



Transform
your body,
transform
your life.



December 2009

The Balance of Giving and Receiving

With the busy holiday season upon us and amongst the hustle and bustle of buying presents, baking goodies and visiting friends and family, we forget to take care of ourselves. We slowly start to feel the stress and anxiety creep in as we become impatient standing in lines, frustrated to find the right gift, or just rushed to get everything done in time for the “joyous” holiday. We might feel like we are giving more than we are receiving. We lose our sense of calm and we lose the meaning of the holidays.

It is during times like this that we need the benefits of our yoga practice, yet this may feel like just one more thing to do, just one more item to add to your already full list. But maintaining your yoga practice during this busy time is exactly what you need to, not only get through the holidays, but to also get into the joyousness of the season. The centering and calming effects of yoga will help you release stress and tension and bring you back into balance, allowing you to be present to the real gifts of the holidays: peace, love and joy. And when we give to ourselves we can, then, truly give to others from our hearts.

So, give yourself the gift of yoga and receive the blessings that this holiday season offers.

Holiday Gift Giving

Yoga is not only a gift you can give to yourself. Share the magic of yoga with loved ones with a gift certificate from Bodyvine Yoga Studio.

Holiday Special: 2 Private sessions and a 10 class pass for \$200

We also have beautiful handmade yoga bags available for sale; the perfect gift for the yogini in your life.

New Schedule Coming!

Watch out for our new schedule in January with more classes and new times. We are looking forward to the New Year and hope to see you in class.

Also please note the studio will be closed for the holidays from December 24 to January 1, reopening January 2. Check the website for the new schedule.

Pose of the Month

Paschimottanasana (Seated Forward Bend)

If you are feeling stressed or overwhelmed during the holiday season, invite in some quiet time with this pose. Perfect for relieving stress and anxiety as it calms the nervous system, quiets the mind and releases tension in the body.



Sit on the floor with your buttocks supported on a folded blanket and your legs straight in front of you. Press your legs down into the floor and flex feet.

Draw your arms up on an inhale, and keeping the front torso long, lean forward from the hip joints, not the waist. Take the sides of the feet with your hands, or loop a strap around the foot soles.

With each inhalation, lift and lengthen the front torso just slightly; with each exhalation release a little more fully into the forward bend. Stay in the pose anywhere from 1 to 3 minutes.

Our Favourite Things

Sharing is caring! Our Bodyvine Yoga Teachers share with you some of their favourite things.

- ♥ Himalayan lavender bath salts
- ♥ Nag Champa incense
- ♥ Lululemon Hoodies
- ♥ Best of Bridge series of cook books
- ♥ Buddhism for Mothers, by Sarah Naphthali

We wish you and your family a happy Holiday Season!