



The Informed Yogi

Workshops for 2021 at ICY: First Quarter

For all teachers, students, and interested beings (in studio and possibly Zoom)

- **Yoga Sutra Module:** This class is open to anyone who has an interest in the Yoga Sutra and Yoga. Once you register and pay, receive a copy of our preferred title of the Yoga Sutra and complete handout we provide before the 4-hour workshop. Learn the story of Patanjali, the 8 limbs, 4 Padas, and more in this workshop designed to provide an understanding of the roots of yoga. Lecture/discussion format. *Sunday, January 24th, 1:30-5:30 pm*
- **Bhagavad Gita Module:** Open to anyone with an interest in yogic philosophy. Join us for a 4-hour workshop to explore four main branches of yoga: bhakti (love), jnana (study), karma (service), and raja (meditation); the Gita as a metaphor; the value of our actions in this world; the relationship with the Self and the Divine; the path of Devotion; and the Path of Right Action. Once you register and pay, our chosen title of the version of the text will be sent to you to purchase as well as a handout to complete as you read the text. Lecture/Discussion format. *Saturday, February 13, 1:30-5:30 pm*
- **Yoga & Shivratri:** On March 6th, join us for a two-hour presentation from 2-4 pm to learn about a Hindu festival celebrated annually in honor of the god Shiva. It is observed to mark a remembrance of “overcoming darkness and ignorance” in life and the world. Unlike most festivals, is celebrated at night and is a solemn event. Jeanne will teach a short sacred dance she learned at AHYMSIN in India and the mantra that is practiced on

Shivratri. Then you may practice it on March 11th in the evening to honor overcoming darkness and ignorance in life. *Saturday, March 6th, 2-4 pm.*

- **Yoga, the Nervous System, and its relationship to Ailments:** Using Gary Kraftsow's book *Yoga for Wellness* as a base, join a discussion on the nervous system, how it relates to ailments, and how a yoga practice can mitigate chronic symptoms and conditions. 4-hour module. Lecture/discussion. *Sunday, March 7th 1:30-5:30 pm*
- Ongoing Monthly **Salt Room Experiences 2021: \$35; 75-minutes includes teatime, movement, 45-minute Salt Experience**
 - Meditation: January 31, April 25, July 25, October 24
 - Breath Work: February 21, May 23, August 29, November 28
 - Singing Bowl Bath: March 14, June 27, September 26, December 26

SUMMER Offerings

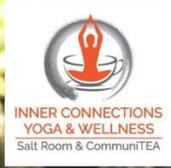
- Yoga in the Park (YIP) - Philip Miller June-August 2021, 9-10 am
- Forest Bathing at Bear Mountain Ranch
- Full Moon celebrations at Bear Mountain Ranch

On-Line Packages

- 6-week Prenatal Yoga
- 6-week course for Yoga Novices

HAVE A SUGGESTION FOR A WORKSHOP THAT HELPS YOU DIVE DEEPER INTO YOGA? Email us at yoga@innerconnectionsyooga.com.

ROCK SALT THERAPY is 100% drug free treatment for respiratory, skin, and allergy issues.



INNER CONNECTIONS
YOGA & WELLNESS
Salt Room & CommuniTEA

Salt therapy can help with:

- Asthma
- COPD
- Sinusitis
- Bronchiectasis
- Ear Infection
- Eczema/ Psoriasis
- Coughs & Colds
- Chest Infections
- Hay Fever & Allergies

www.InnerConnectionsYoga.com
CastleRockYoga.com

Hours of ROCK Salt Therapy

Days

Monday, Tuesday, Thursday, and Saturday

Appointment times

10 am, 11 am, 12 pm,
1 pm, 4 pm, 5 pm, 6 pm, 7 pm



WISDOM OF THE EARTH ESSENTIAL OILS

Jeanne is a certified Level I aromatherapist through Wisdom of the Earth. Wisdom of the Earth offers pure medicinal grade single (ingredient), hand-poured essential essences (oils) imported from wonderful, passionate farmers all over the world. You can purchase these oils at **Inner Connections Yoga** or place an order with us for your favorite oils. Jeanne orders once a month and you may order by calling 303.688.8598 or emailing Jeanne at Yoga@InnerConnectionsYoga.com (please write *ESSENCES in the subject bar*). This month's highlighted oil is **Ho wood**, steam distilled from the bark and twigs of *Cinnamomum camphora* ssp. *formosan*. *We do not sell blends as it distorts the properties of the essence.*

HO WOOD \$32.99

This middle note has a warm, bright and woody, floral and camphorous aroma used in relaxation. Ho wood is very similar to rosewood but produced from a much more renewable source.

Layers well with sandalwood, chamomile, basil, lavender, cajeput, or ylang ylang.

Therapeutic benefits:

- Promotes a relaxing and peaceful environment.
- Incredibly calming due to its high linalool content.
- Leaves a pleasant cooling effect on the skin when applied topically.
- Helps soothe red and itchy skin.
- Helps ease respiratory symptoms resulting from the common cold and seasonal allergies
- Aura Protector.
- Great aid in helping find your inner strength.
- Ho Wood is KidSafe.

Dilution instructions:

Dilute to 2-5% in a carrier oil and apply to red or irritated skin.

Diffusion instructions:

Add a few drops to your diffuser to enjoy the relaxing benefits. Blend with Lavender for an incredibly calming blend or with a citrus oil for an uplifting yet relaxing blend.

