



SWEETEST YOGA ON 124 STREET

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Welcome Gillian!

In case you missed our announcement, we could not be happier to welcome Gillian Verhey to our teaching staff. You will find there is no better way to ease into your Friday evening than joining Gillian for Restorative Yoga + Aroma Therapy. The only effort required is to *relax*.

MARCH MADNESS

Pass Sale

Can you believe it's March already?!! Lots of dates to mark on the calendar:

- Sunday, March 8 – International Women's Day (See [Sweet Kula's March fundraiser](#))
- Sunday, March 15 – Selection Sunday for March Madness Tournament Bracket
- Tuesday, March 17 – St. Patrick's Day
- Tuesday & Wednesday, March 17 & 18 – First Four in March Madness
- Thursday, March 19 – Spring Equinox (it's early this year)

But the most exciting of all is the **MARCH MADNESS** Pass Sale:

- Two classes for \$20
- March 4 to 31 – passes available for purchase
- One pass per person (no sharing); one-time only purchase
- Yes, you can buy more as gifts!
- Last day of use is April 30, 2020
- Current passes will be extended to accommodate any purchase

Buy here **MARCH MADNESS**

Yoga for Golfers

Monday at 6:15 – 7:15pm

(four classes in each series)

Session 1: March 16, 23, 30 & April 6

Session 2: April 20, 27 & May 4, 11

This series of classes for golfers is not garden-variety instruction. Sandy Mah, who teaches Yoga Fundamentals, is an avid golfer (her partner is a fanatic). As soon as the links are open, they are out there swinging. Sandy will share her embodied knowledge of the sport to get you ready for the driving range, *minus* the frustration and injuries. According to her fanatic partner, "yoga made a tremendous improvement to his game". To secure your spot, register for one or both sessions [here](#).



Sunrise Vinyasa Post-practice Social Connection



Saturday Sunrise Vinyasa has become a morning ritual for many *kula* yogis – and we couldn't be more grateful. That's why we're planning a post-practice social to connect off the mat for **Saturday, March 21**. Details are coming soon to our Events page on Sweet Kula's website.

"Dance Like No One is Watching"
Oil on canvas by BC artist Dana Irving

Exploring *Yoga* through a Podcast

The *yoga* tradition is a vast compilation of oral tradition, investigation and knowledge, practices and tools for health and wellness of body, spirit and mind. There are several *yogic* paths, each believing we are divine and seeking the same outcome: a knowledge and love of the Self, or, put another way, shining a light on who we truly are. Once we start this exploration, the *yogic* tenet of self-awareness seems to be everywhere, discussed in many different ways and layers of everyday life. This holds true for the podcast shared here. The host, Dax Shepard, is a comedian, father, and recovering addict. The guest, Sam Harris, is an author, neuroscientist, and philosopher. The interview provides superb insight into being alive and present – the essence *yoga*! **Warning:** lots of profanity but if you can manage it, expect a great listen.

Send us your feedback. Thanks to my friend Jessica who recommended this podcast.

Persnickety Posture Tips

“I don't know where my road is going, but I know that I walk better when I hold your hand.”

— Alfred de Musset



Such sweet tenderness to hold a beloved's hand.

In the *yogic* tradition, bringing our palms to touch is holding ourselves as the beloved.

It extends outward, to honour those in our presence.

The sensation of fingertips on mat lets us know where we are in space and so much more: it is supportive, sensory and expressive. It is a physical element capable of altering our posture practice when we are alive to its essence.

This issue of **Tips** celebrates the beauty and importance of the hand in our practice. You'll find the full article [here](#). We truly hope you enjoy this offering.

Thank you for taking the time to read this issue!