



Our Yoga Place *Connections*

Community. Discovery. Discipline. Balance.

Welcome to November 2020 *Connections*.

It's our way at Our Yoga Place to stay acquainted, share ideas, and stretch ourselves into our own personal transformations!



November means time changes, elections, cooler weather, continuation to COVID response, Thanksgiving, and changes beyond what we ever expected. We are living in unusually unprecedented times.

Both Tom and I are experiencing the challenges as individuals and a new business. It has not been easy. We also know we are not unique. It has been humbling to witness the multiple challenges many of you have shared with us: loss of jobs, separation from family members, illness, passing away of family/friends.

We understand. We offer a silver lining. As stories are shared, we are witnessing a caring community of individuals at OYP. We've seen (and given) hot sweaty hugs, sharing of books about grief, people offering rides to help students get to class, invitations to "get together" and share, individuals taking time to listen, and much more. We're witnessing the building of a community of individuals who care and want to see our world elevate to a better place.

Please, let's not forget our humanity during challenging times. Take time to reach out help someone.

Oh....and likewise.....accept someone's offer.

Be Amazing!
Nancy and Tom

Community

Our Yoga Place continues to grow an amazing group of committed students. We continue to expand our class times and offerings. Please stay informed by checking our website or Branded Mobile App for our up-to-date schedule.

We hope you will join us and bring your friends, family, co-workers, and neighbors along. Our growth as a community depends on spreading the word directly to others looking for a yoga home. As a community we can all transform together!

New Schedule

We keep listening....We have had a variety of suggestions regarding our schedule. We also look at the students and ask ourselves, "How can we help them grow in the their practice?" We have a new schedule beginning Sunday, November 8.

Highlights include:

- **Sunday Sumit's Special** – This is a community class. It will be offered on Sundays at 4:00 pm beginning November 14. The cost for a drop in is \$10. Individuals who have monthly unlimited memberships are free.
- **Class Times** – Many of you needed availability to take class before or after work. We now offer classes beginning at 6:30 am and 6:00pm.
- **Non-Heated Classes** – We offer better availability for non-heated classes. Look for new Stretch and Flow and Yin class times.

In addition to yoga classes, OYP offers additional activities to encourage community and discovery. Please sign up for activities on the [OYP Branded Mobile Application](#) or www.ouryogaplace.com.

Download the OYP Branded Mobile Application Here!

[Apple App Store](#)

[Google Play Store](#)



[Thanksgiving Schedule](#)

We will have one class on Thanksgiving Day. Tom Palmer will teach Bikram at 9:00. Get your yoga in before the festivities!

[Collection for Eva's Closet and Foundation](#)

We are in challenging times and there are many people in need. During the month of November OYP will collect items for Eva's Closet. Eva's Closet is a non-profit serving Southwest Florida. It's mission is to provide assistance to people in need, regardless of situation or circumstance, without judgement.



Jessica Goodall, a dedicated practitioner at OYP, is the founder of Eva's Closet. When's she's not in the middle of Standing Bow, she's happy to share more information about the programs at Eva's Closet.

Here are the requested items:

- Diapers
- Baby Wipes
- Sheets and Blankets
- Non-perishable Food

- Gift Certificates – Walmart or Publix
- Cash Donations

Items can be placed in the black basket in the lobby.



October Crystal Bowl Meditation

Firefly Within Foundation
Friday, November 13th
6:00 - 7:00 pm
Donations to Firefly Within Foundation
Space limited to 30

Please register with the OYP Branded App
or www.ouryogaplace.com.

Discovery

Nancy's Coaching

Did you know I'm (Nancy Gerald) a Certified Health Coach and Educator? I love helping individuals transform themselves. I use proven and trusted methods to help people change habits to create behaviors that last.

Need help to create better eating habits? Trying to create a new focus in life? Come in and chat with me. Let's explore the best approach for you!

I now offer a 20 minute "Let's Meet", Two hour "Jump Start", and Six session "Deep Dive".

Contact me at nancy@ouryogaplace.com for more information.



Student Contributor - Yoga provides each of us the unlimited opportunity to keep rediscovering ourselves. This happens both in and outside the studio. A big thank you goes

to Wendy C for sharing with us her yoga experience. It is an honor to witness her yoga journey at Our Yoga Place. We hope you enjoy her story. If you have a story to share, please send it to us along with your photo to info@ouryogaplace.com.



Wendy C.

What Is This?

October 2020

When I got into this Bikram yoga practice, it came out of left field for sure! Working in a motorcycle shop brings in a wide variety of people and on this one particular day at the shop last summer, I was introduced to Pranayama breathing! By the way I never thought I would know that word much less how important it is to me in my life, now and forevermore, Amen! LOL!

