

# Yoga Living

Volume X, Issue VI

The Creativity Issue

**Fearless Creation** Pg 20

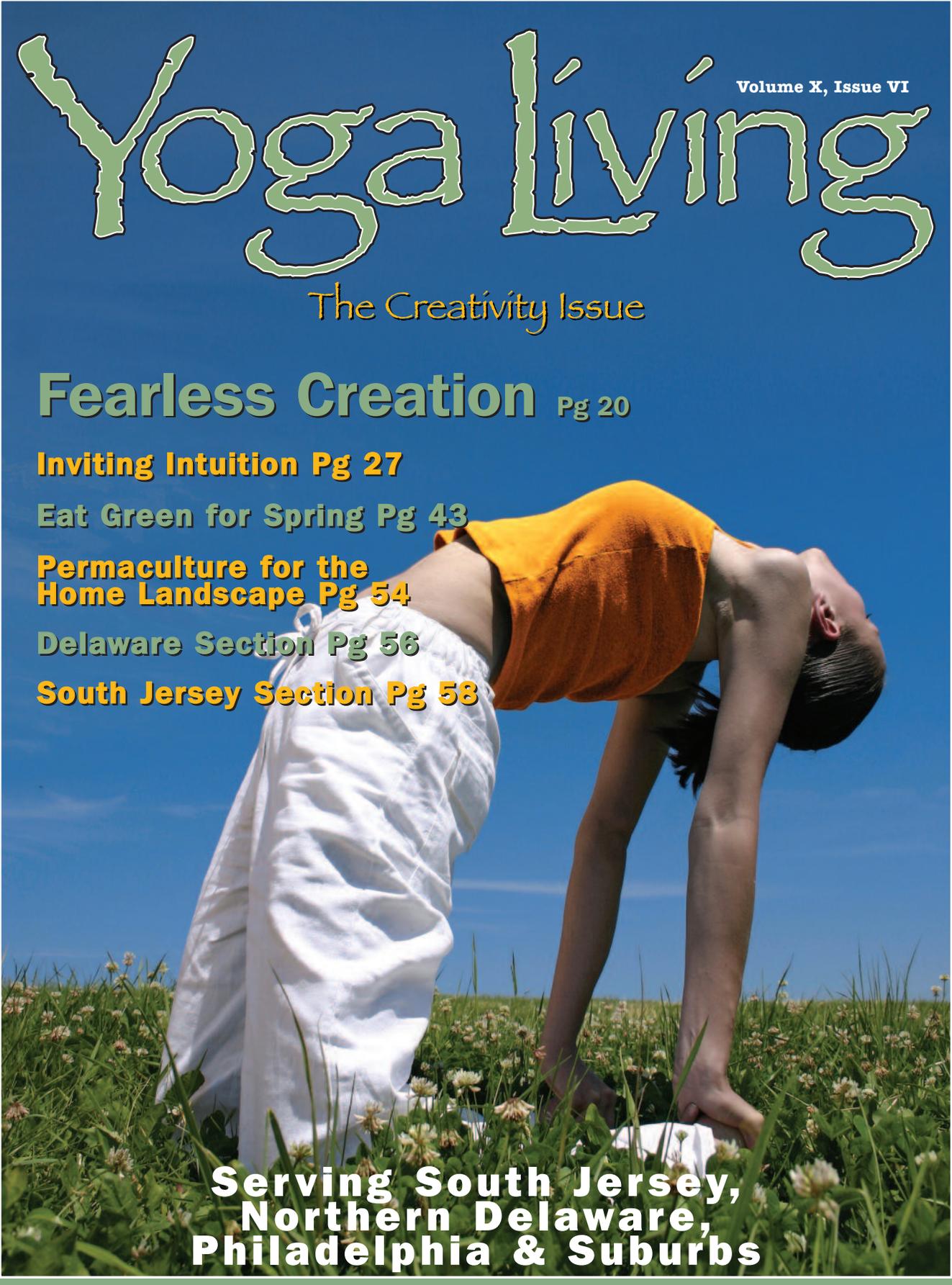
**Inviting Intuition** Pg 27

**Eat Green for Spring** Pg 43

**Permaculture for the Home Landscape** Pg 54

**Delaware Section** Pg 56

**South Jersey Section** Pg 58



**Serving South Jersey,  
Northern Delaware,  
Philadelphia & Suburbs**



### SEARCH OUR DIRECTORY

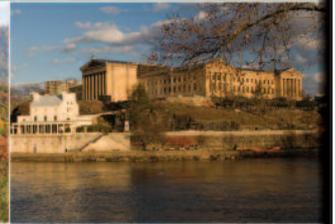
Health & Wellness



Green Living



Conscious Business



HOME

EVENTS

LEARN

COMMUNITY

MARKETPLACE

HELP

JOIN NOW

## Regional Resources for Living a Holistic, Sustainable, Conscious Lifestyle!

### Visit Our Online Community and Discover All These FREE Resources:



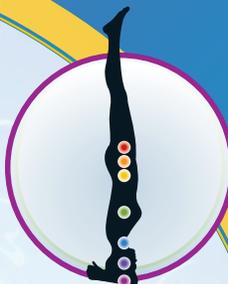
- ◆ **Detailed Profiles** with photos & directions (FREE profiles available for natural lifestyle service providers)
  - Holistic Health & Wellness Practitioners
  - Resources for Green Living
  - Socially Conscious Businesses

- ◆ **Regional Event Calendar** with full descriptions
- ◆ **Article Database** written by local members
- ◆ **Reader Reviews**
- ◆ **Classified Ads**
- ◆ **Newsletter** with regional news & features
- ◆ **Natural Lifestyle Marketplace**
- ◆ **A Meetup Alliance** umbrella organization
- ◆ **RSS Feeds** - customize your resources!

# www.NaturalLifestyle.net

Serving VA • DC • MD and DE • PA • NJ

256 Eagleview Blvd, Suite 505 • Exton, PA 19341 • 202-370-6337 • Office@NaturalLifestyle.net



# Chakra Yoga

## Understanding the Energy Body

A Weekend Immersion Program  
with Dr. Bob and Kristen Butera

**July 17 – 19th, 2009**

Do you want to learn more about the Chakras?  
Are you ready to connect the dots between physical,  
emotional and spiritual wellness? Do you want to learn  
practices that will deepen your yoga and meditation skills  
and help illuminate the challenges of daily life? Do you need  
a retreat but can't afford the hassle or expense of traveling?

