

YOGA FOR YOUR  
MIND, BODY, & SOUL

**SPECIAL  
POINTS OF  
INTEREST:**

- **From the Soul Encourages you to practice Yoga with your Mind as well as your Body**
- **Boost your mood with the joyful smell of grapefruit**
- **Awaken your inner warrior with Warrior I, the pose of the month**
- **Visit Park's Edge to stimulate your senses and assuage your palette**
- **Poet and Kripalu Yoga practitioner Danna Fauld gives you Something to Think About**

# Your Yoga Place

FALL SEPT/OCT 2010 ISSUE

ATLANTA, GA

## Mood Boosters

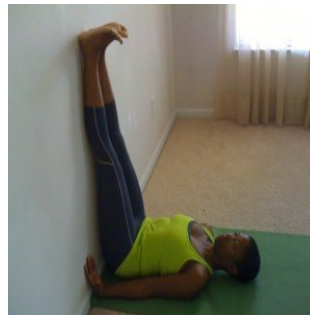
As the sun's rays release their warmth for shorter periods of the day and streams of cool breezes replace the blistering heat of summer, we know Fall has arrived. Fall brings change—things slow down, decreased activity, less day light, which often brings the blues. Statistics show that the Fall and Winter months have a higher percentage of sadness, depression, and decreased moods.

Kelly Larson of Breathe into Balance encourages life changes using yoga, meditation, and yogic breathing, among other things.

Her mood boosting Yoga routine includes: Camel, Downward Facing Dog, Twists, and Legs Up the Wall.

To see a demonstration of each move from instructors at Your

Yoga Place, go to YouTube and search for YogaWriter007. Select Mood Boosting Poses.



**Legs-Up-the-Wall Pose relaxes, soothes, and restores**

Kelly's entire mood boosting routine includes 15 moves, which you can view at [wholeliving.com/yogamood](http://wholeliving.com/yogamood)

She uses breath work, specific Yoga poses, and moving medita-

tion to help people with mild to severe depression, anxiety, menopause, and mood disorders.



**Camel pose stimulates and opens the heart, fostering self-acceptance**

Visit Kelly's web site at [www. Breathintobalance.com](http://www.Breathintobalance.com)

## Studio Spotlight: Nirvana Yoga

Nirvana is a Hatha Yoga studio located in Cabbagetown. All classes connect the mind, body and breath through physical postures and vinyasa poses that flow from one to the other in conjunction with the breath. This flowing energy creates a loving teacher/student dynamic that fosters healing and growing in the intimate atmosphere of Nirvana Yoga Studio.

I must highlight Nirvana's values. Each week, they offer at least 7 classes that are \$5.

They also offer a couple of free classes each week. The owner, Leigh Ann, never wants anyone to abstain from Yoga because of financial frustrations. Call her



directly if you need financial assistance for Yoga classes at Nirvana. This giving, selflessness, and helping others is one of Yoga's major principles.

The cozy, quaint, and effective Cabbagetown studio is located at 97 Estoria Street.

For class descriptions and schedule, go to [www.nirvanayogaatlanta.com](http://www.nirvanayogaatlanta.com)

## Healthy Food at the Park's Edge



Park's Edge owner Richard Wadlington Jr. and Chef Jorge Pacheco

Nestled off the beaten path at the corner of Elizabeth and Bernia Street sits a poignant restaurant that serves up healthy food, scrumptious jazz, and delectable beverages.

Park's Edge owner Richard Wadlington Jr. and Chef Jorge Pacheco blend the bold flavors and spices of Mexico and the culture and sass of Southern California in the melting pot called Park's Edge.

Capturing the energy and eclectic demeanor of the Inman Park neighborhood

coupled with a unique West Coast style, Parks' Edge provides an enclave for jazz, cuisine, and social enthusiasts.

The Sunday Jazz Brunch is their show stopper. Order bottomless Mimosas & Bellinis for \$10. Try the Chicken & Waffles or the Chocolate Chip & Strawberry pancakes. Reservations are strongly recommended.

On Friday nights, the sweltering, soulful sounds of the Jazz band wafts through the air. Try the Grilled Caesar

Salad, Avocado Eggrolls, Sesame Grilled Salmon, or the Lemon and Rosemary Sautéed Chicken.

Every night there is live jazz, delectable cuisine, and friendly staff. The atmosphere is replete with people enjoying themselves and their companions. Richard and Jorge created a relaxed, yet opulent atmosphere that begs you to stay.

For operation hours and to view a full menu, go to [www.parksedgeatl.com](http://www.parksedgeatl.com)

Induce your mood and stimulate your mind with aromatherapy. This month's feature aroma is Grapefruit...it makes you joyful! Eucalyptus is great for chest colds.

## Grapefruit Makes You Joyful

There are natural, inexpensive things you can do to boost your mood, induce your endorphins, and increase your energy.

### Aromatherapy

Aromatherapy fragrances are made from natural herbs. Each scent has an intended effect, so select the aroma that induces the mood you want.

I burn my oils in aromatherapy diffusers made especially for

burning the oils. These specific aromas can help to liven you up:

- Grapefruit: Joyful
- Lemongrass: Inspiring
- Lemon Eucalyptus: Awakening
- Ginger + Orange: Balancing

There are tons of other aromas that you can use in your home, in your car, and at work to boost your mood.

The best book that I've found on aromatherapy is *The Complete Book of Essential Oils & Aromatherapy* by Valerie Ann Worwood.



