



**NOVEMBER FOCUS –
Relaxation & Meditation**

Our focus for November is Relaxation and Meditation.

The weekly focus is

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|---------------------|------------|
| Week 1 – Nov. 1-5 | Balance |
| Week 2 – Nov. 7-12 | Relaxation |
| Week 3 – Nov. 14-19 | Meditation |
| Week 4 – Nov. 21-26 | Gratitude |
| Week 5 – Nov. 28-30 | Breathing |

Our fast-paced lives become even more hectic during the holidays. The skills you learn in yoga become coping skills that deal with stress.

Slowing down our yoga practice this month with gentle stretching, holding the poses and focusing on the breath helps

- calm the mind
- relax the muscles
- increase circulation
- focus and concentration
- deepen the pose

Meditation Clinic
Nov. 12th 4-5:30
\$30

7620 – F Cherry Park (Longenbaugh)
texasyogacenter.com
281-859-5566

Thanksgiving Schedule

Nov. 23, Wed. No Class
Nov. 24, Th. No Class
HAPPY THANKSGIVING
Nov. 25, Fri. No Class
Nov. 26, Sat. 9am only

As we increase our awareness inwardly, we learn to listen to our bodies and respond quickly to keep ourselves balanced. Here are some healthy tips to keep you well.

Use acupressure points to relieve headaches and release blockages causing pain, tension and fatigue. Apply pressure between the thumb and forefinger for 20 seconds and release for 10 seconds, without letting go. Repeat four times.

To help congestion associated with allergies or infection to gradually disappear, irrigate your nasal passages with a neti pot and warm salt water. You can also use a squeeze bottle available at grocery and drug stores.

To clear blocked energy and pull toxins from the body, soak for 20 minutes in a warm bath infused with two cups of apple cider vinegar.

Anxiety and fear dissipate quickly when countered with conscious breathing because concentrating on the breath enables you to refocus your attention inward. You can ground yourself and regain your usual calm by taking a series of deep belly breaths as you visualize your feet growing roots that stretch miles down into the earth.

To stay well during the holidays, try this soothing tea. Simmer three sliced lemons, one teaspoon freshly grated ginger, one clove freshly minced garlic, and one quarter teaspoon cayenne pepper in five cups water until the lemons are soft and pale. Strain a portion into a mug and add honey to taste (by the tablespoons). Drinking this potent mixture of antibacterial, antiviral, and antifungal ingredients three times each day can ensure your symptoms never progress into a full-blown illness.

COPPERFIELD NOVEMBER 2011 CLASS SCHEDULE		
	AM	PM
Monday	9:00 B+ Linda	5:45 BB Barbara
		7:15 B+ Barbara
Tuesday	9:00 B+ Barbara	7:45 Intermediate Jana
Wednesday	9:00 BB Barbara	5:45 B+ Linda
		7:15 BB Paul or Barb
Thursday	9:00 –Tim Core Strength 10:30 B+ Peggy	7:00 Intermediate Jana
Friday	9:00 B+ Linda	3:00 BB Barbara
Saturday	9:00 B+ 10:30 BB	

Monthly Yoga Rates~Copperfield

2 classes per week \$80 monthly

UNLIMITED CLASSES \$90 monthly

Class Cards up to 10 classes \$12/class

Yogi's 60 & up 2 classes/wk \$65 monthly
UNLIMITED \$75 monthly

Student Rate 2 classes/wk \$65 monthly
UNLIMITED \$75 monthly

Family Rate 2 classes/wk \$80 1st person
\$65 2nd person

Drop-In \$15/class
\$10 kids