Manhattan. Visit Yoga Works [here](#) or see our full class schedule [here](#).

MORE UPCOMING EVENTS AT YOGA WORKS!

Therapeutic Student Clinic with Charles

This six-week course is designed to gently and mindfully move through minor injuries and health concerns. Enrollment in all six weeks includes a consultation with Charles at both the beginning and end of the series in order to personally assess your injuries and evaluate your healing process. Alternatively, you may drop in for one session in order to discover more about the benefits of Therapeutic Yoga.

A typical session will include supervision by both Charles and his assistant teachers. Working from a basic sequence, you will be individually guided through the modifications or alternative poses most supportive of your injuries. Using props, we will focus on precise correct postural alignment to support and open the body safely and reduce strain and discomfort. Throughout, you will receive hands-on adjustments and gentle direction to encourage posture that is both natural and conducive to the healing process.

Please call studio to register; class size is limited to ensure personalized attention.

Beginning first week February!

TWO LOCATIONS

Downtown Studio - Wednesdays 11:15-12:15pm
138 Fifth Avenue (between 18th/19th Streets)
4th floor
212.647.9642 (YOGA)

Eastside Studio - Wednesdays 1:30-2:45

Happy 2006!


Namaste,
Lisa and Charles Matkin


THERAPEUTIC TEACHER TRAINING BEGINS NEXT MONTH!


We are thrilled to announce the first Matkin Level 1 Therapeutic Teacher Training. As you know, exploring the healing power of Yoga to create ease, joy and health for individuals suffering from illness and disease is our primary passion.




We have spent the past decade exploring this topic with medical and Yoga experts, working privately with Therapeutic clients, building our expertise, and presenting two previous Therapeutics trainings. Our new curriculum for Spring 2006 is an evolution of these years of work and study. Join us and enhance your teaching or your practice with an in-depth understanding of how to best serve your students experiencing a range of ailments.

 Ideal for Yoga teachers, health practitioners, mind-body healers and serious students

 Deepen your healing, your teaching or your Yoga practice

 Learn the principles of applying Yoga asana, meditation and breathwork to students suffering from illness or disease

 Refer to medical research and use case study and hands-on Yoga practice to address the body systems, energetic systems, challenges and ideal practices of working therapeutically with illness

While illness and disease present challenges both energetically and physically, they also offer us profound opportunities for growth and self- exploration. Explore the merging of today's modern medicine with the unfolding of ancient Yogic wisdom to discover the fundamental distillation of healing.

**Spring 2006 80-hour Level 1 Training
4 Intensive Weekends (20 hours/weekend)
hosted by Wainwright House, Rye, NY
Friday nights, Saturdays and Sundays
February 24-26 // March 17-19**

1319 Third Avenue (between 75th/76th Streets)
2nd floor
212.650.9642 (YOGA)

Yoga Works students with unlimited Yoga passes receive a 10% discount.

JOURNEY SERIES: POWER AND PRECISION with Lisa and Charles

March 8-24, 2006
Wednesdays and Fridays, 7:30-9am

Start off your day with Lisa and Charles' signature series! The true power of Yoga lies in letting go of control and honoring where you are in this moment; to sit gently in your truth and have the patience to be transformed. The practice of precision is the decisive process of realignment through technical accuracy of body and breath. This complement of power and precision allows you to be unraveled by your practice as deeper truths are revealed.

Join Lisa for an energizing flow class that will deeply challenge your body, mind and soul while Charles works his mastery of hands-on precision adjustments. Come prepared to wring out your mats, as well as your minds, with sweat and tears of joy.

Eastside Studio
1319 Third Avenue (between 75th/76th Streets)
2nd floor
212.650.9642 (YOGA)

ROOTS OF YOGA: PRANAYAMA AND MEDITATION with Lisa

Time and location to be announced

Immerse yourself in the practice and science of *pranayama* and meditation. Pranayama, or directing the life force, makes use of the breath and *bhandas*, or locks, to channel the life force for specific effect on ones being. Meditation s benefits expand beyond health benefits and stress reduction to a life-changing experience of your essential self. Connect deeply to your instincts and your innate emotional intelligence.

We will explore pranayama and meditation techniques which will address all aspects of your physical, mental, emotional, energetic, creative and spiritual being! Sessions will build continually,

April 7-9 // April 28-30
\$1600 for the course // \$500 per weekend

Week 1: Osteoporosis, Arthritis: Skeletal and Muscular Systems

Week 2: Diabetes, Pulmonary disease: Respiratory and Digestive Systems

Week 3: Cardiovascular, Stroke/Neurological Conditions: Circulatory and Nervous Systems

Week 4: Cancer: Endocrine and Reproductive Systems

Each weekend will cover the body systems, energetic systems, challenges and ideal practices for that weekend's therapeutic/ illness focus.

You will gain a deeper understanding both of the spiritual and physical mechanics of Yoga, the specific causes and concerns of different illnesses and their treatments, and the appropriate application of asana, pranayama and meditation.

This is a Level 1 training and is open to all interested teachers and students. It is also ideal for all health practitioners and mind-body healers.

 **CALL TODAY for more information or to register!**
(845) 424-4221

You may also email charles@matkinyoga.com or visit www.matkinyoga.com.

Manhattan Level 1 Therapeutic Teacher Training Intensive begins at Yoga Works later this Spring.

MAKING PEACE WITH THE BODY WORKSHOP

This delicious workshop was a great success at Yoga Works' Eastside studio this weekend. Put in your requests and look for it again soon!

