

June 2006

EastWestPowerYoga Newsletter

Balancing Purpose, Passion and Peace

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- Yoga Bike Vacation
- 40 Days
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- Change Your Life
- Quote of the Month

Other Stuff

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- About Stephanie

Check Out

Duvine Adventures

Alan Seale

Namaste!

Spring is a transition season that we anticipate all winter long and evokes promise and renewal. It is a season of rebirth and I find that the beauty and growth of springtime often brings a sense of melancholic calm - a sort of postpartum reflection. I often marvel at it's simplicity and take time to reflect on the year past. And so, I invite you to give pause and embrace the season with new breath and hope.

Boomerang Yoga

What Goes Around, Comes Around

Our first **Boomerang Yoga** event was a great success! Thanks to all the people that made this such a magical and embracing evening. Held at the beautiful Ironflower DivineFitness, Shifu Tahoe and his students began the evening with a demonstration of Tai-Chi followed by an African dance and drum performance. DJ Derek Beres and friends supported the Powerflow Yoga class led by Stephanie Culen with world tunes and live drumming. Net proceeds supported the *National Alliance for Autism Research Bronx Chapter*.

Please stay tuned for the next **Feel Good! Do Good! Boomerang Yoga** event.

Boomerang Yoga creates yoga events for all levels of participation to benefit and support non-profit organizations and philanthropic projects that advocate children's issues.

For more information email Stephanie boomerangyoga@mac.com or call 917-586-2000

Boomerang Yoga

**Join our
mailing list!**

Yoga Bike Vacation

Stephanie teams up with *DuVine Adventures!*

Plan ahead for a memorable week of living-the-good-life in *Provence, France*.

October 1st through October 6th, 2006.

A *DuVine Adventures Yoga Bike* trip is a dynamic blend of Powerflow Yoga, leisurely cycling, gourmet cuisine and luxurious hotels. This is a trip that combines luxury with adventure, taste with style, and body with spirit.

Don't miss out on this delicious opportunity!

To register contact www.duvine.com
or call 888-396-5383.

Sign up today!

40 Days

A Personal Journey into Health and Healing

In the Powerflow classes I teach at Equinox, I just completed a 40 Day study with Iyanla Vanzant's book [One Day My Soul Just Opened Up](#).

Many people have been asking about the book, and this is it! Iyanla has been a great source of inspiration for me over the years, and this particular study resonated deeply with me and so many others. I would recommend taking a closer look at it on your own and spending some time with the journaling exercises.

Over the next month or so, I will be examining Alan Seale's book [Intuitive Living](#). I'm not going to share too much with you now. Come to class and be a part of the journey!

Please note Tuesday and Thursday classes are 1 1/2 classes ending at 11:30 am. There is a Saturday class addition 9:00 - 10:00 am at 85th Street. The 2:00 pm class will be cancelled for the summer starting June and will resume in September.

Class Schedule

Rubin Museum of Art
150 West 17th Street

My dear friend, Derek Beres, tells me this is *the* museum to check out. Though I haven't been yet, I trust whatever he says and am passing on the groovy information to you. So check it out!

Rubin Museum of Art

Change Your Life

Stephanie is available to teach yoga to groups for special events, corporate events or athletic teams in training. Each class is tailored to the needs and levels of the group.

For more information

Quote of the Month

You'll get mixed up, of course,
as you already know.
You'll get mixed up
with many strange birds as you go.
So be sure when you step.
Step with care and great tact
and remember that Life's a Great Balancing Act.
Just *never* forget to be dexterous and deft.
And never mix your right foot with your left.

Dr. Seuss
Oh, the Places You'll Go

Promotions

Be Present Pants on Sale!

Order yours directly from Stephanie today!
Please email Stephanie
eastwestpoweryoga@mac.com for color choices.

Sizes: XS, S and M.

Women's Agility style only

\$65 USD

Blessings and much love,

Stephanie

email: eastwestpoweryoga@mac.com
web: <http://www.eastwestpoweryoga.com>

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