

the
BODY
ELECTRIC
⚡ YOGA COMPANY ⚡

≡ AUGUST 2015 ≡

STOP. DROP. YOGA.

Hey, thanks for opening this email. We're going to try to make it worth your while. Herein you will find on the monthly, for your edification and enjoyment: practice tips; yoga history, philosophy, and discussion in the form of collected media; studio happenings; schedule changes; events and workshops. Stuff like that, and probably some Q&As with your favorite or least-favorite teachers, and occasionally, a Student of the Month! What would YOU like to see in this newsletter, besides coupons and kittens in yoga poses? [Let us know](#).

We're always busy at The BE, and this month we've added two interesting classes that are supported by donation. We also welcomed a new super sub, Amanda Riker, to the mix, and we've officially promoted our mighty gremlin Rachel Miller to Studio Manager. Woohoo!

How's your yoga practice going, anyway? Are you meditating, breathing, contemplating, moving, grooving and sweating? Is yoga a discussion about the meaning of life that's been happening for thousands of years? Yes. But above all, yoga is experiential. So wherever you are, take ten minutes and get on your mat (or the floor, or the grass), and DO SOME YOGA!



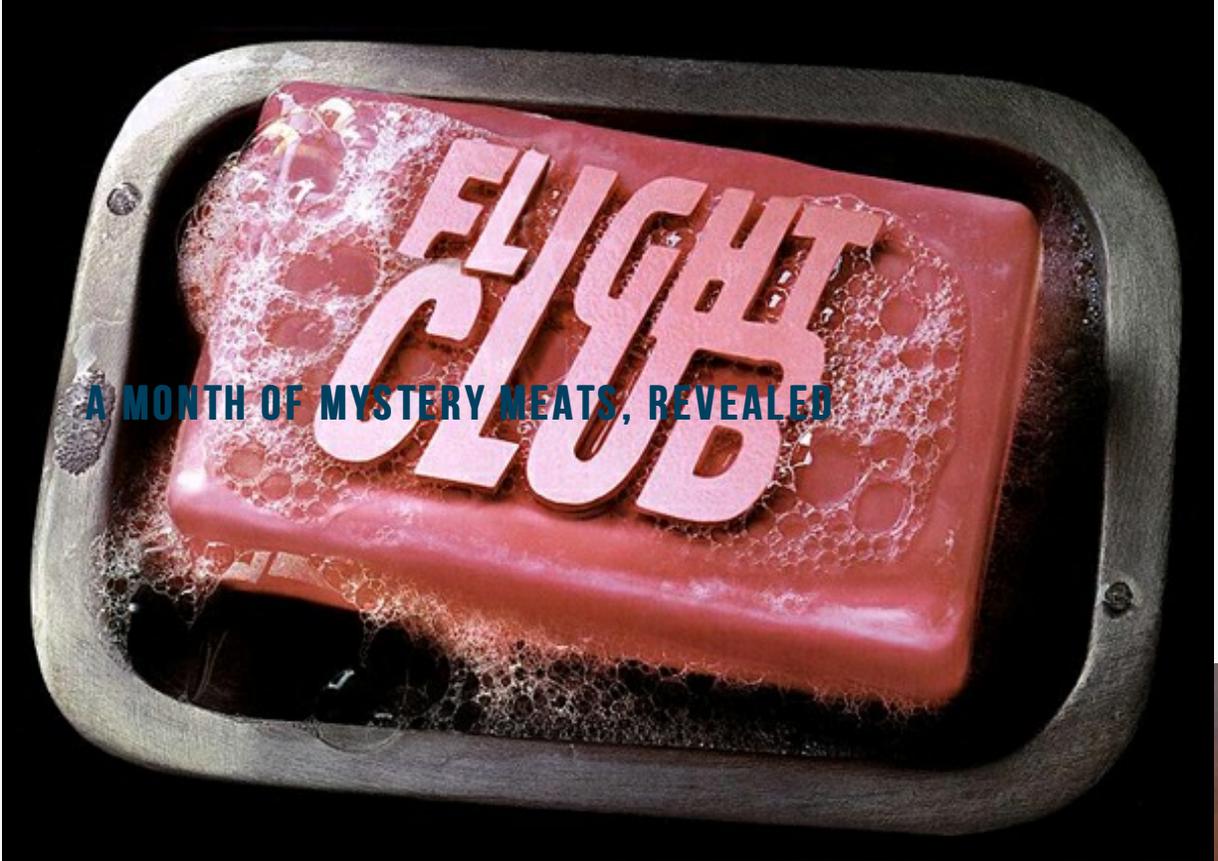
RECOMMENDED MEDIA

Video: Tampa Bay's King of Acro Yoga, Andre Sur, made [this beautiful video](#) last week at The BE. His flying partner is Juliette Lauer. Andre will lead a three-part Acro Yoga workshop at The BE in November. [More information / register](#)

Blog: The past few years have brought an explosion of academic work in the fields of yoga history and philosophy. One blog we've enjoyed is The Luminescent. Try [TRIKONĀSANA : The changing names and forms of ĀSANA](#), and [MAYŪRĀSANA: The Peacock Pose](#). Or for a longer read, take a look at [ASANAS. Old and New](#).

Books: If you're feeling really academic, we love the work of David Gordon White, like [The Yoga Sutra of Patanjali: A Biography](#), and the introduction to [Yoga In Practice](#), which he edited. Mark Singleton's [Yoga Body: The Origins of Modern Postural Practice](#) is dense, but a must-read for super nerds.