Now, after this introduction to yoga breathing while addressing repairs of a man's motorcycle, I was intrigued. He had asked me what the most important thing in my life was and I answered "My Health" rather quickly and to my own surprise! My husband recently had surprise triple bypass surgery at the VA Miami (what a trip that was!), I have managed my fibromyalgia the best I've known how for over 20 years and am always searching for permanent solutions for relief from many things like pain, stress, low energy, etc. Aren't we all?

I was introduced to this strange movement of Pranayama breathing right then and there; challenged by the thought of my body feeling better, I accepted the invitation and went to a Bikram class. This journey began with positive hope that I could feel better every day. After class that first day I wasn't quite sure what I had gotten myself into but, as I was driving home I adjusted my body to sit up straighter! Shocked myself! OK. This was intriguing! With each class I felt better, more positive, energetic and others were noticing too!

This is a journey for me; mind, body, spirit~ mine only. Ours, only, until we share! What a perfect opportunity to share what we experience; when we ourselves change, we can improve, we can feel better, we can be a positive influence, we can be encouragers. We are inundated with negativity constantly. It is time for feeling and sharing positivity! WE can be so much to so many others, simply because we know we are doing the best things possible for not just our body, but the full Monty! LOL!

We get the best body, mind and spirit when we practice yoga. Yes, we can be all this, I have learned it is hard at times as well! Did I say we can persevere? We must persevere to continue to change. Through our example of perseverance, others learn what the benefits are in our lives!

My motto is to keep on trying! The mountains we have overcome, the valleys we rise out of, this all makes us stronger. Yoga teaches us conscience awareness of ourselves. We allow

ourselves to investigate, learn and grow. It all sounds beautiful and when the moments comes and it suddenly is different, not expected, scary, whatever moment it may be; let it go, let it happen, listen and never give up!

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Discipline

Yoga is a discipline. We discover it each time we step on our mat. Sometimes we sail freely through a class, while other times we feel we're in the middle of a tidal wave. Either way, it takes courage to focus and concentrate in class. Have you ever considered the additional part of yoga discipline? That is showing up for class. Things that aren't in front of us often get forgotten.

That's why I'll offer you a tip: place your yoga classes on your calendar. Make your yoga appointments for yourself. When someone asks, "Where are you going?" tell them, "I have a very important appointment to keep." I used to do this when worked in corporate America. It worked! (And I'll remind you that I'm now a yoga school owner!)



Balance

New classes are available at Our Yoga Place! We are now offering the following new class formats:

Yin Yoga – 60 minutes. Slow down and release your tendons, ligaments, and fascia tissue. Postures are held for longer periods of time. Students allow for strengthening to occur at their own pace. Come in with an open mind and prepare to connect with yourself.

"Sumits" Vinyasa Yoga – 75 minutes. Flow to music through a sequence of both balancing and energizing asanas (poses) in a heated practice environment. Sumit Banerjee created this sequence as a powerful technique to create a stronger, toned, and more flexible body. You'll improve your state of mind, relaxation, self-acceptance, and awareness.

Stretch and Flow - 60 minutes. This class designed to create warmth and strength in the body, paired with deep stretches for the neck, shoulders, hips and more. Centered around a Vinyasa flow, with the option to modify or intensify based on your individual needs. Non-heated class.

Remember - Yoga is for every body! Leave the ego at the front door. The goal at OYP is to make each student comfortable in their practice!

NEW OYP SCHEDULE AS OF NOVEMBER 9, 2020

CLASS SCHEDULE		Our Yoga Place					
(Subject to Change -Check our Mobile App or Online for Latest)							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am			Hot 26-2 (Bikram) 90 MN				
7:00	*Sumits* Vinyasa 75 MN				*Sumits* Vinyasa 75 MN		
9:00	Hot 26-2 (Bikram) 90 MN	Hot 26-2 (Bikram) 90 MN	*Sumits* Vinyasa 75 MN	Hot 26-2 (Bikram) 90 MN	Hot 26-2 (Bikram) 90 MN	Hot 26-2 (Bikram) 90 MN	*Sumits* Vinyasa 75 MN
11:00	Stretch & Flow 60 Min		Yin 60 Min		Yin 60 Min	*Sumits* Vinyasa 75 MN	Hot 26-2 (Bikram) 90 MN
11:00							Yin 60 Min
4:00							*Sumits* Vinyasa \$10 Drop-In 60 MN
5:30	Hot 26-2 (Bikram) 90 MN	Hot 26-2 (Bikram) 90 MN		Hot 26-2 (Bikram) 90 MN			
6:00		Stretch & Flow 60 Min	*Sumits* Vinyasa 75 MN	Stretch & Flow 60 Min			