

### ***Washington - Presbyterian Church***

Tuesdays: Jan 7<sup>th</sup> – Mar 17<sup>th</sup> 2020  
Time: 5:30 – 7:00 p.m.

Location: 4834 S. Point Road  
Washington, MO 63090

Cost: \$50.00

### ***Cuba – Holy Cross Church***

Thursday: Jan 2<sup>nd</sup> – Mar 19<sup>th</sup> 2020  
Time: 4:00 – 5:30 pm

Location: Holy Cross school  
407 W. School St  
Cuba, MO 65453

Cost: \$50.00

### ***Owensville - Gasconade Manor...***

Wednesday: On going chair yoga  
Time: 10:00 – 11:00 a.m.  
Cost: Free community service  
Location: 1910 Nursing Home Road  
Owensville

### ***Hermann – Fitness Source***

Wednesday: 4:30 – 5:50 p.m  
Location: 196A State Highway 19  
Hermann, MO

Pay at the front desk

### ***Owensville - Gasconade Manor...***

Mondays: Jan 6<sup>th</sup> – Mar 16<sup>th</sup> 2020  
Time: 5:30 – 7:00 p.m.  
Cost: \$50.00  
Location: 1910 Nursing Home Road  
Owensville



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Nobby is a Kripalu-certified instructor  
of Hatha Yoga.  
Kripalu Center for Yoga & Health  
Lenox, MA 01240  
Nobby is a certified instructor of Tai Chi Fundamentals

***Nobby's Yin/Yang yoga***

***Journey back to child***



### ***Tai Chi Fundamentals***

*At Presbyterian Church*

*On Tuesday at 7:15 for an hour*

*At Gasconade Manor*

*on Monday at 7:00 for half hour*

## PHRASES USED MOST OFTEN...

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- 1) **Yoga's golden rule – “do no harm”**
- 2) **Yoga is about taking a good care of your self**
- 3) “What could be **even** lighter, softer, and freer” by Melton Trager
- 4) “Attitude you bring to the mat will determine the pose” by Judith Lasater
- 5) “Come to the edge and take a small step back” by Liliias Folan
- 6) “I **wish** my neck is free, so that, my head moves forward and up, and my back lengthens and widens” by F. M. Alexander
- 7) ”Extension without tension, relaxed but not collapsed” by Sam Dworkis
- 8) “You do yoga because you love it even some mundane poses” by Yogi Amrit Desai
- 9) All movement is **good**
- 10) **No pain** especially around neck, lower back or knees
- 11) Be a witness to your experience
- 12) Cats and cows show up everywhere so does Cobra
- 13) Tilting the head shorten the spine – limits movement
- 14) Direction = Energy
- 15) Think up to go down; think down to go up
- 16) Energy neutralizes gravitational force
- 17) Good posture can be altered with ease
- 18) Move into all directions from neutral
- 19) **Gravity** is our friend – our body in relation to gravity
- 20) **How** you do; not what you do
- 21) I am a perpetual beginner and I am proud of it
- 22) **I am not there YET**
- 23) **Five phases** in doing posture – prepare, enter, hang out, return and review
  - a) Prepare: free to change
  - b) Enter: sequence (slow and deliberate)
  - c) Hang out: look for release
  - d) Return: sequence (slow and deliberate)
  - e) Review: describe in one word and let it resonate
- 24) If we can walk, we can balance on one foot
- 25) If we could do easy postures easier, we can do challenging postures with ease
- 26) In yoga class, learn from others
- 27) Invite parts of your body to participate
- 28) Let's chew on that
- 29) **Breath** is powerful and honest
- 30) Let the breath move you
- 31) In breathing, there is a moment of stillness between breath out and breath in
- 32) Release comes with exhalation - look for it
- 33) No judgment - Put yourself in their shoes
- 34) Pay attention to sequence – change the sequence and change the posture
- 35) Pause often - take a break
- 36) There are many doors to a house – multiple entries to any given posture
- 37) Our body is 83% liquid – what does that tell you?
- 38) We are creatures of habit – yoga can be habit forming
- 39) Yoga is a growing experience – in length, width, and depth
- 40) Yoga is about creating space
- 41) Yoga is about finding connection with breath, pose and all around
- 42) Yoga is about getting back to child again
- 43) Yoga is about not doing as well as doing
- 44) Yoga is about seeing beauty in yourself, in others, and in the universe
- 45) Yoga is **everywhere**
- 46) Yoga postures – they are all related
- 47) Anything worthwhile pursuing is a life long practice and yoga is not difference

***What does YOGA mean to me?***

***What can I say about each – can I expand on each?***

***Happy YOGA!***