# TO ABSORB THE TEACHING REQUIRES INFINITE TIME AND NO AMBITION

Hi gang! I love the quote above by Vanda Scaravelli, because it closely resembles the most useful fortune I've ever cracked out of a cookie: *Infinite patience produces immediate results.* Try it on for size!

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Amanda Riker Astavakrasana'd on a wall

# NEW TEACHERS AND CLASSES!

## NEW CLASS: 7:00AM FRIDAY POWER HOUR

**Nikka Colorado** has just joined the crew, and will be leading a brand new class early Friday mornings: Power Hour, from 7-8am. Her bio: Nikka Colorado has a degree in Exercise Physiology and a yoga teaching certification from Aananda, Inc. She is currently a lead instructor for The 360 Program which takes her around the U.S. and Germany to teach yoga, nutrition and fitness to American soldiers. Nikka feels that yoga and strength-training give her a balanced fitness program. Yoga has also been instrumental in her spiritual growth and ability to sustain a positive, productive outlook and approach to life.

**Amanda Riker** has moved into the **Wednesday 7:15pm Hot 50/50** spot, and she is kicking asses and singing lullabies. Amanda teaches with us and at Yoga Loft in Tampa. Here's her bio: In college Amanda discovered that her yoga practice was helping her manage her stress and improve her body image. Amanda enjoys incorporating her passion for music in her classes. It is her mission to bring playful movement, creativity, and

self-acceptance to all of her students.

**Check the online schedule for updates, teacher changes, and upcoming holiday cancellations**.

## NEWISH AND FEATURED CLASSES

- 8:00am Sunday: Mysore with Jade (by donation)
- 10:00am Sunday: Stand-Up Paddleboard Yoga with Dani. Perfect weather!
- 10:00am Tuesday: Rocket with Jay
- 4:30pm Tuesday: Kids' Yoga Theater with Tracy and Cassidy Brooks (free for BE members, $7 otherwise).

Vanda Scaravelli, giving BKS Iyengar a boost

# A MONTH OF MYSTERY MEATS, REV

Mystery Meat is our always-different Sunday 4:00pm class. It gives our instructors an opportunity to hone a new style, or refine a workshop. It gives our students something special at a regular class price. This month, we welcome back Shila Tirabassi for a pre-holiday Detox, and Rissa Wray will lead a session based on the style of Vanda Scaravelli. The crux of Scaravelli's philosophy was joyously inhabiting a liberated body.

> *"Do not kill the instinct of the body for the glory of the pose. Do not look at your body like a stranger, but adopt a friendly approach towards it. Watch it, listen to it, observe its needs,*

## NOVEMBER 15

**Jay "Flower Beard" Needham:** Sunday Funday Flow. A funky flow will channel your inner child and then let loose with some yoga playtime.

## NOVEMBER 22

**Shila Tirabassi:** Detox to Retox: Pramayama, Tapas, and twists, all in a vinyasa package. The perfect pre-Thanksgiving practice!

*its requests, and even have fun. To be sensitive is to be alive." - Vanda Scaravelli*

## NOVEMBER 8

**Rissa Wray:** Scaravelli-inspired yoga flow featuring a long savasana with Thai massage touch techniques.

## NOVEMBER 29

**Erin and Eric Wheeler:** Flow to live acoustic music by Eric.

Katelyn's Flow Your Own Way, at Rasa-Lila 2014

# UPCOMING WORKSHOPS & SPECIA

We've always got something to feed your brain, body, and soul at The BE.

## RASA-LILA FEST

## THREE PART ACRO YOGA SERIES WITH ANDRE SUR

**Date:** Friday night at 7pm and 9am-6:30pm Saturday, November 6-7
**Cost:** $50 for Saturday, and up to add Friday, camping, etc. Use coupon code BODYELECTRIC10 to save 10%

Yoga all day in the great outdoors, as folks from all across the state convene at Boy Scout Camp in Odessa. (Map It) Our own Jen and Darius DeBuhr kick it off Friday night with Revolution: LOVElution, a journey of yoga, killer beats and ecstatic dance. On Saturday, get out on the paddleboards, yoga to your heart's content, attend lectures, meditate, journal, shop, and hang with cool yogis. **Check the full schedule and register here**.

## YOGA ON TAP, AT GREEN BENCH

Date: Sunday, November 8 and every second Sunday of the month. RAIN OR SHINE.
Time: 11:00-12:00pm
Cost: $10 or $5 for BE monthly or annual members

Morning yoga in the yard! Join the much-loved Jen Lowery DeBuhr and hubby DJ Menscha for a sweaty, soulful flow with big beats, and kick off another beautiful day in the Burg. The Bench opens at Noon, just in time for a cold one. $10 for class, or $5 for BE monthly or annual members. **Please pre-register**

## JADE SKINNER: GROUNDED IN ASANA

**Date:** Saturday, November 7, 2015
**Time:** 2:00-4:00pm
**Cost:** $35

The standing poses of Ashtanga are the basic grounding and centering asanas, making them ideal starting points for your practice. These postures integrate the body with flexibility, strength, endurance, and coordination. In this workshop Jade Skinner will bring your attention to the connection between the earth and your feet. Whatever

**Dates:** Saturdays, November 14, 21, and 28
**Time:** 2:00-4:30pm
**Cost:** $120 for all 3 sessions / $45 per session

Andre's bringing 3-part series of AcroYoga to The BE! Immerse yourself in an amazing world of fun Acro poses, transitions, washing machines, pops, and more!

