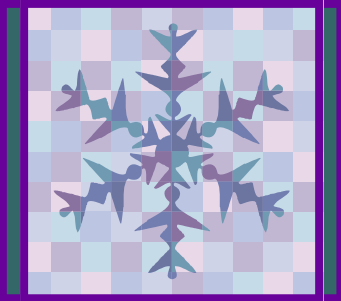


January
2010



January 2010
Newsletter

Monthly Special Events

Senior Potluck

This month the senior potluck will be held on Thursday January 14 @ 12:30pm.

We are looking forward to seeing you all there. If you have never been we welcome you to join us for food, fun and new friendships.

The theme will be New Foods in the New year. Bring a dish that you have never brought to the potluck before and we will all experience the new dishes together.



Nutrition Seminar

FREE

In The Yoga Studio Tuesday January 19th @12:30

SPIRITED MOTION

January themes will be focused on getting a great new start and new attitude for the New Year.

Debbe will be in the BLUE ROOM every Saturday in January at 10:15 and would love for everyone to join her.

C.P.R Certification

Tuesday January 12, 2009 we will have John Furry, PhD,TCF here in our lobby to teach CPR at the Health Care Provider Level.

You will be taught; adult, infant and toddler CPR, choking and proper AED use. First Aid Training is not included.

\$35 for members \$40 for non-members

Sign up at the FRONT DESK



Yoga News and Special Events

Debbe's Back!

Due to schedule conflicts for Paula, Wednesday nights Debbe will be teaching the 4:30 Beginning / Gentle Yoga and the 6:00 Mixed Level Yoga beginning this month.

Join Debbe for heart opening yoga with a focus on therapeutics and alignment. There will be special attention to individual needs and abilities.

Sunday Soham Satsang

Sunday January 17th in the Yoga Studio W/ Scott Wyman 9:00-10:30 am

The Soham Satsang is a gathering of seekers whose goal is to explore and practice the eight limbs of yoga – emphasizing meditation – with the intent of moving consciously and steadily towards Self-realization. We practice with the understanding that all forward motion and attainment is the result of Divine Grace, that even the desire to practice and the development that results are the manifestations of the Self in our lives.

Each gathering consists of easy movement to warm up the body and bring the mind into the present moment, Kirtan (devotional chant), pranayama (breath and energy work), pratyahara (cultivating awareness of the inner life), concentration and meditation. Discussion on various aspects of the practice and its application to our lives are welcome throughout.

Yoga News and Events Continued

Yoga Incentive Program 2010

We acknowledge the benefits of a regular yoga practice and do our best to help all yoga students reap these rewards; flexibility, strength, a focused mind and breath control. Still, we know everyone enjoys an incentive to motivate them. This year for 8 weeks (January 18th—March 13th) we invite members to develop a regular practice by offering a reward for consistency.

The Yogi with the greatest number of classes attended will receive a free entrance to our May

Kirtan Yoga Returns Friday January 29th @ 7:00pm

Join Zena and Jon Michael Sun for another enchanted musical evening of song and mythology. We had so much fun last month and hope to keep it as a monthly event that you can attend on a Friday night, be entertained, sing, play percussion instruments, dance, be surrounded by joy filled people in a smokeful environment. See you after Restorative Yoga on Friday January 29. We are asking a \$10.00 donation although no one is ever turned away. Signing up and paying ahead of time makes it easier on the front desk the night of the event. Namaste.

Winter Weather Watch



As we move into the colder winter months all of us from Paradise know that the weather can be rather unpredictable. These unpredictable weather changes often bring strong winds, snow and even icy road conditions which in turn cause power outages, car accidents and other safety issues. When these conditions arise the Beyond Fitness Management team and club owner, Steve Gibson, have to make hard decisions as to weather or not to open the club, at what level we will operate the club and what, if any classes will be held. Many of our staff and members live in the higher levels of Paradise and even Magalia where the snow and ice can be treacherous. It is for the safety of our members and staff that those tough decisions must be made.

We are currently working on an E-Mail system to alert you of club changes. But please remember that if we are out of power or the phone system is down we will not be able to E-Mail either. If you have not already done so please give your E-Mail address to the front desk staff so that we may get this system running effectively. Please call the club to check for changes in adverse weather conditions. If the phone just continues to ring we are out of power and closed.

Thank you for your continued patience and please note that we will do everything possible to keep your club open for your workouts.

Special Features

A Special thank you to Nella LeHecka and the morning swim class for giving such a wonderful idea of a giving tree for our homebound seniors on the ridge.

Thank you to everyone who donated gifts as well. You are all appreciated!



Special C.H.i.P.s Presentation

Thursday January 28th

From 12:30—1:00pm

In the Lobby