Newspaper: Speaking of Andre, his Candlight Nude Yoga for Men class was written up last month in the *Tampa Bay Times*: [Strip and Stretch](#)



A MONTH OF MYSTERY MEATS, REVEALED

vinyasa-style practice, with strong core work, getting you ready for fun inversions, and playfulness at the wall and of course great music.

SEPTEMBER 6

Rachel Miller, Mellow Flow. Skyrockets in flight, afternoon delight.



UPCOMING WORKSHOPS & SPECIAL EVENTS



We've always got something to feed your brain, body, and soul at The BE. And something to wash it down with, too. Don't forget to pre-register for **SECOND SUNDAYS: Yoga On Tap** at Green Bench. Good times, rockin' yogis.

general Vinyasa junkies! Join Jessica Needham for a great weekend of Rocket Yoga. This training is to familiarize students with the Rocket 1, 2, and 3 series and work with basic alignment details to prepare the student for the Rocket Trainings. This is not a Rocket-certifiable training,, but the weekend is a prerequisite for anyone who is interested in taking the 100-hour Rocket Yoga cert teacher training with David C. Kyle. [More information / register](#)

DARK WAVE EQUINOX

Date: Saturday, September 26

Time: 7:00-8:30pm

Cost: \$22

Celebrate the end of summer and the beginning of autumn with Dark Wave Equinox. Erin and Eric Wheeler present an experimental vinyasa class set to ethereal, vintage, and new music. Expect big sound and challenging sequences with plenty of variations to allow for free expression. [More information / register](#)

your decision making, action taking, relationships and personal fulfillment. Join Rachel Miller and Elizabeth Markie to learn about these most recent neuroscience findings and experience Tri Brain Yoga, designed to align your neurological systems with yoga poses, breath, sound and mediation. [More information / register](#)

HYPNOBIRTHING

Dates: Mondays, Sept 14, 21, 28. Oct 5, 12

Times: 6:00 - 8:00 pm

Cost: \$295

HypnoBirthing is a proven method that guides and prepares a woman to give birth in a peaceful and beautiful manner. It considers the psychological and physical well-being of the mother, her birth partner, and the newborn, whether birth will take place in the home, a hospital, or a birth center. [More information / register](#)

⚡ DID YOU KNOW? ⚡

Rocket Yoga was developed by Larry Schultz in San Francisco in the '80s. The Rocket pulls from the Primary, Intermediate, and 3rd and 4th Ashtanga Vinyasa Yoga series. Schultz was the Grateful Dead's yoga teacher, and it was Bob Weir who named the style, because "It gets you

there faster." Schultz was a longtime student of Sri K. Pattabhi Jois.

BEST OF THE BAY!

VOTE FOR THE STUFF YOU LOVE

What makes St. Pete and Tampa Bay great? Creative Loafing is compiling their annual Best Of list, and it's our chance to recognize the people, places, pastimes, causes, artists, businesses, and maybe even yoga studios that you dig. No chads. [Vote here](#).



NEW AND NEWISH CLASSES

We've been able to add a few new classes to the schedule, and we want you to know about them. [Here is our full schedule](#) and here it is [in PDF format](#) for sticking to your fridge.

INTEGRATIVE BREATHWORK

This class is offered and supported by donation. The way that you breathe has profound effects on your body and mind. Full, deep breathing is an effective way to manage

STAND-UP PADDLEBOARD YOGA

\$15 BYOB / \$30 Rent a board (anchors provided). Join Dani Mae on Sunday mornings from 10-11:00am on our lovely Bay waters. You will work on your balance and

stress. Jade Skinner will teach you breathing techniques to help you access and influence physical and emotional blockages. You'll then apply these techniques with gentle stretches and seated meditation. This class meets every other Thursday from 5:30-6:30pm, so [check your schedule](#).

SUNDAY MORNING MYSORE

This class is also offered and supported by donation. Are you ready for a new challenge? Join a melting pot of yoga practitioners and taste the inspirational energy of practicing Ashtanga in the traditional method. Don't be intimidated! In a Mysore class, you learn to take responsibility for your own practice. No level of experience required. If you're not sure, you can get Jade's approval to first observe class. This class meets at 8:00am.

core strength in the company of dolphins, pelicans, manatee, AND SHARKS! (just kidding.) We'll provide SUP boards and anchors or bring your own. You must pre-register for class by Saturday midnight for the Sunday morning class. If you have to cancel, you must do so before 7:00am Sunday morning.

KIDS' YOGA THEATER!

Let's play! The mother-daughter team of Tracy and Cassidy Brooks combine the joys of yoga with the fun of theater. In this class, we use yoga poses, theater games, role-playing, and stories to create a safe and welcoming space for kids of all ages. This class is FREE for the children of BE members with unlimited packages (auto-debit, monthly, or yearly memberships), and is priced as a regular class otherwise. Tuesdays, 4-5:00pm.



← SECOND SUNDAY →

YOGA

STAY ^{IN} TOUCH



← THEBODYELECTRIC.COM →

685 30TH AVE N | ST. PETERSBURG, FL | 727.490.ZEN1



**THE SECOND SUNDAY OF EACH MONTH
11AM @ GREEN BENCH BREWING CO.**



Join Jen Lowery DeBuhr from The Body Electric Yoga Company for yoga in the beer garden at Green Bench Brewing Co. Partake in a sweaty, soulful flow with big beats by DJ Menscha, and kickoff another beautiful day in the Burg. Green Bench opens at noon, just in time for a cold brew. Mats and water provided as needed.

**\$10 (\$5 FOR BE UNLIMITED MEMBERS)
PRE-REGISTER, CHECK IN, RELAX
MUSIC BY DJ MENSCHA**

1133 BAUM AVE NORTH, ST. PETERSBURG, FL | P. 727.490.9361