UMCG FallYoga 2022 Registration Information. Please make checks payable to **UMCG**. Classes meet in Fellowship Hall.

- All levels welcome:)
- Monday morning yoga, 9:30 - 10:45 am: $130.00;
- Monday evening yoga, 5:30 - 6:45 pm: $130.00 - tbd if class fills. Doors lock at 5:30 p.m.
- Thursday morning yoga, 9:30 - 10:45 am: $130.00;

Week	Monday	Thursday
1	September 12	September 15
2	September 19	Septermber 22
3	September 26	Septermber 29
4	October 3	October 6
5	October 10	October 13
6	October 17	October 20
-	October 24 RUUMMAGE SALE - NO YOGA Join the fellowship and help work the sale or set up	October 27 RUMMAGE SALE - NO YOGA Join the fellowship and help work the sale or set up
7	October 31 - Happy Halloween	November 3
8	November 7	November 10
9	November 14	November 17
10/9	November 21	November 24 - Happy Thanksgiving NO YOGA
11/10	November 28	December 1
11	December 5 - Women's Advent Service NO YOGA	December 8
12	December 12	December 15
13	December 19	December 22

For further information please contact:
Val E., Registrar: vl.erickson@yahoo.com or 630-643-2912
Colleen F: colleenfas@icloud.com or 630-715-9012

The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope. Barack Obama

If You Don't Want Change, Don't Do Yoga; Barrie Risman blog

I'll never forget when my teacher said this to our teacher training group back in the late 1990's. He stated it as if it was a matter of fact, as if change was an eventuality of sticking around in yoga long enough.

I've repeated it to students many times over the years. They usually chuckle knowingly and nod their heads in agreement.

But experiencing positive change as a result of yoga practice takes more than just physical ability. When I started yoga nearly 30 years ago, I could "do" all the postures on the outside, but inside was the same old self-critical voice telling me I wasn't good enough.

It wasn't until I applied the perspective of yoga philosophy as the context for the physical practice that my relationship with myself began to shift. When I began to learn about the vision of the human being according to yoga, and that yoga teaches that each of us is fully worthy of love and respect exactly as we are, well, that brought tears to my eyes because of how true and right it felt.

I discovered that postural practice wasn't only a way to move and strengthen my body. It could also be a field for consciously cultivating a more loving relationship with myself, and even a practice where I could develop the courage needed to examine, and then dismantle, those self-critical, disempowering beliefs I had held for so long.

That perspective was the game-changer that turned asana from merely a physical and mental pursuit into a lifelong journey of growth and positive transformation. It's what has allowed me to continue to nurture the expansive and positive inner shifts in my practice in the years since.

If you could choose, what would you want to hear your inner voice telling you during practice?