



Summer 2009

Dearest Kula,

I had a spiritual experience this weekend while mowing. Actually, what happened was I realized more fully that all of life's activities can be spiritual experiences when we bring mindfulness to them. Then, once I remembered that I had some really cool revelations about mowing and life and how they are parallel. In Anusara classes we are constantly reminded of how the practice of asana is indeed a spiritual practice. We are also reminded of ways to bring the spiritual aspect of the practice more fully into the asana and into our lives. Here are some of my post-mowing thoughts.

It all started with the remembrance of my parents teaching me how to mow. Mind you, they did this only 3 years ago when I moved to Asheville. I had never mowed a day in my life before moving to 5 untamed acres! I often think of my parents when I mow simply because they were my first teachers. I hear their voices in my head as to what to do next, how to stay safe, etc. To me it is like hearing our spiritual teachers' voices in our heads when we need their guidance the most.

Then, I ran out of gas. I thought of just stopping completely until my husband got home and could fill the tank up again but realized I have the knowledge to fill up a darn gas tank. This was also a moment of realizing that I have the tendency to push myself when I am running on empty, yet, I have the tools and wisdom to stop, take a break, and fill up my tank! I have a yoga practice and friends that feed me. It is not about how much grass I can cut but how I can enjoy the process.

Then, the mower cut off again, this time because the bag was full. I could get frustrated, but at this point I was so enjoying the game of this spiritual mowing experience that I wanted to figure out how to keep going. I emptied the bag and actually started reveling in the fact that the mower would just stop when it was overly full, you empty it, and it starts again. How can I do that in my life? I pack my life so full that I start spitting grass out in every direction and I still don't stop. I don't want to wait for the day when I just crash because I am overly full!

Benjamin and I love having full lives with many friends and meaningful activities. It is not that we do not want all these friend or activities but, the analogy I formed from mowing is that it's the baggage that we need to let go of. The excessive stuff and emotions we carry around weigh us down and get in the way of our experiences and friendships. It is valuable and healthy to take a few moments to check in with friends and clean out our "stuff" on a regular basis.

At this point, I was prepared for the multiple reasons the mower would shut off and was able to concentrate more on the act of mowing itself. One of the ways I found it reflective of the Anusara practice and life is because there were times when I really needed to push uphill to keep going and times I needed to back off and let the mower just glide downhill. There are times for making effort and times of surrendering. By realizing and empowering both the effort and surrender as important aspects of the same "One" I enjoyed them both equally. I was into the physical workout of the uphill, as well as, the break the downhill provided.

The long and short of the experience was that I mowed for a lot longer than I anticipated I would and I really enjoyed it. I loved being outside on this gorgeous weekend, meditating while I mowed, and I love how fun it became to analogize the whole experience into a spiritual one. I am actually looking forward to the next spiritual moment of mowing or housecleaning or diaper changing or emailing or...

Happy summer spiritual experience to all of you!



Blessings of Love and Light,  
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## Local Events

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](mailto:smdeirdre@hotmail.com).

### **Kula Potluck and Welcome Party** **Saturday, August 2nd, 5pm**

EVERYONE is welcome to join us for a summer community potluck. We will be enjoying the opportunity to hang out together in regular clothes AND we will welcome Certified Anusara Teachers Barbara Hall and Kilkenny Walter-Tremblay into (or back into) our sweet kula! Lynn & Josh spurling have generously offered

to host the cookout at their place!

Their address is:

Lynn and Josh Spurling  
25 Oakwood Rd  
Candler, NC 28715

Cell 828 606 6600

Home 828 667 5119

We're about 20 mins - 12 miles from downtown Asheville

Directions: From 240 West to 40W towards Canton/Knoxville

Exit 44 Enka/Candler and veer Right onto 19/23 South aka Smoky Park Hwy 3.0m  
Drive 2.5 m passing Bank of America on right and at the light when you see Boones Shell  
gas station (on left), turn left on 151 South aka Pisgah Hwy.

Continue on Pisgah Hwy for about 2 m passing Bethesda Church on right and take the  
next right onto Youngs Cove Road.

