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## September Newsletter

September 2006

### NAMASTE

The Fall has been beautiful and full of lessons for me. As you look around and see the beautiful colors on the trees notice with what grace and ease the trees let these precious gems go. Too often I want to hold on to objects or emotions that no longer serve me.

Today take a moment to watch a leaf fall from a tree, chose something you want to let go of and as the leaf lands on the ground allow yourself to let go as well.

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- Kennedy Kreiger Yoga Classes

**[Sunday, November 19th 6.00p.m. Dropka Fundraiser!](#)**

### **Toto, I don't think we are in Nevis anymore**

What a joy to have come back from the stunning surroundings of Nevis, West Indies to our gorgeous fall here in Baltimore. So many students have expressed interest in the next trip. Please feel free to talk to me or the delightful Colin Barnett about the first of many Yoga in Paradise trips. We are both happy to bore you with stories, pictures and fond memories of this trip.

Gwen Pullman did an amazing job putting the trip together and will answer all of your questions and can accomodate any varitey of interests. She is happy to work with you to make this a magical time for you and your friends or family. The next rip is January 27th to February 4th. Please check

**The Tsharka School Project has been such a wonderful success! We invite you to another evening to continue supporting this powerful endeavor spearheaded by Leona Mason.**

- **Slide show of the children in Tsharka**
- **Food and Drinks**
- **Silent Auction**
- **Photographs and local crafts for purchase**

#### Scheduling request

Many of you have expressed requests for different or more classes. Please pick up a form to record your preference and this fall I will be adding classes when the new teachers return!

#### House of Ruth...and counting!

We had such a wonderful push off the starting blocks with this charity and have reached a bit of a slump. Please help us reach the \$1,000 mark by attending the 5pm Class on Wednesday -don't forget: you are allowed to donate more than \$5!

#### Kennedy Kreiger Yoga Classes

Kennedy Kreiger has started several yoga classes this fall. In order to support this endeavor Bikram Yoga Hampden donated 20 mats. Please buy a mat that we will then give to Kennedy Kreiger so they can provide mats for all their students. Thank you Abby Rosenbloom for your recent purchase!

February 10th. Please check out her website [Island Experiences](#) and the [Hermitage Plantation Inn](#), home away from home.

#### Go Surfing...

[kennedy kriegler](#)

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