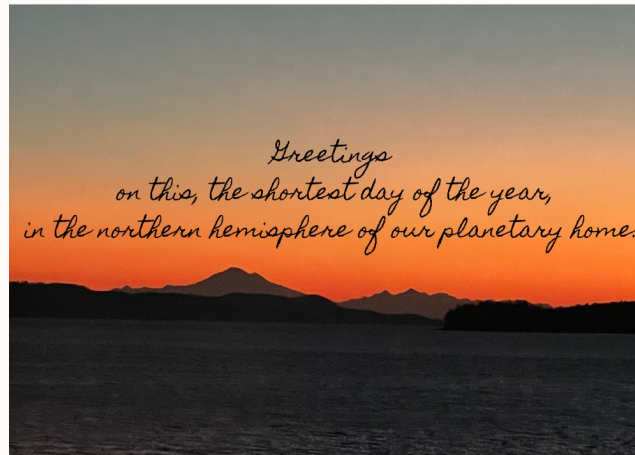




ANAM CARA YOGA



Coming into the Stillness

I'm taking an online course with my yoga teacher, Yogrishi Vishvaji, in yoga nidra and meditation. It has shaken up my daily morning practice (sadhana). Now I practice a few asanas (poses) and pranayamas (breathwork) and then have a big focus on yoga nidra and meditation.

The full body relaxation that yoga nidra offers has been so key for destressing and surrendering to what is. And then, with an empty mind, there is stillness. One becomes one with it.
The silence.

At this time of year, with more darkness than light, we are offered the opportunity to spend time in silence, in stillness, enveloped in the dark.

We can use this time to be in silence: our source. Our lives can be so busy and fast-paced. Now we are offered the winter solstice to celebrate the eventual return of light, and to rest in the solitude of the dark.

Silent in the fullness of the emptiness.
OM

Upcoming Winter Classes

Anam Cara's winter series begins on January 23!

Schedule Changes

Monday:

Chair Yoga - *cancelled for now*

Morning Mello

Every Body Yoga

Wednesday:

Every Body Yoga - *cancelled for now*

Chair Yoga

Thank you to those who came to class twice weekly (some will still have

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(the option).

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Passes can be carried over to the winter series.
More news of the winter series in the coming weeks!



Blessing for the Morning Light
by David Whyte

The blessing of the morning light to you,
may it find you even in your invisible appearances,
may you be seen to have risen
from some other place you know and have known
in the darkness that carries all you need.

May you see what is hidden in you as a place
of hospitality and shadowed shelter,
may what is hidden in you become your gift to give,
may you hold that shadow to the light
and the silence of the shelter to the word
of the light,
may you join all of your previous
disappearances with this new appearance,
this new morning, this being seen again,
new and newly alive.

from *The Bell and the Blackbird*



*Wishing you and
your beloveds good
health, happiness,
and good fortune.*

*May we all remain
strong and free
beings.*

Blessings,
Cate
Dec. 20, 2022

Sign up online at: www.anamcarayoga.ca

Need more info? Please email me at info@anamcarayoga.ca

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