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Matkin Yoga Newsletter

Welcome Back!
December 2005

Greetings!

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Dear friends,

It has been a long time since our last update, and we are happy to say we have a lot of exciting news to share!

First, we are thrilled to announce the [Level 1 Matkin Therapeutic Teacher Training](#) is finally being offered! This curriculum has special meaning to us because we see such a profound need for it. During the writing of this newsletter, Charles lost his father to his struggle with cancer. Remembrance of Charles's father, and the support and guidance he found through Yoga during his illness, only deepens our dedication to this work. Our recent experience presenting as part of Gilda's Club Celebrating Survivors Ovarian Cancer Symposium also demonstrated the power of Yoga for healing. For people who struggle with illness or debilitating conditions, there is very little support in the Yoga world in standard classes and teaching. This is especially poignant because Yoga is so transformative and healing for these students, yet there are so few teachers qualified to work therapeutically. That is why we feel privileged, after years of study and in-depth experience with medical experts, to offer you an opportunity to explore this area of service. We hope you will join us in exploring the extraordinary potential of Therapeutic Yoga this spring.

We are back in New York City and our ever-growing relationship with Yoga Works is packing our schedule full with new classes and workshops! We are incredibly grateful for the chance to reconnect with all the people we have lost touch with in the city while we were up in Garrison, making babies on our Yoga ranch and bringing Yoga to our local community.

As always, our personal lives are filled with the dance of finding balance within all the change. In January, Lisa will be offering a workshop on [Making Peace with the Body](#), using asana, pranayama and creative tools to celebrate and connect with your body's intuition and healing. In February, we will present a couples' [Celebrating Intimacy](#) workshop for Valentine's Day. This has evolved out of our own work on how to continually grow intimately and spiritually together as partners in a

NEW CLASSES IN MANHATTAN

We are now teaching at Yoga Works, with studios throughout Manhattan and Westchester. Yoga Works is the current evolution of Alan Finger's Yoga Zone studios, where we taught and led teacher trainings before coming to Garrison. We are happy our paths have crossed again!

We'll be adding even more new classes in Manhattan in the New Year! Stay tuned for our new class schedule (featuring 16 weekly classes) in January. Visit Yoga Works [here](#) or see our full class schedule [here](#).

ASANA TOPIC OF THE MONTH

Utthita Trikonasana - Balance Comes In Threes OR Even a Triangle has a Center

by Charles Matkin

Balance in life sounds simple enough. However, simply avoiding the extremes, or flopping from one to another, can be its own type of imbalance. For the balance of opposites to occur, an elusive third element is required. This is a mid-point or Center.

Utthita means extended or stretched. *Trikona* (tri angle) is a triangle. This asana is extended triangle pose. Finding the correct practice of this pose reveals its deeper held message for all to enjoy... Yoga.

Read the full *Trikonasana* article [here](#).

Also, explore Charles' contribution to the Home Practice article "Hip Parade" in this month's Yoga Journal!

QUOTE OF THE MONTH

"Beauty is the promise of happiness."
--- Stendhal

In our busy lives, we're often too self-absorbed to notice what is beautiful in the people and the world around us. We're distracted as we hurry along, focused only on ourselves, inattentive to what really makes life worth living. Learning to share from our struggles and act in service to others is the beauty of the human spirit.

business, as parents and as a couple in recovery and in marriage. It requires all the tools of Yoga and recovery to endlessly discover parts of ourselves we can share and explore with each other.

Finally, as Ian and Tatiana grow they continue to be our greatest teachers.... it's so funny how our Yoga practice will turn into a bit of a mosh pit, with the kids climbing under, over and around us until eventually they copy us and then teach us wonderful variations of the asanas.

Please take a few moments to read more about our current activities and keep in touch with us! In particular we would love:

- Photos of you, headshots or doing your practice
- Your news, teaching or otherwise!
- Your reflections on how Yoga has changed your life, or helped you therapeutically with injuries or chronic conditions

In addition, you can visit our website, www.matkin yoga.com, which is full of new information and updates, and stay tuned for newsletters like this on a monthly basis from now on. We look forward to hearing from and seeing you all soon!

Much love,
Lisa and Charles Matkin

www.matkin yoga.com

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FIRST THERAPEUTIC TEACHER TRAINING SPRING 2006!



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 and serious students

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

 Deepen your teaching or your Yoga practice
 Learn the fundamentals of applying Yoga asana, meditation and breathwork to students suffering from illness or disease

From both an energetic and a physical standpoint, illness and disease wreak havoc with our systems. Learn the tools for responding to "dis-ease" by understanding the causes and attributes of unique disease systems, and creating a practice of safety, compassion and healing for your students' minds, bodies and spirits.

**Spring 2006 80-hour Level 1 Training
4 Intensive Weekends (20 hours/weekend)
in Westchester County, NY
Friday nights, Saturdays and Sundays
February 24-26 // March 17-19
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.

For more information or to register, call (845) 424-4221, 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

Yoga Works Eastside
1319 Third Avenue, 2nd floor
Sunday, January 15 1:15-3:15pm
212.650.9642 (YOGA)

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 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 "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!

To register, call the Eastside studio at 212.650.9642 (YOGA) or visit www.yogaworks.com.

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CELEBRATING INTIMACY WORKSHOP

Special Valentine's Day workshop for couples!
TEACHERS ASSISTING SESSION AT THE GARRISON
 Yoga Works Downtown
 138 Fifth Avenue, 4th floor
 Saturday, February 11, 5:30-7:30pm (US \$12)
 an assisting session at the Garrison! The session will focus on exploring love and spiritual partnership in this delicious two-hour Valentine's Day event just for couples. Through sensual hands-on asana asana assists, breathwork and Tantric partner meditation, you and your partner will dive into the joys of offering yourself and your practice in service of your beloved. Explore your intimacy with yourself and your beloved on multiple levels, letting exploration of the body in the poses be a zone of safety, trust and celebration, you will find new levels to open to each other, and 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.

Coming in 2006... more workshops and intensives on Injury Management, Pranayama, Beginners' series and more!

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