

BRUSHY CREEK *Village*

NEWS FOR BRUSHY CREEK VILLAGE

Finding a Yoga Teacher

By Mary Esther Middleton, RYT

If you have resolved, like many people do for the new year, to reduce stress in your life or become healthier, perhaps you've considered adding a yoga class to your repertoire. The problem you might encounter is how to find the right yoga teacher.

You may be looking for a private, group, or corporate yoga teacher. Austin has an abundance of teachers that are trained to teach in these various settings. There are many teachers that specialize and tailor their classes for certain groups of people such as runners, pre-natal, seniors, cancer patients and survivors, weight loss, and even regular every day people! The list goes on and on.

Trying out different classes, studios, and teachers is a great way to find the right teacher. When you attend a class, be sure to ask your instructor about their certification and what they do to continue their education. In Texas, yoga is a self-regulated industry. Many yoga teachers choose to join the Yoga Alliance (YA). Yoga Alliance registers both individual yoga teachers and yoga teacher training programs (schools) who have complied with minimum educational standards established by the organization. You will find 200- and 500-hour Registered Yoga Teachers (RYT) or 200- and 500-hour Experienced Registered Yoga Teachers (E-RYT).

Choosing your teacher carefully can result in a rich and rewarding yoga experience. Some things to look for in your teacher:

- Do they practice yoga themselves? How often? A dedicated teacher practices regularly, at least four times a week.
- How long have they been practicing yoga? At least three years of regular practice is important.
- With whom did they train and how long?
- Do they have specialized skills?
- Are they still studying yoga?

How do you find a yoga style that suits you? Try answering some of these questions:

- Do you want a vigorous practice that builds strength or would you prefer a gentle, restorative practice to help you relax?
- Is meditation or a spiritual focus important to you?
- How do you feel about practicing in a heated room?
- Are injuries, joint problems or other health conditions an issue?

Good luck and enjoy your yoga experience!



This Month is History

Martin Luther King Jr. Day is a United States holiday marking the birth date of the Reverend Dr. Martin Luther King, Jr., observed on the third Monday of January each year, around the time of King's birthday, January 15. It is one of four United States federal holidays to commemorate an individual person.

Dates to Remember

Jan. 1	Happy New Year
Jan. 3	Dave Jorgeson at Old Ross Cafe
Jan. 6 - 10	Music Fest 2007 Stemboat Springs, CO.
Jan. 6	Pink Floyd at The Majestic in San Antonio
Jan. 10	George Strait at The Frank Erwin Center
Jan. 17	Dave Jorgeson at Old Ross Cafe
Jan. 24	Little Richard at the Paramount Theater
Jan. 31	The Bangles at La Zona Rosa



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View the current issue of The Lakewood Leader on the 1st day of each month at www.PEELinc.com

BRUSHY CREEK VILLAGE

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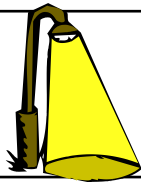
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Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

			2			8	6	7
				5	4	2		9
					7			
5								6
7					1			
	4				8	7		
	9	3	8				4	
		5		1		3		
								1

* Solution at www.PEELinc.com © 2006. Feature Exchange



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