

YOGA for the NEW MILLENNIUM NEWSLETTER[®]

Give the gift of yoga to someone you love.

20 WAYS YOGA HEALS

“How yoga works - Many of yoga’s benefits can be explained in ways that conform with Western ways of knowing. Here are twenty ways that yoga facilitates better health, both as prevention and as treatment, that are supported by evidence. While it would have been possible to choose others the mechanisms of action selected provide a broad overview of how yogic tools including asana (poses), pranayama (breathing techniques), and meditation can improve health.

20 WAYS YOGA HEALS: 1 Increase flexibility, 2. Strengthen Muscles, 3. Improves Balance. 4. Improves Immune Function, 5. Improves Posture, 6. Improves Lung Function, 7. Leads to Slower and Deeper Breathing. 8. Discourages Mouth Breathing, 9. Increases Oxygenation of Tissues, 10. Improves Joint Health, 11. Nourishes Intervertebral Disks. 12. Improves Return of Venous Blood. 13. Increases Circulation of Lymph, 14. Improves Function of the Feet, 15. Improves Proprioception, 16. Increases Control of Bodily Functions, 17. Strengthens Bones, 18. Conditions the Cardiovascular System, 19. Promotes Weight Loss, 20. Relaxes the Nervous System” – by Timothy McCall, M.D

The River and the Rock

Let the thoughts arise and let there be awareness that they are like the flow of water in a river. And you are a rock around which the water must flow. Be not moved.

–D. Williams



The 8 Limbs of Yoga

- *Yama, reflection of our true nature*
- *Niyama, evolution towards harmony*
- *Asana, comfort in being - postures*
- *Pranayama, guidance of universal prana*
- *Pratyahara, encouraging the senses to draw within*
- *Dharana, focusing the consciousness within*
- *Dhyana, continuous inward flow of consciousness*
- *Samadhi, union with your true nature*

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PERSPECTIVES ON YOGA

By Deborah "Dee" Williams, RYT



The road less travelled is the road to the inner self. – D. Williams

Contact Kanjin Yoga for more information about bringing a yoga program to your school, business or organization.

info@thekanjinyogacenter.com

I hope that you enjoy the very best that life has to offer and that in return you will share your gifts with the world.

Namaste,

D

Deborah "Dee" Williams
Founder, Yoga for the New Millennium

[Comments and Newsletter Archive](#)

<http://yogaforthenewmillennium.cfsites.org>

Photos by D. Williams

What is Yoga? Yoga is the process of learning about you. Learning the different facets of yoga can be overwhelming for beginning yoga students. Yoga has many branches, systems and offshoots. Over the years some of the yoga practices (such as "hot Yoga" or "Vinyasa/flow Yoga") have been systematized by various yoga teachers, so that it becomes more understood and accepted by the modern society. Most of the basic yoga asana (postures) are generally called Hatha Yoga. Many people just see yoga as primarily a set of exercises to maintain general fitness when routinely practiced.

Yoga is not a religion; it is more a way of life or discipline for promoting greater fullness and experience of life. Yoga begins and ends with ease. In a place that allows you to connect with your inner bliss. I think of yoga as a path to liberation of the mind, through overcoming physical limitations and fears.

The practice of the physical postures enables one to think deeply about where your mental edges exist. I would find my edge in a particular posture and on the other side would be fear. It could be just the fear of falling down, but it would loom large and prevent me from trying to go deeper into the poses. This was always true for my life in general. I would accomplish a goal, and when it was time to push past it, I would find fear waiting around the corner. What I learned through yoga, was how to see the fear for what it is, a mental construct, that can be dismantled with time and commitment. "

Reflection *"Yoga is an art, a science and a philosophy. It touches the life of man at every level, physical, metal, and spiritual. It is a practical method for making one's life purposeful, useful and noble."*

B.K.S. Iyengar - Yoga Master

Can Yoga Help With Weight Management?

Approximately 65% of American adults are overweight, and around 30% are officially obese.

"Most of the evidence for the effects of yoga on weight loss is anecdotal or experiential. Yoga teachers, students and practitioners across the country find that in their own bodies, or with their students, yoga helps to support weight loss. Many teachers specialize in yoga programs to promote weight management and find that gentle yoga practices often help support weight loss. People do not have to practice the most vigorous forms of yoga to lose weight. Many teachers find that yoga encourages development of a positive self-image, as more attention is paid to nutrition and the body as a whole. The positive effects of yoga on weight may also have to do with reducing stress.

Stress is a significant factor for many people in an effort to maintain healthy weight. Current research shows that chronic exposure to stress hormones stimulates weight gain, particularly in the abdominal area. One of the benefits of a yoga practice in weight loss is through reducing stress. Although this is an effect that has not been directly studied in experimental research, yoga practice, especially techniques which focus on reducing stress, can be an important component to a long-term weight management program. So far, there has not been much research directly examining the effects of yoga on weight loss. But a recent paper was published in the journal *Alternative Therapies in Health and Medicine* which investigated the relationship between yoga practice and weight management. In a lifestyle study of 15,500 adults in their 50s, researchers collected information about 10 years of participants' weight history, physical activity, medical history and diet. The authors of the study found that regular yoga practice was associated with decreased incidence of age-related weight gain; this was even more notable in people who were overweight. This finding warrants further investigation of the issue, but provides some motivation for teachers, students, and scientific researchers to continue to explore yoga as part of a weight-management program." – Yoga Alliance

Study citation: Yoga Practice is Associated with Attenuated Weight Gain in Healthy, Middle-Aged Men and Women. By Alan R. Kristal, Alyson J. Littman, Denise Benitez and Emily White. Published in *Alternative Therapies in Health and Medicine*, July/Aug 2005, 11(4), pgs 28-33. Alliance 2006

Quote of the month

"Every man is where he is by the law of his being; the thoughts which he has built into his character have brought him there, and in the arrangement of his life there is no element of chance, but all is the result of the law which cannot err. This is just as true of those who feel out of harmony with their surroundings as of those who are contented with them. "

- James Allen, As a Man Thinketh

[A Life Transformed Through Yoga](#)

"Rasham Nassar's life was turned upside down when she entered college. No longer the "best" or the "top" among her peers, she started drinking at age 18 and did not stop until she entered a rehabilitation facility at age 26. The yoga teacher at the center had a profound affect on Rasham, who realized that she too, could help people. By focusing her attention on her own heartbeat and breath, by turning inward, she was able to walk out of the prison she had built for herself."

(select the link above to view the video or visit www.Karmatube.org)

[The Buzz – 2013 Yoga Hapenings](#)

Workshops

- **Retreats**
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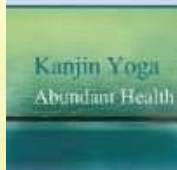
www.kanjinyoga.com

Non-Profit Spotlight – KARMA TUBE

The world is full of wonderful and inspiring stories, some unfolding in distant places and others right next door. KarmaTube is dedicated to bringing more of these stories to light, using the power of video and the internet to demonstrate and multiply acts of compassion, generosity and selflessness.

Our vision is to create and connect a global network of volunteers awake to capturing these stories, using simple digital video cameras. While the stories produced may be polished and professional or diamonds-in-the-rough, the crucial through-line is this: they celebrate the work of local change agents, demonstrating the ways "do something" moments can be "tipping point" experiences for individuals and communities. To complete the circle, KarmaTube offers three simple suggestions for ways to support the action and spirit shown in each video.

KarmaTube is a project of ServiceSpace, an all-volunteer run organization. Our aim is to enable individuals to contribute in meaningful ways to the world around them. Together, we hope to "be the change we wish to see in the world." www.karmatube.com



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