

YYK 2019: year of yoga kindness

Recently, many of you have been asking how to find a deeper way into yoga.

We have our classes, and now there's a desire for more understanding, along with a wish to fit more yoga into our daily lives. YYK (year of yoga kindness) is Sweetbay's answer to your requests.

WHY?

We all know that the word "yoga" means union: to bring together, to make whole. But **what does that mean to us personally - in terms of our own lives?** Mr. Iyengar talked at length about yoga being ideal for householders: people who lead complicated lives, with all the "trials and tribulations of life," who often have other people dependent on them and can't stop to engage in a lengthy, solitary practice.

So, how do we begin to make our lives yoga-whole when we have all the responsibilities of our "real lives"? For most of us, yoga entered our lives through classes and now also includes the Sweetbay community we practice with regularly. As we move further, we seek a deeper understanding of, and connection to all that the discipline offers. To do this, we study more carefully, we take everything apart, piece by piece - as we do with the poses in our asana classes - to gain insight and mastery. We dis-assemble in order to re-assemble an intentional whole. All the pieces, the threads, become part of the on-going fabric of our yoga experience.

A deeper yoga practice on the mat means we extend our yoga into our "real" lives off the mat as well.

WHAT?

What exactly is kindness? We've all heard of mindfulness. *Kindness* is bringing kindness to mindfulness - being sensitive to each moment as it arises, always with a sense of kindness and compassion. Our YYK monthly workshops weave *kindness* into the practice on the mat, along with breathwork, yoga philosophy and wellness. Each of the 11-monthly sessions includes:

- ❖ an in-depth asana practice with old favorites, along with stimulating new poses and interpretations
- ❖ a monthly thematic presentation that explores other dimensions of yoga and its real-life applications
- ❖ a yoga-related wellness program to grow your knowledge, experience and status of health and wellbeing

- ❖ a customized YYK journal and topical source materials correlated with the monthly theme
- ❖ individualized coaching to create your targeted goals and hold you accountable
- ❖ exchange of resources, ideas and supplies to extend and support your practice

In addition, all YYK packages include:

- ❖ invitation to our speaker series to expand the monthly themes
- ❖ 2 half-day retreats
- ❖ 10% off April 2019 Seven Oaks yoga retreat
- ❖ 10% off Sweetbay class passes
- ❖ priority registration for Tuscany, Italy trip

We'll be voice-recording the sessions for the off- chance you miss one and you will have full access to all materials and resources at any time.

WHO? You & Us.

While each of us has a unique path and goals, we've all created what Sweetbay is and is still becoming. You are known at Sweetbay.

How do we knit this together to go deeper, both for ourselves and our community? YYK is a commitment of intention: we open our time, hearts and minds to invest deeply in ourselves. This is a chance to care for yourself, alongside others.

Every month brings new experience and education on a variety of topics, as well as access to all the Sweetbay resources - including you! Each of us brings something to YYK to share, simply by being on this path and part of this community.

HOW?

Our monthly get-togethers and half-day retreats feature yoga asana, pranayama, yoga philosophy and wellness components that support the **YYK 5 Tenets**:

*move more ~ eat well ~ stress less ~
connect deeply ~ practice kindness*

YYK provides a framework to deepen your practice and your health and well-being, along with the added benefit of coaching and community. Our vision holds that by bolstering what we're already doing right, practices and habits that no longer serve us will begin to fall away. Allowing ourselves to be drawn towards what we do want, rather than resisting what we don't.

WHEN?

2019 – 2020: First Sunday afternoons of the month (except for January tea parties, September and December)

Jan 13th 1 pm tea party to discuss YYK in detail - free and open to everyone

Feb 3rd 11–3:30 YYK launch: half-day retreat *(begins for walk outside studio)*

Mar 3rd 1–3:30 presentation / workshop

Apr 7th 1–3:30 presentation / workshop

May 5th 1–3:30 presentation / workshop

Jun 2nd 1–3:30 presentation / workshop

Jul/Aug *(tbd by group)* 1–3:30 presentation / workshop

Sept 8th 11-3:30 re-group: **half-day retreat** *(begins for walk outside studio)*

Oct 1–3:30 presentation / workshop

Nov 1–3:30 presentation / workshop

Dec 1–3:30 presentation / workshop

Jan 12th 1pm final get together tea party

We'd love for you to be a part of YYK 2019.

QUESTIONS? Call Laurel 202 999 7455

Call Laurie 301 674 0606

sweetbay@sweetbayyoga.com