

112 Sullivan Street • Punta Gorda, FL 33950 • 941.505.YOGA (9642)



The Yoga Sanctuary

July 2021



Namaste'

long ago, over several of our Yin classes, I explored the four *Purusharthas*, or aims of human existence. These four aims are **Dharma**: truth, duty, or right living; **Artha**: economic values, wealth, or financial security; **Kama**: longing, wish, or the desire for pleasure, and **Moksha**: release, liberation, or freedom.

If you've had the opportunity to participate in any of my Yin Yoga classes (Thursdays at 4pm!!), you'll know that I generally bring in readings from poets, modern spiritual writers, and yoga philosophy. Not too

As we come upon the 4th of July, I've been drawn to consider this concept of *Moksha* and how it relates to the freedom we will be celebrating on Independence Day. In a blog post for Chopra.com, Roger Gabriel writes that "*Moksha* is your true nature. It is who you really are." Free... that is who we really are. Gabriel goes on to say that this freedom includes such things as emancipation, liberation, self-realization, and self-knowledge, as well as "access to our full human potential of creativity, compassion, and understanding."

Moksha, however, doesn't just automatically happen. It is a result of the three previous *Purusharthas*. Each supports the other: Right living allows us to earn enough to be comfortable and secure, being comfortable and secure allows us to explore the things that bring us pleasure and joy—All three together bring us closer to our true nature—to freedom.

As you prepare to celebrate this coming weekend, I invite you to contemplate these four aims of life with me. How do you see them in *your own life*? And maybe on this Sunday, the 4th of July, take just a moment to consider the relationship between these four aims and all that Independence Day represents to us as a community.

Wishing you a safe and happy 4th!

*with peace and love,
Jennifer*

IN STUDIO & ONLINE Class Schedule

happenings



Bridging the Gap: Harnessing the Power of the Breath *Sunday, July 18 | 12 - 2pm*

The simple practice of breathing lies at the heart of yoga. It is the bridge between the body, mind, and spirit. Yet so often we find our breath elusive, strained, and challenged. In this workshop, we will start by exploring our individual breath prints, then touch on the basic anatomy of our breath. Afterwards, we will use simple yoga techniques and movements to unlock the potential of our breath.

Click the image to learn more and register!

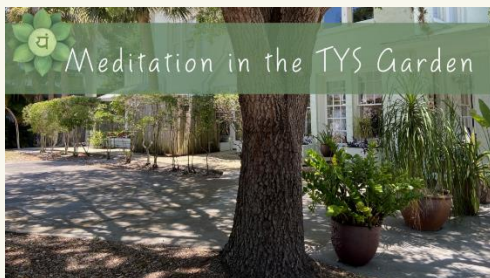
Yoga for a Cause: Shoes for Kids

Shoe Drive: Through July 25th

Yoga Class: Sunday, July 25th | 12pm

The Yoga Sanctuary is honored to once again partner with the Kiwanis Shoes for Kids Project for their summer tennis shoe drive! The Kiwanis Shoes for Kids Project's mission is to provide new tennis shoes to any student who needs them to begin the new school year or throughout the academic year in the Charlotte County Public School System. Join us to close out the summer Shoe Drive with a donation-based yoga class.

Click the image to learn more and register!



Meditation in the TYS Garden

Bi-weekly | 11:30am

Held outdoors in the shady garden space beside the studio. You will be guided in breath awareness and meditation. Students are invited to bring their own chairs, mat, or cushion.

Next Meditation in the TYS Garden:
Saturday, July 3rd at 11:30am



Moon Phase Classes

Twice monthly | 7 pm

Join us for our regularly scheduled online classes that honor the cycle of the moon! New Moon Meditation and Full Moon Restorative classes are sprinkled throughout our schedule. Online ONLY.

Next New Moon Meditation:
Thursday, July 8th at 7pm



Group Yoga Nidra

Once monthly | 6pm

Join us for our regularly scheduled monthly group Yoga Nidra class! Yoga Nidra is a form of deep guided meditation that systematically relaxes you at every level of being. In-studio & Online!

Next group Yoga Nidra session:
Sunday, July 11th at 6pm

news, notes & more



A Simple Sequence for Virasana: Take Hero's Pose with More Ease!

This month's video is a short sequence designed to help you find more ease in your Hero's Pose. In it, Jennifer will guide you through a number of postures meant to cultivate a bit of openness and movement into the places that tend to give us a bit of trouble in Virasana. In fact, you won't even take the post until the very end!! Be sure to watch and let us know what you think. And if you like these videos, make sure to click the *subscribe* button so that you stay in the know each time we release a new one!

[Watch Here!](#)



Guess Who's Back?!

We are SO excited to be welcoming back Jimmy Cupo to in-studio classes!! Jimmy will be leading the Thursday, 5:30pm Mixed Level Class. Be sure to register for class and give him a great big welcome back.



We've got a few other schedule changes coming up as well. You'll see Victoria moving into the Tuesday, 7am Sunrise Class & Gill will be taking over the Wednesday, 4pm Gentle Plus Class. Don't worry, just a few shifts, but we're all still here!

[Class Schedule](#)



Have a Safe and Happy 4th of July!!

We'll be here all weekend...

No schedule changes at all.

So before you head out to see friends or family,
before you head out to the beach or on the boat,
before you head out to celebrate Independence
Day, maybe stop in for a yoga class to start your
day just right!



Stay Connected!



Letting go gives us freedom, and freedom is the only condition for happiness. If, in our heart,
we still cling to anything - anger, anxiety, or possessions - we cannot be free.

~ Thich Nhat Hanh

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