*This weekend is for you!*

- ✿ Principles of Chakra Yoga
- ✿ Chakra Theory and Application
- ✿ Overview of all Seven Chakras
- ✿ Chakra Tuning and Meditation
- ✿ Yoga Classes
- ✿ Chakra Mapping

**Schedule:** Friday: 6:30 - 8:30 PM, Saturday 9 - 5 PM, Sunday 9 - 2 PM

**Fees:** \$200 before 7/1/09, \$225 after 7/1/09

**Can't make it for the whole weekend?  
Join us for a single seminar instead!**

**Friday, July 17th, 6:30 – 8:30:** Principles of Chakra Yoga

**Saturday, July 18th, 1:30 – 3:30:** Chakra Tuning and Meditation

**Fees:** \$20 pre-register/\$25 at the door



# YOGALIFE INSTITUTE

821 West Lancaster Avenue | Wayne, Pennsylvania 19087  
610-688-7030 | [yogalifeinstitute@comcast.net](mailto:yogalifeinstitute@comcast.net) | [www.yogalifeinstitute.com](http://www.yogalifeinstitute.com)



# LIVE

# BEYOND...

## THROUGH YOGA UNITES™

Help raise funds and awareness for Living Beyond Breast Cancer's education and support programs at an outdoor yoga class followed by a Healthy Living Expo on the steps of the Philadelphia Museum of Art.

**Register by  
May 14**

Adults-\$30,  
Children  
(under 12)-\$15

**Walk-In  
Registration Fee**

Adults-\$40,  
Children  
(under 12)-\$25

**7th Annual Yoga Unites**  
for Living Beyond Breast Cancer

**Sunday, May 17, 2009**  
**8:00 AM - 12:00 PM**

For information and fundraising ideas:  
**(610) 645-4567** or visit  
**yoga4livingbeyondbreastcancer.org**



**SPECIAL THANKS TO THE SPONSORS WHOSE GENEROUS CONTRIBUTIONS MAKE THIS PROGRAM POSSIBLE.**

*yoga unites*  
  
for **LIVING BEYOND BREAST CANCER**

Y O G A  
S C H E  
L T E R

**citypaper** PumpTop TV

**warner's**  
under every great woman®

*Olga*  
YOUR EVERYDAY INDULGENCE®



## The Healing Touch Center

1327 E. Darby Road, Havertown  
610 449-3589  
[www.healingtouchctr.com](http://www.healingtouchctr.com)

### Shiatsu for Two: Introduction to Healing Massage Techniques for Couples, Friends, and Partners:

Learn to use the healing body therapy of Shiatsu to work on each other, family & friends in this 6 hour "hands on", basic class. We will target areas of chronic stress and pain such as neck, shoulders, lower back, as well as balancing the overall flow of energy. Saturday May 16th 9am to 4pm. Fee \$150 for two people, includes materials. *Pre-registration required - space is limited.*



2<sup>nd</sup> Friday Samplers: **Free!** 7pm to 8pm

- May 8<sup>th</sup> Dana Hayne RN Introduction to Bach Flower Essences

### Affordable & Effective Care for a Difficult Economy!

#### Acupressure/Shiatsu Treatments \$40 for 1 hour:

The principles of acupuncture, without the needles, to relieve pain. An affordable, gentle non-invasive therapy performed on you fully clothed, the therapy can help get you back on track, safely and effectively!

Chi Kung Classes : For all ages and levels, Thursday and/or Saturday. Gentle Tai Chi like movements and yoga like stretches that move and utilize our internal energy, preventing chronic areas of muscular tension and emotional stress. Next 6 week series starts 5/7 and/or 5/9, \$55 fee, or \$100 for both Thursday & Saturday.

*For more information or to register call 610- 449-3589  
[lmarttherapy@yahoo.com](mailto:lmarttherapy@yahoo.com)*

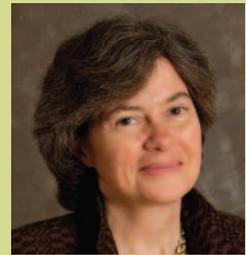


There's more to healing  
than drugs and surgery

## Wendy Warner, MD

Past President, American Board of Integrative Holistic Medicine

Women's Healthcare  
Holistic Medical Consultations  
for Men and Women



- Women's healthcare/gynecology
- Holistic medical consultations for men and women
- Acupuncture, massage, osteopathic manipulation, energy work, stress management, and more

940 Town Center Drive Suite F-90 Langhorne, PA 19047 215.741.1600

[www.MedicineinBalance.com](http://www.MedicineinBalance.com)



Brad Hubbell, aCH  
Stress Management  
Emotional Regulation



Tom Sabalaska, DO  
Osteopathic  
Manipulation



Diane Eyer, PhD  
Comprehensive Energy  
Therapist



Suzette Gore, L.OM  
Acupuncture,  
Herbology, Bach  
Flowers, Matrix  
Energetics



Beth Rotondo, HCE  
Classical Homeopathy



Kristin Kline, LMT  
Intuitive Bodywork



Lisa Weikel  
Shamanic Healing



Lori Schlosser, PhD  
Rubenfeld Synergy

Local Resources for Healthy Living!

# May/June 2009

8 | **Contributors**

10 | **Editorial**  
By Dr. Bob Butera

12 | **Yoga Living News**

## Yoga Theory

14 | **Householders Unite!**  
By Marisa Smith, MA

16 | **To Think or Not to Think?**  
By Erika Tenenbaum

18 | **Yoga for a Healthy Workforce**  
By Rachel Permuth-Levine

20 | **Fearless Creativity**  
By Linda Lyng

22 | **Meditation & Creativity**  
By Anthony Michael Rubbo, MHS

25 | **Spice it up!**  
By Carol Haytko

27 | **Yoga Therapy for Creative Energy**  
By Kristen Butera

ADVERTISERS ISSUE DEADLINE:

**July/August 2009**

**JUNE 8 DEADLINE**

## Psychology & Health

28 | **Dreamer Dan, Creative Man**  
By Ji

30 | **Inviting Intuition**  
By Michael Reddy, PhD

32 | **Constipation Toxicification**  
By Michael Cheiken, MD

36 | **Find Creativity with your Food**  
By Susie Beiler

38 | **What Will You Do With Your Dash?**  
By Patricia G. Omoqui

## Healthy Family

43,52 | **Eat Green For Spring!**  
By Kristen Butera

54 | **Permaculture for the Home Landscape**  
By Ron Della Penna

**YOGA =  
SELF-TRANSFORMATION**

## Delaware and S. Jersey

56 | **Delaware Section**

58 | **South Jersey Section**

## Directories

44 | **Health Food Stores**

45-47 | **Holistic Resource Directory**

48 | **Green Business Directory**  
Look up businesses that support the environment

50 | **Holistic Shop Directory**

60 | **Yoga Directory:** Local places by county for study/classes

63 | **Advertisers Directory**

Our listings help you find holistic practitioners for all your needs.

