



Transform  
your body,  
transform  
your life.



February 2010

## Open your Heart to Love

***"You, yourself, as much as anybody in the entire Universe, deserve your love and affection." --Buddha***

Valentine's Day is often associated with romantic love, but there are many kinds of love we can celebrate: love for our parents, sister, brother, friends or a pet, but most importantly love for ourselves. This is usually the one that is most neglected, yet the quality of your relationship with you and yourself is paramount, for all your other relationships are based on it.

If you listen closely to your thoughts, often you are criticizing yourself for something, judging your thoughts or actions, or being unforgiving of your 'flaws'. Do you practice self love or do you override your own needs, run yourself ragged, dismiss your own thoughts, or not honour your own feelings? We offer unconditional love to others, give them compassion, understanding, respect, support and forgiveness, but do we do this for ourselves?

The self-awareness gained through a regular yoga practice can help you identify the negative thought patterns you are stuck in, allowing you to consciously challenge them or stop them and replace them with more positive, compassionate and loving words ... as you would give to another that you love.

You can start practicing self love in your yoga class, especially during the poses that are more challenging for you. Begin to notice the thoughts that come into your head when you move through one of these poses. Are you judging your body for not being flexible enough, are you criticizing yourself for not being strong enough, or are you comparing yourself to others and feeling inferior? Catch yourself and begin to start speaking to yourself in more compassionate and supportive ways, recognize the positive things your body does for you and accept yourself for where you are, knowing that, that is good enough.

Self love is truly the greatest love of all. Studies show it can mean the difference between success and failure, bitterness and happiness, fear and peace. So this Valentine's Day, make a point of telling yourself, "I love you."

## 2 for 1 Yoga Class

Share your love for yoga with someone you love during Bodyvine's annual Valentine's Day offer. Bring a guest for **FREE** on Sunday February 14<sup>th</sup> to either of these classes:

- Hatha at 10:00 am
- Flow at 4:00 pm

## Schedule Changes

We have made a couple changes to our Winter schedule:

- Thursday noon class is now Flow
- Friday morning class begins at 9:30 am and is now Flow

Please pick up a copy of our schedule or check online at [bodyvineyoga.com](http://bodyvineyoga.com) for a list of all our classes.

## Pose of the Month

### Setu Bandhasana (Bridge Pose)

Backbends open our heart, build courage and stamina. They can elicit intense responses as you come face-to-face with your resistance, flexibility and vulnerability. However learning to practice with patience, compassion and equanimity can make back bending an exercise in self-acceptance, which is at the heart of yoga practice.



Lie on your back and bend your knees. Set your feet on the floor, heels as close to the sitting bones as possible.

Press your feet and arms actively into the floor, and lift the buttocks off the floor. Roll your shoulders underneath you and off your spine. Keep your thighs and inner feet parallel.

Lift your buttocks until the thighs are about parallel to the floor. Keep your knees directly over the heels, but push them forward, away from the hips, and lengthen the tailbone toward the backs of the knees. Lift the pubis toward the navel.

Lift your chin slightly away from the sternum and, firming the shoulder blades against your back, press the top of the sternum toward the chin.

## Things we LOVE

- ♥ Dark chocolate and coconut treats, from "In The Raw Organics"
- ♥ Yoga Tea – Licorice Root
- ♥ Rose Quartz
- ♥ Music by Anugama
- ♥ Rumi: The Book of Love: Poems of Longing and Ecstasy

**"To love oneself is the beginning of a lifelong romance."**

– Oscar Wilde