Session 1: Trust Exercises & Acro Inversions

Session 2: Transitions and Washing Machines Part I, Effective Spotting

Session 3: Transitions and Washing Machines Part II + Pops

**More information / register**

## THAI MASSAGE WORKSHOP FOR COUPLES, PARTNERS, FRIENDS

**Date:** November 14, 2015
**Time:** 6-8pm
**Cost:** $80/pair ($40/person) before 11/7 - one week before the event. $100/pair after ($50/person)
LIMITED TO 8 PAIRS.

It is a gift to both give and receive massage, as the benefits of tension relief and stress reduction apply for both parties.

Learn to listen with your hands and with your heart. Practice communicating your needs with kindness and with respect. Become acquainted with approachable and intuitive touch techniques you can carry out while giving your partner your full attention. And most importantly, spend time with your loved one in the spirit of kindness and playfulness!

else you might want to explore in the vast world of yoga, this workshop will give you a solid foundation, good alignment, an understanding of body mechanics, and tangible training in mindfulness.

**More information / register**

**More information / register**

## YOGA TEACHER TRAINING WITH JADE SKINNER

**Dates:** Weekend format, Saturdays and Sundays, 7:00am5:00pm.
January 23, 24, February 6, 7 & 20, 21, March 5, 6 & 19, 20, April 2, 3 & 16, 17, May 14, 15 & 28, 29, June 11, 12

REGISTRATION DEADLINE: DECEMBER 20, 2015
**Cost:** $850.00 deposit is due by December 20. $2,850.00 full tuition is due by January 23

Are you ready to make a positive change in your life? Do you want to tap into your own great potential for growth and power? Are you prepared for the responsibility of transforming the lives of others? If you're ready, now's the time!

**More information / register**

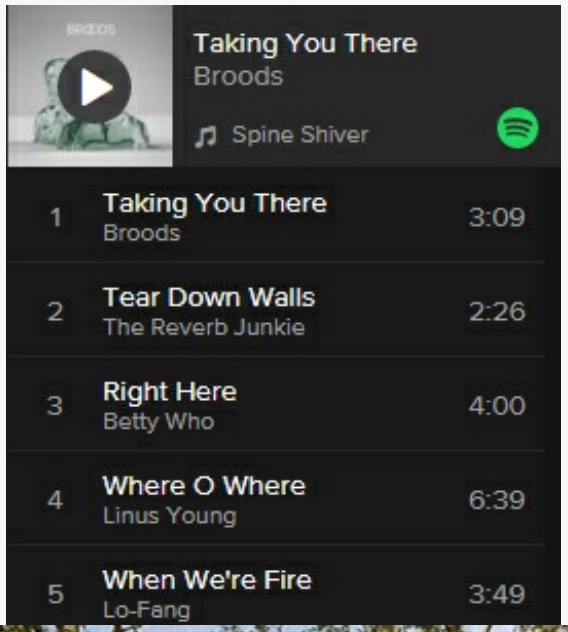
## RECOMMENDED MEDIA

Allie Flavia and Rissa Wray, from The Journey Junkie

to pictorial on Thai Massage, with our own Rissa Wray. Take a gander and practice on your own lucky friend. Or, book an appointment with Rissa and experience the euphoria for yourself!

Rissa is hosting an evening of Thai Massage at The BE on Valentine's Day. It is limited to 8 pairs, so if you're interested, sign up soon!.

*"I've received quite a few massages throughout the world including Thailand & none of them compare to my experience with Rissa Wray...the word euphoric is the only term to describe it.*" - The Journey Junkie



Pattie Boyd Harrison, John Lennon, Mike Love, Maharishi Mahesh Yogi, George Harrison, Mia Farrow, Donovan, Paul McCartney, Jane Asher, Cynthia Lennon in Rishikesh

## JOHN LENNON ON MEDITATION

From *Brain Pickings Weekly*...."In March of 1968, Lennon received a letter from a fan named Beth, asking for clarification on how Transcendental Meditation fits with the major religious traditions. He responded in a thoughtful and detailed two-page letter, which ends with the words jai guru dev, translated as 'I give thanks to the Guru Dev' — a phrase that appears as a refrain in the Lennon classic 'Across the Universe.'" Read it at John Lennon's Impassioned Letters on the Value of Meditation.

## AND NOW FOR SOME AMUSEMENT...

# T H A N K S !

Hey, thanks for voting your studio The Best of the Bay. Although we know it doesn't really "mean anything," it sure is nicer to win than to not win. It pleases us to please you!

THAT'S ALL, FOLKS! These newsletters take forever, so if you've read this far, I love you. Reply and say hi, anytime.

STAY IN TOUCH

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