## Events

65 | **Events Listings**  
Join holistic events, retreats and on-going groups

Yoga Living Online! [www.yogalivingmagazine.com](http://www.yogalivingmagazine.com)

# Inside YogaLiving | Contributors

Doers | Player | Teacher | Representative | A Voice | Impetus | Reflection | Learning | Imagine



<< **Lynda Lyng**

lives, writes, and teaches in Kimberton, and may be reached at llyng@lunayoga-pa.com.

*Fearless Creation*  
page 20



<< **Patricia Omoqui**

is an internationally recognized inspirational speaker, life coach and writer. Patricia's mission in life is to inspire people to move beyond fear so they can reach their full potential. For more information visit [www.patriciaomoqui.com](http://www.patriciaomoqui.com) or drop her an email at [patria@patriciaomoqui.com](mailto:patria@patriciaomoqui.com).

*What Will You Do With Your Dash?*  
page 38

**Ron Della Penna**

directs RDP Landscaping, specializing in environmentally responsible landscape services in Malvern, PA. Reach him at [rondp@fast.net](mailto:rondp@fast.net).

*Permaculture for the Home Landscape*  
page 54

**Anthony >> Michael Rubbo** | MHS

is a consultant to education and industry, and the author of books on personal leadership and meditation. He is currently writing a novel and collaborating on a production that promotes the spiritual lifestyle. If you have questions or comments, you can contact him at [anthony-michael133@gmail.com](mailto:anthony-michael133@gmail.com).

*Meditation & Creativity*  
page 22



**Rachel >> Permuth-Levine** | PH.D., MSPH is the

Deputy Director of Strategic and Innovative Programs at the National Heart, Lung, and Blood Institute of the National Institutes of Health. In 2008, she created NIH Yoga Week and is the co-creator of National Yoga Month. She can be reached at [levinerac@mail.nih.gov](mailto:levinerac@mail.nih.gov).  
*Yoga for a Healthy Workforce*  
page 18



**Susie >> Beiler**

Holistic Health Counselor, Occupational Therapist; Private nutrition & spiritual counseling, group programs, seminars, nutrition DVD, natural body care & essential oils, Raindrop Technique; [susiebeiler@hotmail.com](mailto:susiebeiler@hotmail.com)

*Find Creativity With Your Food,*  
page 36



**Ji >>**

aids others in process through the vehicles of *Dream & Spirit Sessions*. These interactive sessions allow participants to integrate New Energy, clear discomfort, and embrace new directions. Contact Ji at [momentswithji@verizon.net](mailto:momentswithji@verizon.net).  
*Dreamer Dan, Creative Man*  
page 28



<< **Marisa Smith** | M.A.

has been a practitioner of yoga for over 10 years and is the co-owner of Twin Spirits Yoga in Sheridan, MT. Facilitated by her Master's degree in Transpersonal Studies, she is gifted at making the depths of spiritual teachings accessible to her students. Her website is [www.marisasmith.blogspot.com](http://www.marisasmith.blogspot.com).

*Householders Unite!*  
page 14



<< **Erika Tenenbaum**  
has been

practicing yoga for five years and teaching for two. When not working as an Aesthetician (skin-care specialist) during the day, Erika is reading, and looking for ways to deepen her practice.

*To Think or Not to Think?*  
page 16



<< **Kristen Butera**, RYT 500, IYT

is the manager of the YogaLife Institute and the editor of Yoga Living magazine. She is also a Kripalu yoga teacher, Integrative Yoga Therapist and gourmet cook. Kristen can be reached at [yogalifeinstitute@verizon.net](mailto:yogalifeinstitute@verizon.net) or [www.yogalifeinstitute.com](http://www.yogalifeinstitute.com).

*Yoga Therapy for Creative Energy*  
page 27



<< **Angela Nevius**, RYT

serves as *Yoga Living's* Advertising Coordinator, frequent contributor and overall "Gal Friday" (according to her!). She teaches Yoga, gardens, raises two sons and two dogs. Reach her at [yogalifeinstitute@verizon.net](mailto:yogalifeinstitute@verizon.net).

**Michael >> Reddy** | PH.D

(Cougar), is a personal and organizational coach, spiritual teacher, and song writer. He has managed information technologies extensively for business, served as the elder of a shamanic healing group, and done ground-breaking cognitive science research as a Columbia U. prof. See [www.makecybersense.org](http://www.makecybersense.org), and [www.reddyworks.com](http://www.reddyworks.com)

*Inviting Intuition*  
page 30



**Carol Haytko**

is a wife, mother, and activist in southeastern Pennsylvania. She can be reached at [carol.haytko@gmail.com](mailto:carol.haytko@gmail.com).

*Spice it up!*  
page 25

**Michael >> Cheikin** | MD

is a holistic physician, Board Certified in Physical Medicine and Rehabilitation (*Physiatry*), Pain Management, Spinal Cord Medicine and Electro-diagnostic Medicine. Contact him at [drc@c4oh.org](mailto:drc@c4oh.org).

*Constipation Toxification*  
page 32



## AYURVEDA CERTIFICATION AT YOGA ON MAIN

100 hour program begins July 19<sup>th</sup>, 2009

Study practical Ayurveda for self-healing, healthy living and spiritual development, with Ed Zadlo D.Ay Philly's most experienced Ayurveda practitioner and teacher.



