



Asheville Kula Newsletter



December 2008

Dear Friends,

Greetings on this wintery day! I was recently looking for some seasonal poetry and came across this. It reminds me of the potential of the quiet earth.

"Another Winter Solstice"

So passes another Winter Solstice
renewing the land
bringing peace
and the promise of another season
bringing rain
water to feed the land
renewing the spirit
washing away our past regrets
and cleansing the spirit
So passes another Winter Solstice
so hold up your drinks
to the never ending sky
and put to rest your pain
lay to rest your fear
So passes another Winter Solstice

~ Gabe Kregler

The winter calm can represent a time of great healing. There are so many things that lie under/ahead of us that we can not currently see or understand. We have numerous blessings that are yet to be revealed. Enjoy the hope and light of the holidays as you rest with confidence that your dreams will flourish in the seasons ahead.

Blessings of Abundant Love,
Deirdre Smith Gilmer
Certified Anusara Yoga Instructor
www.theyogabarn.net
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Local Events

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Let us know if you have an event you would like posted or an idea for a workshop or event that you would like to see happen here in Asheville. Please email your thoughts to Deirdre at smdeirdre@hotmail.com.

The Tao of Anusara Yoga: An Afternoon of Exploration

with Deirdre Smith Gilmer & Guy Leekley
Sunday, December 14 ~ 2:00--5:00 PM

Come explore with us, in a fun-filled afternoon, how the practice of Anusara Yoga can express and bring to life the deepest insights of the ancient wisdom of the Tao Te Ching. Experience how the beautiful verses of the Tao can draw us into a deeper understanding of our yoga practice.

This journey combines the insights of a Taoist scholar and poet who has translated the Tao Te Ching and the creative, playful direction of one of Anusara's certified teachers.

Cost: \$40 with pre-registration (\$50 at the door)

[One Center Yoga](#)



Winter Solstice Party at Deirdre's

Sunday December 21st, 6pm

Come to celebrate the season of light with our magnificent kula. You and your family are welcome to join us for a potluck dinner. We'll share lots of yummy food and joyous laughter at Deirdre's home. Contact her for directions: smdeirdre@hotmail.com /828.505.0158.

2009 Anusara events

Transform Your Year from Day One!

Anusara Yoga workshop

Deirdre Smith Gilmer

Thursday, January 1 - 10:00 AM -- Noon



Celebrate the New Year and the opportunity to step into your life more fully! January 1st is an auspicious time to claim your intentions for the year ahead. It is also the perfect time to experience the transformative power of Anusara Yoga.

Come join us for an energizing asana practice, coupled with meditation as we reflectively initiate a new year!

Cost: \$25

[One Center Yoga](#)

Parents' Afternoon In

with Deirdre Smith Gilmer

Anusara Yoga with
childcare

4-week series

Tuesdays, 2-3pm

Jan 6, 13, 20, 27

Give yourself the gift of a rejuvenating Anusara Yoga class while your child is taken care of in the next room! This class is not limited to parents just to people that enjoy the sound of children playing while you practice!



All yoga skill levels welcome.

Cost: \$60 (includes childcare)

[One Center Yoga](#)

2-week Daily Yoga Intensive

with Gayle Jann

January 12 -- 23, 2009

Celebrate the New Year De-Stressed and Re-Energized through Yoga

Feel the beneficial effects of practicing yoga daily with a morning yoga class everyday for 2-weeks.

We will begin with the same 10 --15 minute yoga routine everyday so you can learn a short practice you can easily do on your own.

Each day of the week will have a primary focus such as:

- ~ shoulder openers -- release neck and shoulder tension
- ~ hip, hamstring and quad openers -- great for bringing the back into alignment and relieving back pain
- ~ core strength -- helps integrate strength in entire body
- ~ balancing postures -- build leg strength and create a sense of freedom and power
- ~ twists -- massages internal organs and lengthens back

Class is limited to 12 people. Bring your own yoga mat or let me know if you need a mat.

Deadline to sign up is December 29, 2008. Full payment due January 5, 2009.

Location: French Broad Food Coop Movement and Learning Center

Time: 6:45 -- 8 am

Cost is \$150.00 for the 2-weeks of class.

Contact Gayle Jann at 828-236-2366 or gayle@yogaatyourplace.net.

Visit <http://www.yogaatyourplace.net>

Inversions with Kelly Gilmore

Sunday January 25th

11:00 am - 1:30 pm

\$30

All Levels welcome.

