

Yoga Wellness with Kimberly

September 2024

Greetings!!!

Please find attached my schedule of studio and online classes for September. Classes resume next week and I look forward to seeing all of you after my end-of-summer pause.

**Note:**

- **There is no Wednesday morning online class on Sept. 4 or 18. I'm grateful for your flexibility and understanding**
- **The alternating Tuesday evening Yin class will undergo a slight change as it becomes a hybrid of Hatha-Yin Yoga. It will remain a terrific class to unwind from your day and relax! I'm adding approx 15 minutes of gentle hatha vinyasa to start the class followed by the relaxation and release of yin for the remainder of time. This class is accessible for all levels of practitioners. Give it a try!!!**

And don't miss your chance to register for these enriching events coming up at the Center of Solitude: [www.CenterofSolitude.com](http://www.CenterofSolitude.com) and the Olean Meditation Center (watch for more being added to the fall schedule) [www.OleanMeditation.org](http://www.OleanMeditation.org)

- Sept. 7 - End of Summer Fundraising Picnic @ Center of Solitude, Belmont
- Sept. 21 - Native American Healing Circle with Alan Jamieson, faith keeper of the Wolf Clan of the Cayuga People
- Sept. 30 - Sound Bath with Celine Daly and Rich Gardner
- Oct. 5 - Nature Healing Experience with certified Forest Therapy Guide and Life Coach Chip Matthews
- Nov. 23 - Yoga & Ayurveda for Seasonal Support - a 1/2 day workshop with Sarah Guglielmi and Julia Davis-Voss, visiting teachers from Himalayan Institute of Buffalo

Well, now that I'm past the announcements.....hello, dear friends! Even though it's not yet been two weeks since my last class with you, I've missed our time together. I usually take a few weeks off from teaching at the end of August for personal time to

reflect, rest, and recharge, but this time away also makes me realize how each of you, and our time collectively in studio or online, fills me in countless ways. Each of you has a special energy and light that ignites my own energy and light - y'all provide me with so much more than you might realize.

As we are transitioning into our autumn season (even though the heat and humidity of summer are still with us), I'll gradually transition our hatha practices to balance our energies with the cooler, dryer season. We'll put more focus on increasing activation in our core areas while grounding and stabilizing with more intentionality. You've heard me reference Ayurveda many times, and if you're curious and would like to learn more, don't miss the November 23 (10:30am - 3:30pm) workshop with visiting teachers from the Himalayan Institute of Buffalo. Sarah and Julia are two of my own teachers, and I'm so happy to be able to have them visit our community and my students as they share the principles and application of Ayurveda. More info and registration link to come on the OMC website but I wanted you to have this info ahead of time so you can circle and save the date on your calendar.

So if I had to write the "What I Did This Summer" paper as I recall doing in grade school, my title would be "I've become more of who I am by doing less." In previous monthly updates I've let you know that I'm putting more "attention to intention" and letting go of things that either didn't bring joy or increased my stress and anxiety or kept my life's speed in hyperdrive. To support my "attention to intention," I participated in a book club on "The Five Invitations: Discovering What Death Can Teach Us About Living Fully," and I also enrolled in a study of Sri Sutka, a group of 16 awakened mantras that embody our immeasurable potential for self-nurturance and growth. And I've slowed down the pace of things that encroach on my potential for joy. This is hard work to do! I've mentioned to several people that my growth journey this summer has even surprised me in what I'm experiencing and learning with a sense of awakening that I've only experienced at a few other pivot points in my life. Slowing life's pace, balancing the external pressures, and reprioritizing where energies are applied doesn't mean that we become "less than." Quite the opposite! Here's a passage from "The Five Invitations" that quotes the late Angeles Arrien of the Metta Institute that resonates with me (and also reaffirms the potential experience that you might have at the Oct. 5 Nature Healing Experience with Chip Matthews): *Nature's rhythm is medium to slow. Many of us live in the fast lane, out of nature's rhythm. There are two things we can never do in the fast lane: we can neither deepen our experience nor integrate it. When we lose touch with the rhythms of nature, we become unbalanced. To be fully present within our nature, we must be in balance with the land around us.*" My wish for you is to be able to experience the pause, the rest between the space of the input and your

response, the quiet that is always present if we only apply intention to listen for it, to experience the feeling of balance and harmony with nature and with the abundant potential within our Self.

Thank you for the opportunity to practice, teach, and learn right alongside you. Through my role as a yoga teacher, my students enlighten me in myriad ways and shower me with untold blessings. Thank you, dear ones, for every opportunity to share space and time with you. I welcome new students at any time on Zoom and in-studio. **Feel free to invite a friend to a studio or Zoom class - their first class with me is always as my guest.**

Well wishes, everyone!  
Kimberly