The background of Ayurveda  
Constitutional Analysis  
Ayurvedic Herbology  
Dietary Therapy  
Ayurvedic Yoga  
Mantra Therapy  
Yoga Psychology



YOGA-ON-MAIN

4363 Main St. Manayunk, PA 19127 215-483-0504  
WWW.YOGAONMAIN.COM info@yogaonmain.com

July 19<sup>th</sup> thru Oct. 25<sup>th</sup>, 2009

## Awakening Motherhood

Prenatal Yoga Teacher Training



Taught by Jade Groff, RN, ERYT, NCTMB  
Hosted by Yoga On Main



### Four Weekends

September 18-20, 2009  
October 16-18, 2009  
November 13-15, 2009  
December 11-13, 2009

Fridays 6-10 PM  
Saturdays 12-6 PM  
Sundays 1-7 PM

Clinic Dates  
Mondays  
November 16, 30  
December 7

\$1260  
(includes manual)

10% discount if paid  
in full by  
August 6, 2009

Support, empower, and honor the sacred journey of pregnancy, childbirth and motherhood with Yoga!

95 Hour Training  
(65 classroom & 30 practicum)  
In accordance with Yoga Alliance guidelines

Call to register: 215 482- 7877  
For details visit: [www.yogaonmain.com](http://www.yogaonmain.com)



Contact Jade for details: 215 779-6448--jadema108@mac.com

Discover us  
and discover you

We are about creativity.  
We are about healing.

We are about you.

# Creative Healing Arts

*your center for self-discovery*

Relax and enjoy a cup of tea from our tea bar, browse in our holistic resource room and experience this beautiful space designed for you to connect with others, let go, de-stress and rediscover who you really are.

### Bodywork & Therapies

- Wellness Coaching
- Expressive Therapy
- Massage
- Cranial Sacral Therapy
- Reiki
- Restorative Reiki
- Animal Reiki

Space rental available for workshops & classes.

### Classes & Workshops

- Reiki Training
- Kripalu DansKinetics
- Voice Workshops
- Women's Gatherings
- Meditation Classes
- Gentle Yoga
- Customized Retreats
- Drumming
- And more...

1568 McDaniel Drive • West Chester, PA 19380 • 610-738-0988 • [www.CreateAndHeal.com](http://www.CreateAndHeal.com)

# Letter From the Publisher



If you have the privilege to watch a child take his first step, you have witnessed raw creativity happening. The child joins the vertical human race and experiences a new perspective on reality. Their newly upward mobile position in life is full of potential.

As this same child progresses, there are many firsts: first day of school, first love, first heartbreak, first competition, first job and first visit to a far-away place. When the child transitions into adulthood, life offers less and less “first” experiences. While life is always changing, it is very easy for us to resist the change and get stuck in a routine. When we get stuck in the dryness of a routine we can lose our youthful essence and forget about the potential exploration that comes along with new experience. When dust covers the soul, life can feel humdrum. That dust may be years of suffering in a certain situation or years of struggle that slowly diminishes that creative spark. We forget that each day is a new experience and opportunity, and that there are things to be learned and discovered about ourselves, and the world around us.

Some people change jobs frequently to find excitement in life. Others seek new romance and never really settle down because they become addicted to the potential of intimacy with a new person. Some people take to new hobbies; others jump from one spiritual path to another, each time equally excited about the promise of the new endeavor. What many of these people have in common is that they cannot break the patterns within themselves so they try to break the patterns outside themselves.

To keep us balanced in the spiritual and material worlds, we must find a harmony between consistency and newness. This is key as both are good in moderation. As we dedicate ourselves to the spiritual life, consistency is an important virtue. Running from one spiritual path to another is akin to running from our problems, and getting into a rut in the path that we are currently walking is also a problem.

When we find the right spiritual practice, it can be a place to for us to find daily inspiration. When we are tuned in to our inner landscape, we become connected to an unending source of creative energy – the desire to establish a relationship with the mysterious forces that govern life. Some call this energy God, the Universe, Nature or Mastery of the Ego. It doesn't matter what form we resonate with, only that it helps us to cope with our hurts and potential boredom. As we face ourselves, we become empowered to understand ourselves and find creative solutions to our problems. Even more so, whenever we ask ourselves the big questions like “why are we here?” and “where does the universe come from?” and “what happens when we die?” we tap into the greatest creative force of all – a childlike sense of wonder that revels in the concepts of beauty, love and freedom, and a willingness to explore these concepts with an open heart and mind, knowing that we may never find an answer to our questions. This process is creativity at work in our lives, and allows us to see the mysterious in the mundane and vice-versa.

One exercise that can help you get in touch with this mysterious energy is to take a walk in your backyard. Clear your mind before going out and imagine that you are an alien creature who has just landed on the planet for the first time. Look at everything that you find through the eyes of a curious observer trying to discover what the object is – use your senses to inform you of it's qualities, feel free to listen, smell, taste, touch and see. Examine the objects that you encounter slowly, with the eyes of a young child. Done with full suspension of disbelief, you will find yourself spending 10 minutes examining a rock that on any other day you might not even notice.

Use your spiritual practice to get in touch with the creative forces that are already at work in your life. They are there, where you recognize them or not. Remain open minded, and you will be rewarded with a sense of wonder and a source of boundless joy!

Your Publisher,

Bob Butera, PhD, Yoga Living Publisher, Director of the YogaLife Institute in Devon, PA, writer, and national trainer of Yoga Teachers

# Yoga Living

Your Healthy Lifestyle Guide

ON  
CREATIVITY

May/June 2009  
Volume X, Issue V



**Publisher**  
ROBERT BUTERA, PhD

**Editor**  
KRISTEN BUTERA

**Art Director**  
AMIE HANNAH  
Partners Press, Oaks, PA

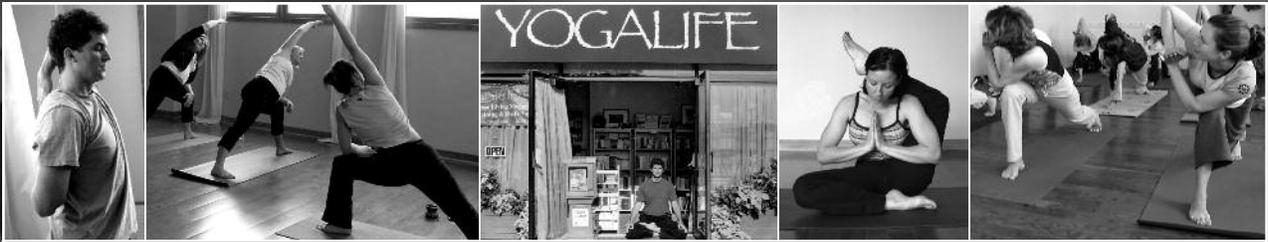
**Graphic Artist**  
MARIE KOZLOWSKI  
Partners Press, Oaks, PA