Start the New Year by making peace with yourself. Our bodies are beautiful instruments of communication with our unconscious selves. As we tune in the deeper levels of our intuitive selves, we can receive and benefit from the messages they offer us for self-knowledge, healing and truth. Lisa will lead you through breathwork, asana, discussion, journaling, drawing and meditation designed to open the channels of communication and make peace with the body, receiving its wisdom and recognizing and celebrating its true beauty as it is, instead of staying stuck in frustrations about what we want it to be, what it

over the course of the series gradually working up to more advanced techniques. You will discover an increased ability to know yourself deeply, rise to the challenges in your life, interact with, rather than react to, daily stress, and find the spiritual in all things.

Transcend boundaries in your practice and your life. If you have a pranayama or meditation practice, this series will provide a delicious immersion and rededication to these amazing techniques. If you have an established asana practice and are ready to explore the more subtle aspects of Yoga, this is a perfect opportunity to explore these techniques in a supportive environment. You will walk away with a new connection to your practice and your spirit, and the tools to build your own pranayama and meditation practice at the studio, at work, or at home.

JOURNEY SERIES: BEGINNERS' JOURNEY

with Charles

April 5-21, 2006

Wednesdays and Fridays, 7:30-9am

Westside Studio

37 West 65th Street (between Columbus and Central Park West)

4th floor

212.769.9642 (YOGA)

ASANA TOPIC OF THE MONTH: TADASANA

Name of Asana:

Sanskrit: *Tadasana - Samasthiti*

English: Mountain pose

The most common mistake made in mountain pose is that students prop themselves up on their habitual imbalances, further ingraining them into both a physical pattern and a stagnant outlook on life.

There is a subtle sense of maintaining control as we grip and hold on to what is familiar, our known paradigm of the world. However, where your unconscious tension gets stuck is actually the fight- or-flight mode, holding tension and anxieties in the mind and body.

From a physiological standpoint, these habits create inefficient and sometimes harmful body patterns. Whether you slump or hold yourself up by your neck and shoulders, you end up having to hold yourself

"should" be or what it is not. This workshop is for all levels of students seeking greater harmony with the body; from body image issues, negative emotional or physical burdens, perpetual illness or injuries, to those simply looking for a fresh start for 2006!

For a flyer with full details, click [here](#).

CELEBRATING INTIMACY WORKSHOP

Special Valentine's Day workshop for couples!
Yoga Works Downtown
138 Fifth Avenue, 4th floor
Saturday, February 11 5:30-7:30pm 212.647.9642 (YOGA)

Explore love and spiritual partnership in this delicious two-hour Valentine's Day event just for couples. Through sensual hands-on asana assists, breathwork and Tantric partner meditation, you and your partner will dive into *seva*, the act of offering yourself and your practice in service of your beloved, and *bhakti*, the dance of divine devotion. Explore your intimacy with yourself and your beloved on many levels, letting exploration of the body in the poses become an entry to spiritual connection. Luxuriate in the interplay of giving and receiving that is the foundation of relationship. Share, explore and celebrate yourself, your lover and the joy of love! This workshop is for students of all practice levels (bring your partner even if they've never done Yoga!), but designed for couples only.

To register, call the Downtown studio at 212.647.9642 (YOGA) or visit www.yogaworks.com.

For a listing of all our upcoming events, visit our [website](#).

SPOTTING CLINIC - BEGINS NEXT WEEKEND

The Yoga Co-Op at the Garrison
2015 Route 9, Garrison, NY

First session next Saturday, January 21 1-4pm

"The proper posture is the posture of being."
-Yogasta Kuru Karmani.

Firmly established in Yoga, perform right action.
-Bhagavad Gita

up with your breathing muscles. In our general standing habits, we are so used to falling "down and forward" that it can feel very strange to do Tadasana correctly, with your pelvis and thighs "back and up" over your arches.

It is not that there is no effort to *Tadasana*, but that we want to balance our effort to lead towards *sthiram sukham*, steadiness and ease. The energy you expend with your muscles should be used to balance the bones, not to pull you up off the ground. Let your efforts support a structure that is stacking up and aligning the bones.

If you find the courage to focus on both correct effort and to let go into vulnerability, you may find yourself wobbling into the unknown. You can dance with what you cannot see behind you. You are called to access your faith in the universe. *Abyasa*, the effort, balanced with *Vairagya*, the surrender.

QUOTE OF THE MONTH

Selections from The Prophet

*THEN a woman said, Speak to us of Joy and Sorrow. And he answered:
Your joy is your sorrow unmasked.
And the selfsame well from which your laughter rises was oftentimes filled with your tears.
And how else can it be?
The deeper that sorrow carves into your being, the more joy you can contain.*

--- Kahlil Gibran

www.matkinyoga.com

More Info...

[Newsletter Archive](#)

[Yoga Works](#)

[Yoga Zone on Lime/Wisdom TV](#)

[Yoga Zone videos for sale!](#)

This program has been developed and is offered to help support teachers in refining and strengthening their teaching, assisting and spotting skills. It is designed to break down the art of spotting to its essence, so that even a monkey could do it!

Follow your framework for alignment, seeing, feeling and transmitting through confident, firm yet receptive touch. If you can feel the flow within yourself, you can diffuse it to others. Listen to the body of the student and match breath with them, so you can find the unknown together. The center of one can join with the center of another with wisdom and care. Combine teaching strategies with love, care and support. Learn as you go, stay open to the moment. Learn to put a full-body-whammy on your students with strength, security and safety.

Charles and Lisa Matkin will expand on but not be limited to these topics: teaching methodology, alignment, spotting, and transmission of energy, working with props.

Space is limited; pre-registration is required. To register or for any questions, call 917-733- 6316 or [email Lisa here](#).

email: charles@matkinyoga.com
web: <http://www.matkinyoga.com>

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