

**Asana:**

This week, being the first week of Spring Classes, we mostly did a review of some key yoga poses. In some classes we also reviewed our posture by using the poles while walking and forward folding while sitting. Making sure that they stay contacted to the body from head to tail bone. We also used the straps in a supine position to find our 'straight leg', with modified movement.

**Readings:**

Scientifically proven benefits of **Gratitude** according to a 2014 study published in Emotion Journal a publication of the American Psychiatric Institute:

#1. Gratitude opens the door to more relationships. Not only does saying 'thank you' constitute good manners, but showing appreciation can help you win new friends. The study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship. So whether you thank a stranger for holding the door or you send a quick thank-you-note, acknowledging other peoples contributions can lead to new opportunities.

P.S. Sometimes just acknowledging another person with a few simple words or action is more than we often think of doing and that little "something" can mean a lot to another person.

9 Behaviors which will not only make your **Brain Healthier**, they are free and everyone can learn how to practice them:

#1. Research shows talking to strangers makes us happier. The why is what's so important. Our brains are constantly stressed these days by too much to pay attention to. We feel on edge because we don't know where to focus. That's simply the alarm in your brain, your amygdala, overreacting. Talking to strangers immediately gives you something to focus on. You get a shot of adrenaline from the alarm because you want to make sure this person is safe, but you also begin, sentence by sentence, to feel incredibly engaged.. Suddenly your fear of the new or unknown dissipates and your frontal lobes, which have to fire for your alarm to turn down, are in full gear. You enjoy the novelty of a fresh conversation. And in the future, this is a powerful kicker. You will see strangers as a potential friend rather than a certain threat.

-by Jon Wortman (author of Hijacked by your Brain +)

**Quote:**

You start dying slowly..... if you do not travel, if you do not read, if you do not listen to the sounds of life if you do not appreciate yourself.

You start dying slowly..... when you kill your self-esteem, when you do not let others help you. You start dying slowly..... if you become a slave to your habits, walking everyday on the same paths you do not change your routine.

You start dying slowly..... if you avoid to feel passion and it's turbulent emotions, those that make your eyes glisten and your heart beat fast.

You start dying slowly..... if you do not change your life when you are not satisfied with your job, or with your love, or with your surroundings.

If you do not risk what is safe for the uncertain if you do not go after a dream, if you do not allow yourself, at least once in your lifetime to run away from sensible advice.

-Pablo Neruda

**Miscellaneous:** The empty sandbags have arrived, they are priced at \$9.50. If you decide later that you would like one and did not sign the order list, just let me know and if enough students would like to have one I will put in another order.

Wondering what they are used for in yoga? Putting weight on the body for releasing tension, sometimes on the feet in legs up the wall, on the belly in supine, on the lower back in childs pose, etc.

**The Art of Living:**

**New Offering from The Art of Living:** **Burgundy, France** in October 2016.

Only one space (single with share) open for 2nd annual retreat in **Joshua Tree**. Join me over the Memorial Day Weekend.

Single or Double Room still available for **Berlin** in June.

Please find details for all trips on this website.

**Points of Interest:**

Garlic & Chives by Kristin  
9892 Westminster Ave #311, Garden Grove, CA 92844  
(714) 591-5196 11AM–10PM/daily  
*“You can’t go wrong at this Vietnamese small-plates restaurant, but be sure to order the toothpick lamb, pomelo salad, sticky rice and garlicky deep-fried crab.*  
- Jonathan Gold’s LA Times review

**Short Review from last week of Winter Session:**

**Asana:** Yoga Nidra -guided relaxation for the body and mind.

Sun Salutations with or without the chair. See DVD for details and modifications.

**Quote:** “Avoiding problems you need to fix is avoiding the life you need to live” -Paul Coelho

“Detachment is not indifference. It is the prerequisite for effective involvement. Often what we think is best for others is distorted by our attachment to our opinions. We want others to be happy in the way we think they should be happy. It is only when we want nothing for ourselves that we are more able to see clearly into other needs and understand how to serve them.” - Mahatma Gandhi