**Advertising**  
ANGELA NEVIUS

**Published by:**  
YOGALIFE INSTITUTE, INC.  
821 W. Lancaster Avenue  
Wayne, PA 19087  
610-688-7030  
[www.yogalivingmagazine.com](http://www.yogalivingmagazine.com)



*Yoga Living, Your Healthy Lifestyle Guide*, promotes the field of Yoga as a healthy lifestyle. The practice of a Traditional Yoga program includes each facet of life. This magazine introduces readers to resources for healthy living. Please share your copy of *Yoga Living* with your friends. Contact us at 610-688-7030 or at [info@yogalivingmagazine.com](mailto:info@yogalivingmagazine.com). Advertisers go to [www.yogalivingmagazine.com](http://www.yogalivingmagazine.com) for a media kit.



Classes | Seminars | Teacher Training | Bookstore | *Yoga Living Magazine*

Experience the

# Classical Yoga Difference

- ✿ Improve your overall health and well being
- ✿ Live with positive intention
- ✿ Learn healthy coping mechanisms
- ✿ Strengthen your body
- ✿ Build nutritional awareness
- ✿ Create lasting changes that are right for you
- ✿ Practice with a supportive community of like-minded individuals

CLASSES ARE ACCESSIBLE TO ALL LEVELS OF PHYSICAL ABILITY AND AGES OF INTEREST.

AVAILABLE PAYMENT OPTIONS INCLUDE DROP-INS, PERSONALIZED PROGRAMS AND MONTHLY UNLIMITED.

**FIRST CLASS IS FREE! BRING THIS AD WITH YOU ANYTIME FROM MAY 1 - JUNE 30TH AND RECEIVE ONE FREE CLASS.**

\*NOTE: OFFER IS VALID FOR NEW STUDENTS ONLY



## YOGALIFE INSTITUTE

821 West Lancaster Avenue | Wayne, Pennsylvania 19087

610-688-7030 | [yogalifeinstitute@comcast.net](mailto:yogalifeinstitute@comcast.net) | [www.yogalifeinstitute.com](http://www.yogalifeinstitute.com)

NEXT TO  
WHOLE  
FOODS!

# Yoga Living

## Holistic Networking Events



**A**t *Yoga Living* magazine, we believe in the power of bringing people together for a unified purpose. In our case, the purpose is healthy, conscious living! We know that good health means different things to different people, and that the community is best served when holistic practitioners communicate and refer business to one another.

This is why you see a variety of Holistic Practitioner networking events listed in every issue of *Yoga Living* magazine. We have found that the events we create and/or sponsor have helped practitioners learn valuable ways of reaching the public as well as feeling supported by their peers.

Networking events over the last year have taken us all over the tri-state area. Just in these last few months, we have met with groups in Bucks County, Delaware, West Chester and South Jersey. Each area has benefited from networking, and we are seeing a sense of organization and purpose start to strengthen among each group's constituents. Everyone sees the necessity of working together and wants to continue to gather momentum for the collective cause.

Recently, we joined forces with the Philadelphia Wellness Council and Resources for Wellness (based in Doylestown) to create even more networking opportunities for holistic practitioners. These networking efforts are focused on regular monthly meetings throughout the area. See the ad on page 71 for a complete listing of events and locations and to find a group near you!

The average person might ask, what does this mean to me? Over the years, *Yoga Living* has grown because we listen to the needs of our readers and supporters. This is not only the reason for our success, but it is also the reason that we remain relevant as a publication - we exist solely to serve the community.

Our readers benefit from a stronger, more focused community of practitioners because they have more choices. They also have the opportunity to receive referrals from one practitioner to another. There is a sense of confidence that comes from seeing a new practitioner that has already been endorsed by someone that you know and trust.

When we view the holistic community from a larger lens, we can see that when one person makes the move towards healthy and/or sustainable living, we all benefit. We are all part of the web of life, and the health and well-being of one can uplift the health and well-being of many.

*Three Cheers for Conscious Living!*  
**Bob Butera, Phd**  
*Publisher*

# READY... SET... GROW!!

Let Flowers & More help you grow the freshest, tastiest, and safest vegetables you can eat...**IN YOUR OWN BACKYARD!**

*Our three phase program includes*

## READY...

We prepare a planting bed to your specifications complete with organic leaf compost. Preparing the bed in winter will allow the nutrients time to break down and work into the soil to be available for the plants in Spring.

## SET...

We prepare the bed and plant the vegetables you request.

## GROW...

Bed preparation, planting, and ongoing maintenance throughout the season. We harvest your crops if requested.

**IMAGINE HAVING THE SALAD BAR RIGHT OUTSIDE YOUR DOOR.**

*No Chemical Fertilizers. No Pesticides. No Salmonella or other life threatening bacteria.*

*It's not too late...Call Today for your FREE CONSULTATION!*



720 Marshall Dr. • West Chester, PA 19380 • 610.701.9283 • [www.flowersandmore.biz](http://www.flowersandmore.biz)

# OCEAN CITY NJ VACATION HOUSE FOR RENT!



## Summer 2009 Rentals Now Available

- 2nd floor condo with 3 bedrooms, 2 baths, 3 decks and Wireless Internet
- Sleeps 9 with Parking for 3 Cars
- One short block from the Beach
- Walking distance to 34th Street Playground, Shops and Downtown Shuttle Service
- Private Rooftop deck with Ocean View
- Family Friendly
- Holistic Retreat Groups Welcome

**For more info: Call 610.644.4124**

**Pictures and Pricing: [www.vrbo.com/226122](http://www.vrbo.com/226122)**

**Questions? Email: [info@yogalivingmagazine.com](mailto:info@yogalivingmagazine.com)**

# HOUSEHOLDERS

**Y**OGA TEACHERS HEAR IT ALL THE TIME, AS IF THE STUDENT NEEDS THEM TO BEAR WITNESS TO THEIR SIN. “It’s been two weeks since my last class.” “I haven’t been able to make it to yoga in over a month.” “I’ve been so busy, it’s been waaaaaay too long.” When students apologize for not attending class it reveals layers of self-doubt and criticism. But are you really a slacker? Or are you simply doing the best you can to balance the life of a Householder with your interest in the discipline of yoga?

