



# March Newsletter 2018



I love crocuses!

## No Monday PM classes in March.

Burg is taking Monday evenings off in March. Self-Care!  
Monday April 2<sup>nd</sup> will be the start of an 8-week Beginner's Hatha Yoga Series. Check out the [Class Schedule tab](#) for details!

## New Class Calendar & Online Newsletter

I'm doing away with paper. Starting with this newsletter, I'm no longer printing out the schedule or the newsletter. We're all online in some form.

On the Class Schedule tab on the website, you'll see a new Google Calendar. This is updated real-time. You can save this to your own Google calendar to avoid even going to the website! Change the settings you see on the website to be monthly, weekly, or agenda mode. Click on the classes for more detail or to download to your calendar!

This newsletter will live on the Media tab under Newsletters!

Enjoy the new format!

## Ecstatic Trace Sessions

With Tom Molnar  
Monday 3/5 & 3/19 7-8pm

\$5 donation suggested. Bring journaling materials.

At the core of this program is the groundbreaking research, discoveries, and teachings of Dr. Felicitas Goodman.

If you've never tried and are curious, come check it out! We're a pretty wonderful bunch.



## Yoga Happiness Podcast: Discussion

*The Men of Yoga Happiness: Being a Man, Doing Yoga*  
Friday March 16, 6-8 PM at the Yoga Happiness Studio

Men only! The male students of Yoga Happiness are invited to join in a frank discussion about what it's like to be a man practicing yoga. How did you come to yoga? What are some challenges and concerns you had or have? Does society's definition of masculinity play a role in your practice?

The discussion may help other men who are interested in trying yoga but may be embarrassed about expressing their concerns. Maybe you'll finally be able to discuss your own concerns!

This may also help female yoga teachers become better teachers of male students!

Snacks and adult beverages will be provided. Feel free to bring your own beverages. Also, feel free to invite male friends!

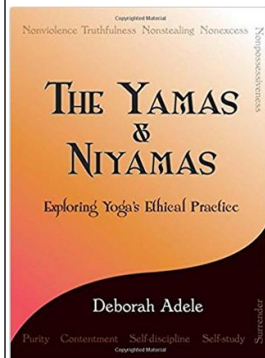
This will be recorded and posted on the Yoga Happiness podcast. Come discuss or just listen!

## YOGA Talks

Wednesdays 7:30-8:30 PM

March: Yamas & Niyamas

In February, we started reading and discussing Deborah Adele's book *The Yamas & Niyamas*. The intention was to discuss one Yamas per week, but we've had such wonderful conversations that we're taking our time getting through the book. Satya, truthfulness, took two sessions. More than likely, we'll finish the Niyamas in April. If you're behind on the reading, don't worry, you can still benefit from the discussions. Also, we are recording these sessions, so you can listen to catch up.



Listen by going to [atreon.com/YogaHappiness](http://atreon.com/YogaHappiness). Look for the YOGA Talks episodes. Feel free to leave questions or comments on the Patreon page.

Or, come join the session in person! We'd love to see you there!

There are a couple copies at the studio if you'd like to borrow one and read along!

## Open Studio: Sundays 10am – 12pm

Use the studio for your own self-lead yoga practice Sundays anytime between 10 am & 12pm!

Use the space, the props, the books. Enter and leave quietly, please!

## From Burg:

As I started to type this, the theme song from *Cheers* popped into my head. "Sometimes you wanna go where everybody knows your name, and they're always glad you came. You wanna go where people know, people are all the same, you wanna go where everybody knows your name." That's how I feel about our little studio, wouldn't you agree? Over the past 2+ years, we've created a wonderful space where people do feel comfortable, where people do know each other's names, and where people do notice when someone hasn't been there for a while. This is our *sangha*. Yoga Happiness has become more than just a place for yoga classes. It has become a place for gathering and feeling good and being around good people. And you made it that way! I just open the doors. You all come, as you are, wonderful, happy, stressed, broken, meh, quiet, talkative, or whatever, and you create this sangha, this community. And it is Yoga Happiness. You *are* Yoga Happiness. It has become less a place and more an energy.

As we move from the dark days of Winter into the soggy days of Spring, be kind to yourself and be aware of your energy. Your energy has seasons, too. Just as you would be kind and understanding of someone else feeling these changes, know that you will feel these strange tugs of highs and lows, as well. Don't be afraid to acknowledge your shifts in energy when we do our check-in. It may be nice for you and others to realize you're not alone! See you in class! ~Burg

More personal, less group, stuff  
offered by Burg:

- Thai Yoga Massage
- Private Yoga Sessions
- Specialized Self-Care Sessions

***See Services & Pricing tab for details***

## Thai Yoga Massage with Burg

Thai Yoga Massage is a different kind of massage.

It promotes relaxation as well as healing and mindful awareness of your own body. TYM is great for athletes, people who sit, people who have tension, people who need to do something for themselves!

Unwind, relax, destress, open up, stretch out, zone out.

See the Thai Yoga Massage tab on the website, under Services + Pricing, for a sample video.

\$60 for 60 minutes. \$90 for 90 minutes.

Email Burg to schedule. Burg@YogaHappiness.US

## Yoga Happiness Podcast & Videos

[YogaHappiness.com/media](http://YogaHappiness.com/media) Or [Patreon.com/YogaHappiness](http://Patreon.com/YogaHappiness)

As many of you know, I enjoy teaching yoga. I love teaching in-person small groups. My style of teaching is to try to get people more in-tune with their body and mind as well as their spirit. But, isn't that what you always hear about yoga? Of course. However, as Westerners, we are frequently elsewhere in class. We're looking to get a workout and then go back to our lives. We want to sweat to prove we did something. Who are we proving that to and are we better for it?

**With my videos and podcasts I hope to expand the walls of the studio and expand your understanding and interaction with yoga.**

Yoga is more than just a physical exercise program. You'll hear me say that until the day I die (at age 120).

In my videos, I will not record classes and sequences unless I'm breaking something down in more detail. There are thousands of online yoga classes you can take. I'll let those folks do those videos. My videos are different. We'll go on hikes together (coming this Spring!), I'll answer your questions (Ask Burg), we'll talk about deeper stuff, *and* I'll review some poses that I think are misunderstood.

My podcast (usually audio only but sometimes also video) will feature deeper discussions on topics related to yoga. I'll post one-on-one podcasts on my website under the Media tab. YOGA Talks discussions and other group discussion will only be posted on my Patreon page.

If you enjoy the podcasts and videos and would like to see them improve, please contribute on my Patreon page. If you have suggestions or questions, email me at Burg@YogaHappiness.US.