Inversions are a great way to develop balance, strength and confidence by inviting us to discover our inner endurance and ability to stay calm and connected to our center. In this workshop we will safely explore a variation of inversions using the Principles of Alignment and energy loops to create courage and trust when our world gets turned upside down.

Not recommended for those with high blood pressure, glaucoma or time of menstruation.

[Asheville Yoga Center](#)

Asheville's Anusara Yoga Immersion

With Deirdre Smith Gilmer and Joe Taft



Immerse yourself in the study and powerful wisdom of Anusara Yoga. This program is designed for both committed students and aspiring teachers who want to deepen their relationship to Anusara yoga. Anusara Yoga seeks to empower those who desire to align more fully with their own intrinsic beauty. The Immersion is an opportunity to learn about the practice of yoga, yourself, and the delicious relationship between the two!

This Immersion offers a comprehensive curriculum consisting of 3 progressive sections: Immersion 1, 2, and 3. Each section is 36 hours, composed of three 12-hour weekends, for a total of 108 curriculum hours.

The Immersion includes:

- ~ Asana study and practice
- ~ Universal Principles of Alignment of Anusara Yoga
- ~ Anusara philosophy and vision including the 3 A's
- ~ History of yoga, Patanjali's Yoga Sutras, the Bhagavad Gita
- ~ Pranayama and meditation
- ~ Anatomy and kinesiology
- ~ Subtle Body Anatomy including the chakra system

Dates:

Immersion 1:

January 16, 17, 18

February 20, 21, 22

March 20, 21, 22

Immersion 2:

May 29, 30, 31

*June 19, 20, 21

July 17, 18, 19

Immersion 3:

*September 11, 12, 13

October 23, 24, 25

November 13, 14, 15

Times:

Friday 6 to 8pm
Saturday 9 to 12 and 2 to 5
Sunday 9 to 1

Cost:

\$200 per weekend (3 in each section)
\$500 for one section (3 sections complete the entire Immersion)
\$1350 for the entire Immersion

Prerequisites:

30 hours of Anusara Yoga (includes yoga classes, workshops and retreats with a certified, or affiliated/inspired Anusara teacher).
Completion of the previous section is necessary to take successive sections.

Registration:

Register online at theyogabarn.net or get a registration form from Deirdre or Joe and send it with a \$100 deposit, or full amount, to The Yoga Barn, 225 Eliada Home Road, Asheville, NC 28806. Make check payable to The Yoga Barn. Final tuition payment is due one week before the section begins.

Cancellation & Refund Policies:

\$100 deposit is required to reserve your space. The deposit is refundable until one week before the Immersion weekend begins, minus a \$50 cancellation fee. No refunds are given after one week prior to the Immersion, unless your space can be filled.

Location:

One Center Yoga
120 Coxe Avenue
Asheville, NC
(Dates marked with an * are at a different location, TBA)

John Friend in Asheville, NC!!!

April 17-19, 2009 details at <http://www.anusara.com>

Community Corner

Thank you for those that attended Sweet Sundays this year. They have helped raise enough money for our sponsorship of Lesly Antonia Aleman in Honduras. We will be sending her to school for another year! Shoulder to Shoulder, Lesly, and we thank you for your generous support this past year.

Congrats to Joe Taft for his recent Anusara Certification! Yeah. WE LOVE YOU, JOE!

Asheville Anusara Yahoo Group

We have started a yahoo group as an open forum for conversation within the Kula. On this forum, we can ask questions, post events, and share information.

To join, go to:

<http://www.groups.yahoo.com/group/ashevilleanusara>

Calming the Chaos, Beating the Blues Living lightly, Dancing through Life

Wednesday, December 17, 7-8:30 PM

Amanda Graves LCSW
Michelle Mendez MSW

You will learn:

- ~ mindfulness techniques
- ~ meditation
- ~ playful ways of dealing with stress and eliminating old patterns
- ~ new ways of thinking about who you are at the core, not just who you present to the world

This workshop is the perfect antidote to stress, anxiety, depression, recovery, family and economic challenges!

Call 828-258-2530 to register.

