

# News from Within the Big Bend Yoga Center



Offering yoga to the St. Louis community for more than 14 years

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## Time Away — On Retreat

By Sharon McClinton

After a dozen years practicing yoga at Big Bend Yoga Center, I decide to fulfill a long-standing desire to immerse myself in a program at Kripalu Center for Yoga and Health in Stockbridge, Ma. I've heard about Kripalu from other BBC students & teachers and as I leave the Albany airport and drive through the Berkshire Mountains, I'm wondering if it will live up to my expectations. The drive was invigorating and inspiring and within the hour, appearing seemingly out of nowhere perched atop a beautiful hillside, was a huge four-story brick structure. I knew right away this was the place. A former Jesuit Monastery, was now home to hundreds of folks who come on retreat — for me this would be time

to deepen my yoga practice and receive the gift of rest and relaxation.

Only moments after my arrival, prior to the opening session of our weekend workshop, "Yoga: An Act of Remembrance" led by Max Strom, I was on my yoga mat in a Kripalu led class, and then on to eat the first of many delicious Kripalu meals.

Friday evening, Max leads 18 of us in simple breath work. Starting with the basic Ujjayi breathing, we chanted OM backward starting with the mmm sound followed by the ooo, surprisingly sounding more harmonious. We chanted louder and it felt different and powerful. The power and purpose of the breath remained a focus throughout the weekend, especially during the five hours of daily yoga practice. A walk to the lake

early Saturday morning and I begin to feel a new level of personal awareness and sensitivity. A sense of time and place were suspended and I felt present in the pleasures of each moment. Feeling contented comes as a surprise... all I want and need is under this roof.

Our workshop ends with a two-hour session on Sunday; I then find myself in a Dance Kinetics class followed by a Kripalu yoga class, a massage and a whirlpool bath. My R&R now begins — kayaking, hiking, reading, napping, drumming. Two yoga classes a day for four days have deepened by practice considerably. My muscles are firm, my lungs are expanded and my heart is full of gratitude and light. This has been a wonderful journey.



**big bend yoga center**  
a place to center yourself

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## St. Louis Insight Meditation Group

Insight Meditation (Vipassana) is a 2,500 year old Buddhist awareness practice that cultivates clarity, equanimity, compassion, wisdom and the possibility of living each moment fully with genuine freedom and peace. The purpose of the St. Louis Insight Meditation group is to offer these ancient universal truths in a manner that is non-dogmatic, nonsectarian and applicable to our modern Western lives. No particular religious belief is required to participate in our group.

St. Louis Insight Meditation Group ([www.insightstlouis.org](http://www.insightstlouis.org)) offers a variety of opportunities for deepening the practice of Insight Meditation:

**1) Sunday Evening Meditation, 7:00 – 8:30 pm at BBC.** An on-going meditation practice group followed by discussion with teachers Elizabeth Fryer, Jon Yaffe and Bridget Rolens.

Contact Bridget Rolens 314.773.0866 [bridgetr@brick.net](mailto:bridgetr@brick.net) to arrange for a brief orientation before the gathering.

### 2) Introduction to Insight Meditation.

This two-hour workshop teaches the technique of Insight Meditation and its context: mindfulness. It provides those new to Insight Meditation with a foundation for practice.

**3) Intermediate Mindfulness: the Core Teachings.** This class takes place over four weekly sessions, two hours each, as a follow-up to the Introduction to Insight Meditation. Participants need a basic understanding of the technique of Insight Meditation to gain the most benefit. Core teachings of the Buddha (Four Noble Truths, Noble Eight-fold Path, Karma, Dependent Origination, etc.) form the heart of the class.

**4) Retreats.** Throughout the year we offer daylong retreats.

## ArtFiber work on Display at Big Bend Yoga Center In November; Local Fiber Artist Wins National Honor

Pat Owoc, local fiber artist ([www.patowoc.com](http://www.patowoc.com)) and member of ArtFiber, presents work from a selection of quilts from ArtFiber in an annual exhibit at BBC in November.

A quilt of Pat's has been selected to tour in Quilt National 2007 — an international juried art show featuring the best in contemporary art quilting ([www.quiltnational.com](http://www.quiltnational.com)). She is one of 83 artists chosen out of 545 artists submitting work from 45 states and 19 foreign countries. Visit the Quilt National 2007 show at The Foundry Art Centre ([www.foundryartcentre.org](http://www.foundryartcentre.org)) in St. Charles from Sept. 25 to Oct. 26. Locally the show is supported by and brought to St. Louis by Women's Support and Community Services as a major fund-raiser for their services ([www.womenssupport.org](http://www.womenssupport.org)). Congratulations, Pat!

## Ziji Beth Goren — Body-Mind Centering Workshop

Ziji Beth Goren, Body-Mind Centering Certified Teacher, offers a workshop focusing on the Yoga of Breathing and Sound at BBC, Sat. Oct. 13, 3-6 pm. (\$55; \$45 if paid before Oct. 1). For information visit [www.bodymindcentering.com](http://www.bodymindcentering.com). Register with Sarah Anne Patz at 314.725.0853 or [sapatz@swbell.net](mailto:sapatz@swbell.net).

## WORKSHOPS & RETREATS

### 2007

**Sean Tebor / Deep Roots: Unraveling the Legs —**  
Sept. 14–16

**Insight Meditation — Introduction to Meditation**  
Oct. 6 / 2:30 pm / at Big Bend Center

**Ziji Beth Goren — The Yoga of Breathing and Sound**  
Oct. 13

**Saul Raye / Holistic Yoga Teacher Training and In-Depth Study —**  
Nov. 14–18 / Module 1  
*Earth: Foundation*

**Dave Stringer Kirtan Concert —**  
Nov. 17 / 7:30pm

### 2008

**Matt & Holly Krepps with Kitty Yoga and Ayurveda —** Jan. 17–20  
Cape San Blas, Florida

**Rod Stryker —** Feb. 20–24  
Five-day Teacher Training

**Ojo Caliente, New Mexico —**  
Matt Krepps & Kitty Daly  
Mar. 27–30, 2008

New Book!

Astrologer, Johanna Ellen Corn's new book is out: ***The Way of the Zodiac — A Guide to Health and Well Being Using Essential Oils and Astrology.*** According to Johanna, this book is for anyone with even the slightest interest in Astrology or the difference in the behavior of beings on this planet.