



# Body/Mind Dynamics Newsletter

*“Art is a human activity, whose purpose is the transmission of the highest and best feelings to which men have attained.”*

December, 2009

Dear Friends,

First of all I want to thank you for your business and trust as a client. Whether you have had a private consultation, reading or taken a class or seminar, I'd like to offer you a couple of gifts and offers.

As the Holidays and New Year approach, it is a good time to reflect upon all of life; what we are grateful for, what we aspire to and what we want to change. More than ever, we are reminded to embrace the daily lessons that life gives us including the lessons and tests that come in challenging formats and the ones that come more serenely packaged.

This Winter, I invite you to begin anew, to take charge of your hopes and dreams and to take time for yourself. Be present to your body, to the sensations, dare to feel and breathe deeply. Play more, think of yourself as an "artist". Do activities that you've never tried. Take time to do nothing. Be supremely quiet and explosively passionate. Reach out to others. Above all-BE present.

The Holidays are an opportune time to start thinking creatively or to commit to a dream or long standing desire. It is also a perfect time to gift yourself or a loved one with a yoga class, private one-on-one session or a numerology/clairvoyant spiritual reading. Gift Certificates are available for all classes, private sessions and readings; a **10% discount** will be given for any private appointment or session with the mention of this newsletter. A 200/ hr Yoga Teacher Training Certification Program is starting up in early 2010 and a new Movement Training Program will also be offered later in 2010 for those of you who might want to become movement or yoga teachers or simply deepen your knowledge and practice. Call or email me for application and information.

I am planning to take a group to Spain and the South of France in 2010 for CEU credits and creative enrichment.

I write a monthly column on "Actualizing Your Yoga"™ for Circles of Seven Magazine. For those of you who would like to receive the column, please contact me for a **free** subscription.

I look forward to hearing from you and seeing you again. Feel free to share this news with a friend or colleague.

Namaste,  
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