Try doing your seated stretches with your eyes closed, and feel the stretch from the inside out.



## From the Soul

Yoga is not a destination; instead, it is a continuous journey through the fibers of your body to connect to your soul and mind.

Resist the urge to concentrate on the results so much because you don't want to miss the process of the journey.

The process develops character through learned lessons, acquired knowledge, triumphs, set backs, and failures.

Even the most seasoned Yoga practitioner can learn more about a posture, their body, and their Spirit each time they practice. Yoga makes you a life

-long learner, always availing to that higher spectrum of awareness. Develop a mind for Yoga. Listen to your body.

As you determine your desires for your Yoga practice, aspire to evolve your mind and Spirit as you stretch your body.

# Pose of the Month: Warrior I



Warrior I is deceiving to the eyes. On the surface, it looks simple enough to get into, lunge forward and lift your arms. Sure that's simple, but properly aligning in Warrior I isn't simple.

Most people just think that the quadriceps, biceps, and shoulders are benefiting from this pose; however, Warrior I is one of the most beneficial internal and external poses in Yoga. It warms your entire body and strengthens almost every area of your body.

As you ease into Warrior I, one of your objectives is to keep your hips parallel to the front. Don't allow the hip of the bent leg to tilt forward. Again, that sounds simple, but it indeed takes much practice and repeatedly practicing this

posture eventually trims your hips.

Warrior I makes you feel strong and powerful. Holding the pose for at least 3 to 5 breaths gives your body time to memorize the pose and assimilate. This pose induces good shoulder alignment, opens the chest and builds arm strength. As you reach towards the sky, press your chest forward and lift your ribs, which opens space for the lungs as it stretches the abdomen, chest, and groin muscles. Keep your shoulders down as you lift



your arms. Do not lean forward; instead, maintain your center balance.

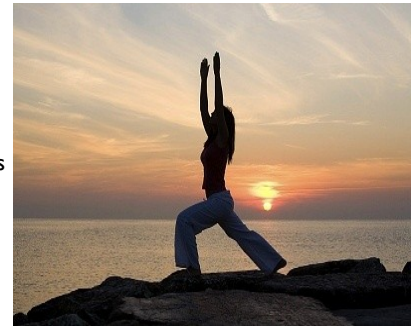
Moving on to other parts of the body, Warrior I also tones your

knees and your ankles. Did you know that you can tone your ankles and knees? Yes. In an anatomically ideal Warrior I pose, the thigh of the bent leg is parallel to the floor, the ankle is inline with the knee, and the extended leg is straight and strong. Holding this position makes the ankles stronger, and strong ankles relieve pressure from the knees.

Concentration and balance are enhanced in Warrior I. Remembering the many intricacies of this pose prevents you from thinking about anything other than the pose. As you remember everything that you must correctly align, you are also balancing. However, if you are a beginner, don't place your feet one behind the other until you can balance better.

Warrior I works and tones the entire body.

For complete instructions and a demonstration, visit [www.youryogaplace.com](http://www.youryogaplace.com)



***"...Warrior I improves your concentration and balance. Remembering the many intricacies of this pose requires your full attention."***

## Yoga Journal's iPhone Application

The premiere Yoga magazine, Yoga Journal delivers Yoga to your phone. If you have an iPhone, and can afford a one-time fee of \$2.99, you can access Yoga series for Sun Salutations, Hip Openers, Restorative Sessions, and more anywhere at anytime.

The clever iPractice application is economical, portable, and easy-to-use. It offers sessions that

are designed by Yoga Journal's instructors on:

- Stress Relief
- Core Strength
- Weight Loss
- Increased Energy
- Relaxation
- Increased Energy

**Yoga Journal's iPractice for iPhone application**



On your iPhone:

1. Touch the Applications icon.
2. Touch the Search icon.
3. In the Search field, type iPractice.
4. Start doing Yoga!

For more information, go to [www.yogajournal.com](http://www.yogajournal.com)

# Something to Think About

Danna Faulds is a loquacious Yogini who pours her experiences in life and on the Yoga mat into tender poems. She gives us Something to Think About.

## The Soul of Yoga

What is the soul of yoga? Follow your heart into the center of the pose and find in the midst of detail and precision, in breath, alignment, balance, bliss, fear and sadness at the very core of all of this is love.



## Let Go

“Let go of the ways you thought life would unfold; the holding of plans or dreams or expectations – Let it all go.

Save your strength to swim with the tide. The choice to fight what is here before you now will only result in struggle, fear, and desperate attempts to flee from the very energy you long for.

Let go. Let it all go and flow with the grace that washes through your days whether you receive it gently or with all your quills raised to defend against invaders. Take this on faith: the mind may never find the explanations that it seeks, but you will move forward nonetheless.

Let go, and the wave’s crest will carry you to unknown shores, beyond your wildest dreams or destinations.

Let it all go and find the place of rest and peace, and certain transformation.”



**Danna Faulds, poet and dedicated practitioner of Kripalu Yoga, is the author of four popular books of yoga poetry: Go In and In; One Soul; Prayers to the Infinite; and From Root to Bloom.**

**She credits Kripalu Yoga and expressive writing with transforming her life.**

Relax your mind  
 Restore your body  
 Release your inner power  
 Rejuvenate your life  
 .....at Your Yoga Place

To subscribe or to submit articles, send an e-mail to Trina Love-Abram at [Yogawriter@live.com](mailto:Yogawriter@live.com). Ask about our Yoga Parties!

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