It is helpful to step back and remember that you are not the only one struggling to shoulder a full outer life with a calling inward. Often, though we go to bed with the best intention to wake early to spend time on the mat or cushion, or we vow to find time after work or before the kids get home to head to the studio, we don’t do it. Days, weeks, months go by and as each pass our inner critic becomes louder. We tell ourselves, “I’ll never be good at yoga. Everyone else is a dedicated student but me,” or the ultimate blow, “I’ll never be enlightened!” We begin to believe that there is something wrong with us at our core, that we are flawed for not being able to make the time to practice.

Indeed, Patanjali states in the *Yoga Sutras* that laziness, carelessness, and fatigue are among the obstacles along the path of yoga. But are we truly lazy when we are managing children, a home, family, a career, hobbies, and a path of practice? For most of us, our lives are far from those of the renunciates who have given up worldly engagement for spiritual devotion; nor are we those with privileged amounts of time and resources to spend our mornings in meditation, our afternoons on the mat and our weekends on retreat. We are those who are simply striving to understand the Self while having both feet firmly planted in day-to-day demands. We are Householders.

In Hinduism, the culture from which yoga emerged, there are four distinct stages of human growth and development. These stages govern the flow of the maturing being and provide a guideline for advancing through the inner and outer worlds.

# Write!

These Stages, or *Ashramas*, are:

The Student Stage - *Brahmacharya*

The Householder Stage - *Grihastha*

The Hermit Stage - *Vanaprastha*

The Wandering Ascetic Stage - *Sannyasa*

The Student Stage lasts until roughly the age of 25. It is a time of learning and study during which you prepared for a future profession and begin to understand the social and spiritual beliefs of your culture.

The Stage of the Householder, which lasts from approximately 25 – 50 years of age, is a period of being an active member of the community. You may be a partner, raise a family, support important causes, and pursue a career, all the while continuing to foster your relationship to spirit. Except for those who embark upon the life of a monk, nun, saint or siddhu, spiritual pursuits are not expected to be the central focus. All societies need productive, active Householders. You are laying the groundwork for the culture that will support your needs as you age, as well shape the world your children will inherit.

In the Hermit Stage you withdrawal from the material world into retirement. Here you are a grandparent and mentor, and are free to further deepen your bond with God or the Absolute. It is a time when a person is in this world but not of it. Today, this may not happen until the age of 60 or later.

The Fourth Stage is one of complete renunciation. Here, all efforts are turned towards uniting the individual soul, *jivatma*, with the universal Godhead, the *paramatam*. Only once a full life has been led do you concentrate solely on your spiritual path.

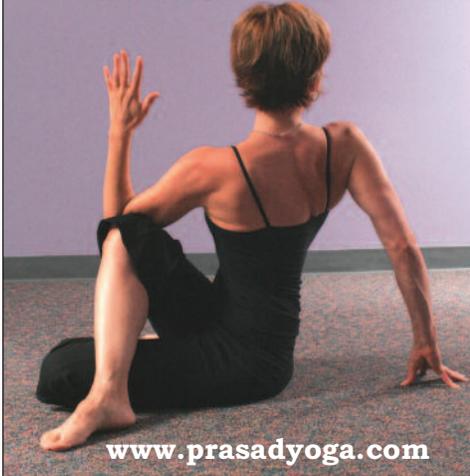
Though your soul longs to merge back into the spiritual ocean from which it came, it doesn’t all have to happen now. What you can do and control is how you feel about where you are. The next time you begin to beat yourself up over not having enough time on the mat, rest assured that all is coming. You are exactly where you need to be, doing exactly what you need to do.

Remember to be compassionate with yourself and have patience with your process. Your true Self is eternal, and you are destined to return there. Instead of wishing away the demands of everyday life, feel gratitude for the enlivening variety of experiences they offer. Each moment we have a choice to see the beauty before it passes, and when we do, we are truly living the path of yoga. ▲



**Prasad Yoga –**  
A Refuge, A Home,  
A Heart Open To All Hearts

All classes are taught  
using Anusara Principles of  
Alignment



[www.prasadyoga.com](http://www.prasadyoga.com)

**Classes:**

GENTLE  
BEGINNER  
INTERMEDIATE  
ADVANCED  
KIDS  
PRIVATES

**Programs:**

IMMERSIONS  
TEACHER –  
TRAININGS  
WORKSHOPS

**HealingArts:**

MASSAGE  
HOMEOPATHY  
INJURY REHAB

Prasad Yoga 516 Second Street Pike **215 - 355 - 3224**  
Southampton Shopping Center (a few doors down from  
Southampton Pa 18966 Robin Hood Diner)

**SPY** Yoga  
Wear  
for the  
creative spirit  
within

get 25% off your first order  
enter yogaliving in the  
referral code at checkout

[www.shopwearableart.com](http://www.shopwearableart.com)  
215-467-6065



Think Globally  
Buy Locally

Natural Fabrics

Made in the  
USA  
by the Artists at  
Steel Pony

For Everyone  
Who Wants  
Good Health...



**NATURALLY**

**Lisa Beth Freedman, M.D.**

is a board-certified family  
medical doctor trained  
in traditional medicine.  
In addition, she has extensive  
training in Holistic Medicine.  
Her mission is to provide  
continuing comprehensive  
health care for the  
entire family.

Villanova 610-579-3797  
Huntingdon Valley 215-796-1700  
<http://www.LBFMD.com>

Working with a natural lab, she  
can accurately diagnose:

- Menopause, PMS and thyroid disorders
- Abnormal weight gain
- Fatigue and Insomnia
- Headaches and Allergies
- High Blood Pressure & High Cholesterol
- ADHD and Mood Disorders

Dr. Freedman utilizes a  
compounding pharmacy for  
natural remedies:

- Natural Bioidentical Hormones
- Vitamins
- Herbs
- Homeopathy

Acupuncture  
Treatments  
Available

**30 Day  
Money Back  
Guarantee!**



1130 McDermott Drive, West Chester • 610.431.7000 • [acac.com](http://acac.com)



Over 45 Mind-Body classes  
*every week!*

Plus, on-site childcare and showers.