Workshop will be held at 166 E. Chestnut Street in Asheville.
\$20 suggested donation (or whatever you can afford)

Featured Community Member

Danielle Goldstein

A native of California, I spent much of my adolescence traveling and living internationally and was drawn to exploring the commonalities that all people share. I spent 10 years in Boulder, Colorado studying yoga and dancing with Tumblebones, a contact improvisation dance collective. I started to practice yoga in 1996 and have been teaching group yoga classes and private therapeutic yoga sessions since 2003. I was first introduced to Anusara yoga while teaching in Boulder in 2004 and was immediately drawn to this heart-opening, uplifting

practice that interweaves philosophy and alignment so seamlessly into practice.

In 2006, my husband Mo and I sold our home in Boulder and left our beloved community to move to North Carolina to have and raise kids near our extended family. We initially moved to Charlotte and were blessed to find Sarah Faircloth and Brooks Haislip at Sangati. They welcomed me with open arms and taught me so much. I was fortunate enough to teach classes at Sangati and Mo did massage therapy there as well. After a year in Charlotte, Mo and I realized that our heart is in the mountains. We decided to move to Asheville closer to where Mo grew up. Sarah and Brooks insisted we seek out Deirdre Smith-Gilmer and Joe Taft. Once again, I was immediately welcomed into the warmth of Asheville's Anusara community.

It was very hard for me to leave my dance and yoga community of over 10 years in Boulder where I knew everyone. I knew my teachers well, and they knew me. However, it has been such a blessing to be a part of 3 different Anusara communities in the past few years. I gain so much from each teacher's perspective, and have learned more about alignment and philosophy from studying with each of these wonderful Anusara teachers.

I currently teach 3 yoga classes a week and am lucky enough to spend the rest of my time as a mom of our 2-year-old son, Gabriel. We are expecting our second child in the spring of 2009. I am grateful to continue to deepen my practice both on and off the mat with the wonderful Asheville Community.

Anusara Classes in Asheville

Please contact individual studios for fees, directions, and other details

This first list is for individuals who are certified (marked with a *) or Anusara-inspired.

Time	Level	Teacher	Place
Monday			
12:00-1:30	Level 1/2	Deirdre*	One Center Yoga
12:15-1:45	Level 1/2	Joe*	Asheville Yoga Center
5:00-6:30	All Levels	Shauna	Brightwater Yoga

5:30-7:00	Level 2	Deirdre*	West Asheville Yoga
Tuesday			
9:30-11:00	Level 3	Deirdre*	West Asheville Yoga
5:30-7:00	Intro Series	Joe*	One Center Yoga
Wednesday			
8:15-9:15	Level 1 & 2	Joe*	Asheville Yoga Center
12-1:30	Level 1 & 2	Joe*	Lighten Up Yoga
12:15-1:45	Level 1 & 2	Kelly	Asheville Yoga Center
5:00-6:30	All Levels	Shauna	Brightwater Yoga
5:30-6:30	Basics	Kelly	Asheville Yoga Center
6:45-8:15	Level 2	Joe*	Asheville Yoga Center
Thursday			
8:15-9:45	Dynamic	Joe*	Grove Park Inn
11:45-1:15	Level 1/2	Deirdre*	West Asheville Yoga
5:30-7:00	Level 2/3	Deirdre*	One Center Yoga
5:45-7:00	Level 2	Kelly	West Asheville Yoga
Friday			
10:30-12	Level 2	Joe*	West Asheville Yoga
Saturday			
8:30-10:00	AM Flow	Shauna	Brightwater
11:00-12:30	All Levels	Joe*	Asheville Yoga Center

The following classes are taught by dedicated practitioners of Anusara yoga who are also active members of the Asheville Kula, but who do not have the right to use the name Anusara to describe their classes.

Time	Level	Teacher	Place
Monday			
7:15-8:45	Novice/Intro	Danielle	Lighten Up Yoga
Tuesday			
9:45-10:45	Basic	Mado	Asheville Yoga Center
5:45-7:15	Level 1 & 2	Mado	Namaste

6:00-7:00pm	Level 1	Seay	Biltmore Baptist *8 wk series
7:15-8:45	Dynamic Asana	Danielle	Lighten Up Yoga
7:45-9:00pm	Level 2	Gayle	YMCA
Wednesday			
Thursday			
6:30-7:45	Beginner	Gayle	YMCA
Friday			
Saturday			
12:30-2:00	All Levels	Mado	YMCA
12:30-1:30	Level 1	Danielle	Lighten Up Yoga
Sunday			
4-5:15	Level 2	Gayle	YMCA
4:15-5:30	Level 2	Mado	Asheville Yoga Center

