



Asheville Anusara Kula Newsletter

Winter 2010

Dear Sweet Kula,

For many of us January 1st was a great day to state our intentions for the New Year. We know stating an intention is possible at anytime yet it is a symbolic way to begin the year. The first of the year is a powerful time because the collective energy of millions setting an intention aligns us mindfully to all of our life practices.

As January closes, ask yourself if your intentions have changed. Do you need to remind yourself of your intentions for the year? Do you need a more creative approach or patience to stay true to them? I ask these questions hoping that you will recognize the transformative power of intention setting while being patient for them to grow.

I wrote down my intentions for 2009 and kept them in a visible place that I would see every day. My primary intention was to simplify. Sometimes I would see my note and be reminded to take a breath. Sometimes I would see it and laugh out loud. Often I would feel like it was impossible to achieve this goal and other times hopeful. Needless to say 'simplifying' continues to be a dominant theme in my life.

It is important to claim our intentions to bring clarity. It is also helpful to pursue activities and people that nurture those ideals; this human connection reminds us who we really are. After placing our intentions, we must surrender to our sense of time. We have to succumb to the fact that change is not confined to a calendar year.

In one sense, all of our intentions are universal; they are paths back to our true selves. For me, simplifying my life means making space to feel more joy. This translates to feeling connected to others out of

Anusara
means
"flowing with
Grace".

Join the Asheville
Anusara Kula for
classes,
workshops, pot
lucks and other
happenings.

**In this
newsletter:**

ASHEVILLE
ANUSARA
IMMERSION

LOCAL
EVENTS

REGIONAL
EVENTS

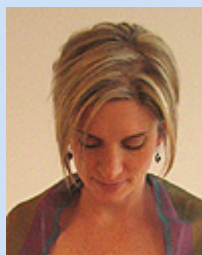
COMMUNITY

love, without complications.

Whatever your 2010 aspirations are, enjoy this time of creative exploration. Celebrate the opportunity to reclaim an aspect of yourself that you may not know. Make it a year that abounds with thoughtful and loving intention.

Happy 2010 and Blessings,

Deirdre Smith Gilmer
Certified Anusara Teacher
www.theyogabarn.net



Feel free to contact me
with questions/comments/concerns at:
smdeirdre@hotmail.com or 828 505 0158

ASHEVILLE ANUSARA IMMERSION
with Deirdre Smith Gilmer and Joe Taft

February - November, 2010

Friday 6 - 8pm
Saturday 9 - 12pm & 2 - 5pm
Sunday 9 - 1pm

[One Center Yoga](#)

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! There are 3 phases to the Immersion.

Phase I of the Anusara Immersion will be Feb, March and April. The Immersion dates that follow will begin with Phase II and continue to Phase III or we will repeat Phase I and then move forward with II & III.

CORNER

ANUSARA
CLASSES IN
ASHEVILLE

Sign up to
receive this
newsletter [here.](#)

We are waiting to determine if there is more of a community demand for the repeat of Phase I again. Regardless be sure to save the dates!

February 12 - 14

March 19 - 21

April 16 - 18

June 18 - 20

July 16 - 18

August 20 - 22

September 17 - 19

October 15 - 17

November 19 - 21

For more details visit theyogabarn.net.

[Download](#) pdf flier for the Anusara Immersion.

LOCAL EVENTS

January 23, 2010

**The Power of Roots
with Gayle Jann**

Focusing on the Foundation



Saturday 1:00 - 4:00 pm ;

Town and Mountain Training Center

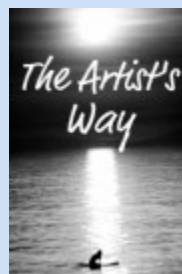
Visit [Yoga at Your Place](#) for more information and to register.

Price \$35 All Levels

When we are rooted it gives us more freedom and ability to be more open physically, mentally and spiritually. We will practice a variety of poses showing that no matter what pose you are practicing the principles of the foundation are the same.

January 24 - April 11, 2010

**The Artist's Way with Mado
Hesselink**



A Spiritual Path to Higher Creativity

Sundays 1:00 - 3:00 pm

Visit [West Asheville Yoga](#) for more information and to register.

Each class will include meditation, gentle yoga asana and the process work prescribed by The Artist's Way to enhance the flow of your creative, intuitive, spiritual self.

January 30, 2010

The Power of Play and Possibilities with Joe Taft

A Workshop on Handstands and Other Inversions

Sunday 2:30 - 5 pm

[Asheville Yoga Center](#)

Price: \$40 All Levels

Adho Muckha Vrksasana or Handstand is one of the most challenging and empowering of asanas. It requires courage and awareness and a great sense of humor. We will explore different ways of balancing away from the wall and how to fall with a sense of fun.



REGIONAL EVENTS

January 22-24, 2010

Desiree Rumbaugh

Savannah, GA

Contact [Savannah Yoga](#) for more information.

February 19 - 21, 2010

Douglas Brooks

Poised for Grace: The Bhagavad Gita

[City Yoga](#), Columbia, South Carolina

The Bhagavadgita is the most revered and likely the most important single source in the yoga tradition. Its message is beautiful, complex, and worth every effort. Clothed in the guise of a conversation between the warrior Arjuna and his compatriot Krishna, it is the narrative of the Self, the opportunity to look deeply in the heart and to return to the world with renewed understanding and clarity of purpose.