Call a membership coordinator today to schedule your complimentary class.

From points south (West Chester): 202 exit Boot Road. Turn right on Boot Road. Turn right on Greenhill Road. Follow approx. 1/2 mile. Turn left onto McDermott Drive. Follow to end of cul-de-sac. (From points north, 202 exit Boot Road. Turn left onto Boot road.)

**acac.com**

# To *Think* or Not to *Think*?

**I**N A RECENT YOGA CLASS THAT I TEACH, I FOUND MYSELF PERPLEXED BY MY OWN WORDS. On one hand, I was telling the class to be mindful in moving through their postures. In my next sentence, I caught myself telling the class to not over think the postures. I was in a quandary. Which is it? Are we to use our minds or not? And if so, how? In yoga we are taught to control the mind's path, to not allow the mind's path to control us. This is not an easy feat, however. It takes much time, discipline, and experience in one's practice to truly understand the concept. I still find myself in awe of the fact that I have a choice to not follow the crazy roads that my mind travels on throughout the day. I can choose to find relief in meditation and exercise. I do find that my mind likes to play tricks, and that I sometimes get pulled back into the craziness, but the more I practice, the easier it is to choose to take another path. After considerable mulling, I began to realize that the key to finding true control over which path the mind goes down is in keeping it open to all potential paths.

In Classical Yoga we are taught how to take our yoga practice home with us. There is so much to experience while we are on our mats practicing poses and meditating. Imagine how wonderful life could be if we learned to take the presence and quiet we find during a yoga class into a daily routine. The idea of motivating the intellect to control the mind's noise without the guidance of the classroom setting may seem like a daunting task. It is, for this reason, important to realize that this balancing act of life on and off the mat starts with the Eight-fold path of Yoga, as outline by Pantanjali in the Yoga Sutras. The Yoga Sutras teaches us about the *Yamas* (restraints) and *Niyamas* (observances) along with *Asanas* (postures), *Pranayama* (breath control), *Pratyahara* (sensory withdrawal), *Dharana* (concentration), *Dhyana* (meditation), and *Samadhi* (oneness). The ancient yogis who carefully put this special list of spiritual work together gave us much detail about the first two tenets. Both the *Yamas* and *Niyamas* have five sub-topics that go into great detail about what it means to restrain from violence, lying, stealing, continence, and greed. Furthermore, it shows what qualities we can cultivate in order to live a life of purity, contentment, fortitude, self/spiritual study, and faith in a higher power. I like to think of these as Yoga's Ten Commandments. For the purposes of this article I am going to narrow the focus down to *Svadhya* (self/spiritual study).



A lack of self-awareness will lead to a circular path in the mind, where we repeat the same patterns over and over. When we get caught up in this cycle, we further narrow our vision of our individual world, and the potential for a broader perspective becomes non-existent. Ultimately, we will not be able to handle any situation without personalizing it. When the ego takes over, all we hear in our inner dialogue is "I"/"Me". This "I/Me" concept is poisonous to the yogic mind. When we take things personally we remove reason and turn to emotional reaction. When emotions become our liaison to the world, we lose our bearings and become insecure. Think, for example, of driving in rush-hour traffic, when someone cuts you off. The first thing we're likely to think of is "I can't believe that so-and-so did that to me!" We are left with anger as our emotion. This anger doesn't affect the driver that slighted you, they are long gone, but there you sit with anger permeating every inch of you. After years of this narrow mindset, disease creeps in. This is why it is important for the mind to open and allow our intellectual side to take over. We can take out the egos' tendency to want to live out of frame, and in the process breed compassion for others, and in turn for ourselves.

I have come to realize that I need to take an individualistic approach to my classes when it comes to how the mind is being used. If someone is recovering from an injury, they will have to use the mind in order to be more careful in their postures - especially when transitioning between poses. Most yoga related injuries come from unfocused transitions. For someone who has been practicing consistently and is in fine shape, they can be very meditative and centered even in transition. As with anything in life, one way does not work for everyone all the time. We must be able to adapt. As a teacher, I have to keep my mind open to all the different paths each yogi is on. This will allow a more creative and healthy approach to the class, as well as to myself. This, in turn, will benefit my students. I have come to believe strongly that by learning to control the mind's path, we are able to write our own life script. In the movie of our life, we are the writer, director, producer and star. How the movie ends is all up to us. ▲