Make immediate Right onto Briggs, go up the hill and stay on Briggs 0.1m as it becomes  
OAKWOOD and keep going (left) around the hill veering left until you see a green house  
on your left which is 25 Oakwood Road.

## **Carolina's Retreat, 8/14/2009**

**Registration deadline extended!**

**Partial attendance registration now available!**

**For more information go to: [theyogabarn.net](http://theyogabarn.net).**

Dive into the power of community. Asana for all levels, meditation, breathwork, philosophy, special teacher segments and time to enjoy the region's beautiful mountain backdrop. Students of all levels are welcome to participate in this playful and inspiring summer camp for yogis! (A special marketplace of handmade arts and goods will be part of the festivities!)

Location: Blue Ridge Assembly

Instructors: Barbara Hall, Brooks Haislip, Deirdre Smith Gilmer, Douglas Brooks, Joe Taft, Kelley Gardner, Kelly Haas, Lila Brown, Linda Oelschlaeger, Patience Armstrong, Paul Sobin, Sarah Faircloth, Scott

Marmorstein, Sommer Sobin, and Stacey Millner-Collins.

Fee Information:

\$465 Retreat + Meals + Lodging

\$305 Retreat + Meals

\$251 Retreat + Commuter Fee

\$530 Retreat + Teachers Segment + Meals + Lodging

\$370 Retreat + Teachers Segment + Meals

\$316 Retreat + Teachers Segment + Commuter Fee

To reserve your space, payment and registration form are due by July 16th. This workshop is expected to fill, so reserve your space early. Refunds given prior to July 24th minus \$50 cancellation fee IF your space can be filled. No refunds after July 24th. Extenuating circumstances will be negotiated.

<http://www.theyogabarn.net>

## **Born Free Workshop with Desiree Rumbaugh**

Details to follow, but be sure to mark your calendar for October 9-11, 2009, to attend this marvelous event in Asheville!

## **PSOAS RELEASE PARTY with Joe Taft**

Releasing Your Hips in Backbends & Forward Folds  
Sunday, November 1, 11:30 - 2:00 pm

Forward folds are surprisingly hard poses to keep your hip flexors from binding and therefore maintain freedom. In this workshop you will learn some easy ways to open your hips and low back to achieve optimal energy flow. We will cover the therapeutics of the psoas and related muscles.

\$40 ALL LEVELS

Asheville Yoga Center

## **Introduction to Anusara with Joe Taft**

Begins August 10th / 5:30pm - 7pm

For beginners or people interested in learning the basics of the Anusara principles of Alignment. Class size is limited.

\$60 for 6 weeks (must pay in advance) [South Asheville Yoga](#)

## Regional Events

### **Anusara Workshop in Charleston with Stacey Millner-Collins**

September 11th- 13th  
Holy Cow Yoga in Charleston, SC  
Visit [www.holycowyoga.com](http://www.holycowyoga.com)

### **PAUL MULLER-ORTEGA**

Paul's ONLY East Coast meditation workshop and initiation into Neelakantha Meditation in 2009.  
Cornelius, NC (Lake Norman)

Workshop September 19 & 20  
Initiation September 21 & 22

[www.kelleygardner.com](http://www.kelleygardner.com)

### **The Alchemy of Anusara Yoga: a Retreat in Nicaragua with Lila**

Date: November 8th-15th  
Location: Finca Esperanza Verde - Green Hope Farm, Nicaragua

Join Lila for an inspiring retreat to Finca Esperanza Verde (Green Hope Farm), an ecolodge located in San Ramon, Nicaragua. During this week-long retreat you will have the opportunity to delve more deeply into the philosophy and Principles of Anusara Yoga. We will also come together to support the local community in service.

Hosted by <http://www.gatewayyoga.com> in Raleigh

## **Sneak a peek for the months ahead**

Dr Bill Mahony's lecture on the Bhagavad Gita on September 12th.

An incredible and inspiring weekend with **Desiree Rumbaugh**, October 16-18th.

## **Community Corner**

*Please email any news or events that you would like to share with the kula to [gayle@yogaatyourplace.net](mailto:gayle@yogaatyourplace.net).*

## **New Teachers!**

The Asheville Kula is honored to welcome two more certified Anusara yoga teachers.