March 5 - 7, 2010

Desiree Rumbaugh

[Atlanta Yoga](#), Atlanta, Georgia

Desirée is one of Anusara's most creative and inspirational teachers. She practices and teaches yoga with a powerful intention to create and experience unlimited joy and enthusiasm. Her worldwide workshops and retreats aim at powerful personal transformation and self-expression, leading each student to celebrate his or her own creative power through the practice of yoga.

March 13 - 14, 2010

John Friend

Weekend Workshop

[City Yoga](#), Columbia, South Carolina

John Friend, the founder of Anusara yoga, will lead a mixed level and intermediate/advanced level weekend workshop. Take this opportunity to learn from the master himself.

March 15 - 19, 2010

John Friend

Immersion Level 2

[City Yoga](#), Columbia, South Carolina

Part II of the Immersion includes a more in-depth look at philosophy, practice and lectures on the Universal Principles of Alignment™, pranayama, meditation, journaling, and anatomy.

Prerequisites: Must have Immersion Part I with John Friend or a certified Anusara Yoga teacher.

May 17 - 21, 2010

John Friend

Certified Teachers Gathering

Morrisville, NC

Visit [Anusara](#) to register and for more details.

Must be a Certified Anusara Yoga teacher, or must have submitted both the exam and video by April 27, 2010.

May 22 - 23, 2010

John Friend

Weekend Workshop

Morrisville, NC

Visit [Anusara](#) to register and for more details.

John Friend, the founder of Anusara yoga, will lead a mixed level and intermediate/advanced level weekend workshop. Take this opportunity to learn from the master himself.

COMMUNITY CORNER

Featured Community Member **Cody Hughey**



Yoga has been a part of my life for as long as I can remember. I got my first yoga for children book at the age of three and remember looking through it well into elementary school. My mom practiced some yoga around the house and I found that inspiring. There weren't any yoga classes in my community (Atlanta, GA--yes, I'm a peach!) during that time that I knew about, so I studied gymnastics and dance (getting closer...).

After returning to Asheville in 2002, I starting attending the Yoga Loft and taking classes from Mary Kay West, which is where I first met Joe Taft--and his crazy Ashtanga skills! ;) The next year, I took Stephanie Keach's teacher training program at the Asheville Yoga Center and taught Hot Flow classes for almost four years. I continued on my 'professional elementary teacher' path for five years, but after the birth of my daughter in February 2007, my perspective and priorities shifted in a major way.

In 2009, I've been lucky enough to take John's therapy training and complete Joe and Deirdre's first Asheville Anusara Immersions 1, 2 and 3. What has come about through these processes is the stunning realization that this beautiful community supports me so totally in what I am working towards and ALL of who I am. I feel inspired and empowered by that feeling!

I currently teach yoga to children of all ages using stories as a great vehicle for learning asana and alignment as well as the hard-earned

skills in our culture of concentration (metacognition) and meditation. I also teach Music Together parent/child and pre-school classes and in 2010 I begin a two year long study of Waldorf education foundations.

Thanks so much to everyone in the kula for sharing your gifts so freely with me and with each other--it has inspired me time and again!

Much love, Cody

Luya Grace Gilmer arrives!



Photo by Keribeth Livingston Photography

Luya Grace Gilmer was born on Thanksgiving day (11/26/09) at 3:33am. She weighed in at 7lbs1oz and 19.5 inches tall. Deirdre had a beautiful water birth at mission hospital and wants to thank everyone for their generous love and support these last 2 months!

A little bit about her name: Luya is a place in Peru that Benjamin and Deirdre visited several years ago, it is a place they think of as one of refuge and rejoice. Grace is the foundation of our lives (and the Anusara yoga practice), it is Benjamin's grandmother's name and a reminder of Luya's Thanksgiving birth.

Deirdre Maternity Leave

Deirdre will return to her Monday night and Tuesday morning classes in March. Thanks for your patience and support of her maternity leave.

ANUSARA CLASSES IN ASHEVILLE

Certified Anusara teachers are marked with a *, all others are Anusara-Inspired teachers.

[Click here to download a pdf of the schedule.](#)

Monday			
12:15 - 1:45pm	Level 1/2	Joe*	<u>AYC</u>
5:30 - 7:00pm	Anusara series	Joe*	<u>SAY</u>
5:30 - 7:00pm	Level 2	Deirdre*	<u>WAY</u>
Tuesday			
9:30 - 11:30am	Level 3	Deirdre*	<u>WAY</u>
Wednesday			
8:15 - 9:15am	Level 1/2	Joe*	<u>AYC</u>
5:30 - 6:30pm	All Levels	Shauna	<u>BY</u>
5:30 - 6:30pm	Basics	Kelly	<u>AYC</u>
6:45 - 8:15pm	Level 2	Joe*	<u>AYC</u>
Thursday			
8:15 - 9:45am	Dynamic	Joe*	<u>GPI</u>
Friday			
10:30 - 12:00pm	Level 2	Joe*	<u>WAY</u>
Saturday			
8:30 - 10:00am	Flow	Shauna	<u>BY</u>
11:00 - 12:30pm	All Levels	Joe*	<u>AYC</u>