Top 4 Ways to Use Ho Wood: Our Essential Oil

1. All About the Linalool: Ho Wood has one of the highest quantities of Linalool out there. Linalool is the chemical constituent that is known for its ability to help calm, relax and soothe anxiety. It's also found in other calming oils like Lavender, Thyme Linalool and Coriander Seed. The result is an oil that is perfect for helping you feel calm and relaxed after a long day. Add it to your favorite bubble bath for a soothing experience or diffuse

it 30 minutes before bedtime to help you unwind. For those that can't use Lavender but still need a calming oil, this is a great substitute.

2. **Calm and Cool:** In addition to be incredibly calming, Ho Wood is also one of a few oils that has a cooling effect on the skin when applied topically. Peppermint is usually the go-to for this because of its menthol content. However, Ho Wood contains enough camphor to produce a similar if milder sensation. This makes it a fantastic choice to help soothe red, itchy or irritated skin. For example, try whipping up our Cuticle Balm for the next time your cuticles need some TLC.
3. **Bye, Bye Colds:** This oil is also definitely one you want to have on hand when cold season shows up. Ho Wood can help ease your breathing and support your respiratory system. And when you're struggling with your cold, you need all the help you can get to help with the sniffles and congestion. The best part is it also great for easing similar symptoms that result from seasonal allergies.
4. **Positivity:** The Linalool content that makes Ho Wood so excellent for relaxation also makes it a very peaceful oil. It can help ease anxiety and assist with a positive change in outlook. When you're looking to create an uplifting and comforting atmosphere, try diffusing with a citrus oil such as Bergamot, Grapefruit or Mandarin.

COVID and Social Distancing



We are following COVID protocol as it changes and updates for our state, county, and town.

The great news! We are filling our classes to the numbers below. Thus, please make sure you register to attend classes. Often there is not space for late registrants. We will begin ZOOMING downstairs classes sometime soon and will continue this for our students.

Currently we are maximizing reservations for our downstairs studio at 10 and the INFRARED room at 8.

Please be mindful to:

1. Register ahead of time
2. Cancel within 24 hours in order not to be charged for the class
3. Check the registration because someone may open a spot by cancelling.
4. Space yourself as you enter studio; we have changed the entryway to accommodate people entering with social distancing.
5. Masks are required to enter studio. Please put them on in your car or before you enter the studio
6. You can only remove your mask when on your individual mat. All other times, masks must be worn.



December 13th-31st



LAZARUS CBD: 20% OFF

Tinctures and capsules. Even a formula for your pet to reduce anxiety (holiday fireworks!)



TUFFY STEEPERS: 20% OFF

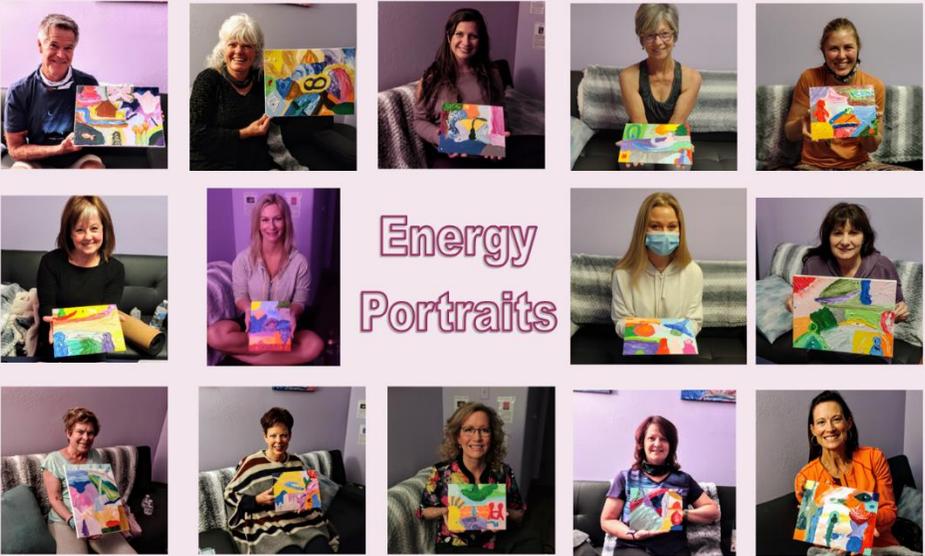
Silicone tea steeper is designed for making loose tea easy, at home or on the road. As seen on Dr. Oz's Holiday Hot List, this durable, expandable, reusable, tea infuser fits most mugs and teapots. The lid doubles as a saucer for the Tuffy when your tea's ready.



TEA TINS OF VARIOUS TEAS: 20% OFF

Indulge your senses, relax and enjoy! Give the gift of health with different teas offered at ICY.

The antioxidants and vitamins found in **herbal teas** are great for helping fight disease and infections, protect against oxidative stress, and lower the risk of chronic disease. Some of the best immune-boosting herbal teas are elderberry, echinacea, ginger, and liquorice root tea. **Black tea** is not only a non-sweetened and low calorie drink but also provides several health benefits such as: alertness and energy; antioxidants, including polyphenols and catechins; possible anti-cancer effects; heart health; improved metabolism; and gut health. There's some evidence drinking black tea regularly may lower your risk for these conditions: diabetes; high cholesterol; kidney stones; Parkinson's disease; osteoporosis and cavities. Try some ICY teas today!



Energy Portraits

15% OFF WITH CODE WELCOME2021

The image features a grid of 15 small photographs arranged in three rows of five. Each photo shows a person of various ages and ethnicities sitting on a couch or chair, holding up a vibrant, abstract painting. The paintings are colorful and feature geometric shapes and patterns. The text 'Energy Portraits' is centered in the middle row, and a promotional code '15% OFF WITH CODE WELCOME2021' is displayed in a large, stylized font at the bottom of the grid.

Sending you love, light, and healing!

Jeanne & John