Barbara Hall was the second certified Anusara yoga teacher in Asheville, before moving to SC. Barbara is teaching a level 1/2 class at West Asheville Yoga on Tuesday afternoons. Welcome back Barbara!

While Kilkenny never lived in Asheville, she did teach a class here a few years ago and we are thrilled to welcome her back. We will add Kilkenny's classes to the schedule as soon as we learn about them. Kilkenny is the featured community member for this season, so read more about her below.

## **Welcome Mikko**

Danielle, Mo and big brother Gabriel welcomed Mikko into their family on May 2. He weighed 8 pounds at birth and is a very healthy baby. We are overjoyed by how our hearts have grown even bigger through this experience and thank everyone in the Anusara community for their love and support.



**Big Thank You**

Thanks to everyone in the community for their participation and support with John Friend's workshop! I think it was tremendously successful and everyone thinks Asheville is a very sweet kula! Thank you to all the volunteers for your time and energy. Hopefully we'll get to do it again soon!  
In love and gratitude, Deirdre.

## **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/ashevillleanusara>

## **Featured Community Member: Kilkenny Tremblay**



Kilkenny Tremblay is a certified Anusara Yoga teacher who took her first yoga class as a child 30 years ago and has been studying yogic philosophy and meditation for the last 24 years. Though asana had always been one of her practices, it was not until she recovered from an intense injury that she began teaching Yoga with focused passion. She has since taught at various yoga studios in New York, Philadelphia, North Carolina and Atlanta.

In her spirited and poetic classes, Kilkenny aspires to help her students step into the courage of their hearts through their asana practice. Her in-depth alignment and creative sequencing coupled with her deep devotion and enthusiasm for the practice, energize her classes making them fun, expansive and inspiring. Kilkenny's warmth immediately puts students at ease creating a supportive atmosphere.

When she is not teaching yoga, she delights in living yoga with her Chiropractor husband, inspiring son and daughter and beloved dogs. She is deeply grateful to all of her teachers who have shown her the way both on and off the mat.

## **Anusara Classes in Asheville**

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

Certified Anusara Yoga Teachers are marked with a \*, all others are Anusara-inspired teachers.

Time	Level	Teacher	Place
<b>Monday</b>			
12:15-1:45	Level 1/2	Joe*	<a href="#">Asheville Yoga Center</a>
5:00-6:30	All Levels	Shauna	<a href="#">Brightwater Yoga</a>
5:30-7:00	Intro Series	Joe*	<a href="#">South Asheville Yoga</a>
5:30-7:00	Level 2	Deirdre*	<a href="#">West Asheville Yoga</a>
<b>Tuesday</b>			
9:30-11:30	Level 3	Deirdre*	<a href="#">West Asheville Yoga</a>
12-1:30	Level 1/2	Barbara*	<a href="#">West Asheville Yoga</a>
<b>Wednesday</b>			
8:15-9:15	Level 1 & 2	Joe*	<a href="#">Asheville Yoga Center</a>
12-1:30	Level 1 & 2	Joe*	<a href="#">Lighten Up Yoga</a>
12:15-1:45	Level 1 & 2	Kelly	<a href="#">Asheville Yoga Center</a>
5:00-6:30	All Levels	Shauna	<a href="#">Brightwater Yoga</a>
5:30-6:30	Basics	Kelly	<a href="#">Asheville Yoga Center</a>
6:45-8:15	Level 2	Joe*	<a href="#">Asheville Yoga Center</a>
<b>Thursday</b>			
8:15-9:45	Dynamic	Joe*	<a href="#">Grove Park Inn</a>
11:45-1:15	Level 1/2	Deirdre*	<a href="#">West Asheville Yoga</a>

5:30-7:00	Level 2/3	Deirdre*	<a href="#">West Asheville Yoga</a>
<b>Friday</b>			
10:30-12	Level 2	Joe*	<a href="#">West Asheville Yoga</a>
<b>Saturday</b>			
8:30-10:00	AM Flow	Shauna	<a href="#">Brightwater</a>
11:00-12:30	All Levels	Joe*	<a href="#">Asheville Yoga Center</a>

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