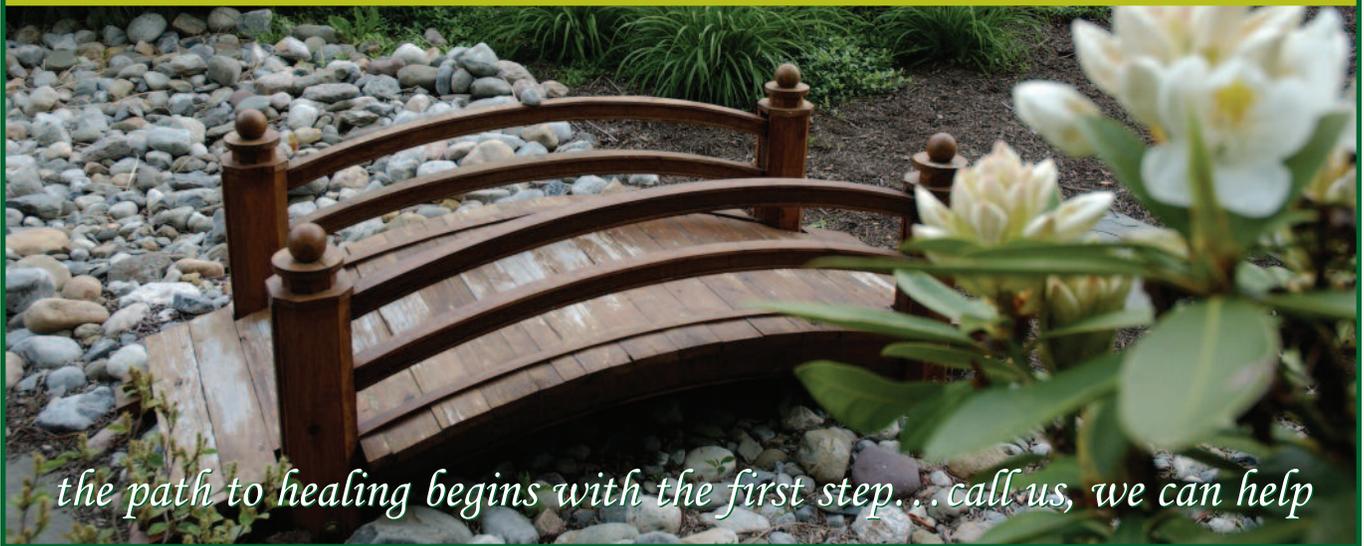


The premier provider of drug & alcohol treatment in the Delaware Valley for more than 25 years.

Admissions: (610) 744-1453  
 Program Information: (610) 505-3030  
 Visit us at: [www.mirmont.org](http://www.mirmont.org)

**Most Insurance Plans Accepted**

Mirmont is a proud member of



*the path to healing begins with the first step...call us, we can help*

# BODYMOTIONSPIRIT

Yoga & Pilates at The Aquatic & Fitness Center

**YOGA\*** Power Hatha Vinyasa Senior Anusura

**PILATES\*** Mat, Cadillac, Reformer

\* Offerings vary by location. Classes subject to change.

**FREE  
2 WEEK  
PASS**

Visit us online at: [www.AFCfitness.com](http://www.AFCfitness.com) and get a FREE 2 week pass. Enter promo code YL09 and start enjoying all of AFC's Mind/Body classes TODAY!



**Bala Cynwyd, PA**  
601 Righters Ferry Rd.

**Cherry Hill, NJ**  
5 Esterbrook Lane

**N.E. Philadelphia**  
3600 Grant Avenue

**Jenkintown, PA**  
921 Old York Road

For class locations and times, please visit: [www.AFCfitness.com](http://www.AFCfitness.com)

**877-YOUR-GYM**

# Yoga for a Healthy Workforce

**I**N THESE TIMES OF UNCERTAINTY, MANAGING STRESS HAS BECOME MORE CHALLENGING THAN EVER.

Workplace stress, in particular, seems to only escalate. Between fearing that your position may be eliminated or managing the increased responsibilities on your plate due to downsizing, going to work in the morning seems more and more like an episode of “Survivor.”

The good news is that there are tools that address this growing level of workplace anxiety. The benefits of these tools reach well beyond your office into every aspect of your life: family, friends and overall health and wellness.

Workplace wellness programs – such as those focusing on yoga and stress management – can help not only individual employees but also the entire culture of an organization. According to the Kaiser Foundation, workplace wellness programs are offered by employers in an effort to combine educational, organizational and environmental activities and often “consist of health education, screening, and interventions designed to change employees’ behavior in order to achieve better health and reduce the associated health risks.” In addition to improving employee health, these programs have an ancillary benefit of helping to manage the rising cost of employer-based health plans. It’s a win-win for employer and employee. According to Dr. Michael Donovan, co-creator of NIH CORE Week, when employers initiate proactive health plans, “People lose weight, start – and stick to – group exercise programs and improve their eating habits. Once people notice their colleagues’ health improving, there seems to be a domino effect and they want to get involved, too.”

So, how can you develop yoga and stress-management programming for employees in your organization? It’s not as hard as you might think to get started. When creating any type of new program, start small, evaluate how your program is being received, and build from there. Here are some steps to keep in mind:



Make sure the boss agrees! There is no use starting up innovative programming for employees if your boss and upper management are NOT on board. Get approval!

Start small. In the case of a stress management program, why not start with a lecture once per month on various elements of combating stress? For instance, you can start off with a lecture on finding work/home balance; the second month might focus on dealing with negative thought patterns, and the third month on breathing and meditation techniques, and so on.

There are plenty of free resources to use in your planning. Articles on the web from wellness companies like WELCOA can be shared with employees (with appropriate credit given, of course). They are short and have manageable strategies that are easy to implement.

Yoga classes are a great way to create mind-body awareness and distress. Often companies become frustrated if they don’t have a dedicated fitness space or gym. Luckily, yoga can be practiced just about anywhere. All you need is a conference room where you can move the furniture completely out of the way (no tables, no chairs), and you can fit as many as a dozen yoga mats. In the event that you have a conference room where you can’t move the furniture, you can have a class that offer yoga stretches “for the desk and office.”

If you start with a yoga program, create a three to six week session to allow employees to try it out. Let people try yoga classes so that they can experience benefits first hand. Make the classes accessible, low-cost, and at the beginner

or even intro level. Encourage your company to subsidize the classes, and if that isn’t a possibility, see if a group rate can be worked out with a potential instructor.

Emphasize the benefits of yoga and stress management. Yoga and other forms of stress management can improve morale, improve mood (almost immediately), increase productivity, and help muscular pain. The benefits go on and on. Many employees are self-conscious about being labeled as “stressed out.” Promoting yoga programs as those that can increase energy and improve mood – and reduce that stressed out feeling - everyone wins.

Create some buzz. For employees to reap the benefits of your program, they have to know about it! Put up posters on company bulletin boards and in the restrooms, create targeted emails, post information on your intranet and advertise in your cafeterias. Do whatever you can to make sure the message gets out. You may also wish to offer a health-related raffle prize or give-away at your seminars, such as a backpack filled with health magazines or products.

If you need to look outside your organization for a yoga instructor, a good place to begin your research would be calling around to your local studios or through Yoga Alliance, who may also be able to provide guidance on appropriate rate structures.

Consider September as the starting point. September is National Yoga Month - is there any time more fitting to begin a wellness program? With a goal of building awareness of the health benefits of yoga, National Yoga Month is designed to inspire people to take responsibility for their own well-being and focus on prevention and healthy lifestyle choices. It’s the perfect opportunity to initiate small changes for yourself and your colleagues.

For more information:  
[www.yogamonth.org](http://www.yogamonth.org)  
[www.yogaalliance.org](http://www.yogaalliance.org)  
[www.nih.gov](http://www.nih.gov)