

WELCOME TO

# THE WOODS

Relax. You deserve it.

## 3 Reasons to Practice Yoga Through the Holidays

### #1 YOGA AIDS DIGESTION

The holiday season is prime time for experiencing digestive distress. Practicing yoga stimulates your parasympathetic nervous system, known as 'rest-and-digest' and can help relieve digestive issues, such as bloating, gas, and constipation.

### #2 STRESS RELIEF

Our body's reaction to stress is instant and unconscious. When we are in 'fight or flight', our ability to heal and rest is hindered. Through movement and conscious breathing, yoga helps reduce stress and anxiety, enhances your mood and overall sense of well-being. You can't help but leave the studio feeling at least a little more relaxed than when you arrived.



### #3 BRINGS YOU INTO THE PRESENT

In the words of Lao Tzu, "If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present." Yoga encourages deliberate movement with conscious breathing. The breath is your anchor for mindful awareness, it is the reminder to come out of your head and back into your body.



## product spotlight

**INSPIRED LEAF TEAS** of Bend, Oregon, is a woman owned business that sources high-quality, whole leaf teas and fine ingredients. They blend their tea in small batches with a focus on freshness and flavor-forward tea blends. Tins contain 12 plastic-free pyramid tea bags made with a plant-based fiber material. **For a limited time, teas are 30% off, while supplies last.**



Chocolate Candy Cane Tea is the perfect combination of decadent, creamy dark chocolate, and fresh minty candy cane. We use a black snail rolled whole leaf black tea for the base of this blend. These beautiful leaves unfurl into a large whole-leaf when brewed. This tea is sure to become a favorite holiday treat!

Toffee Chocolate Hazelnut Whole Leaf Black Tea is a decadent dessert tea. We blend organic whole leaf Assam black tea, toffee bits, chocolate, and hazelnuts. We use toffee from Holm Made Toffee, a local toffee company in Bend Oregon. Try with a splash of milk or cream for an extra treat!

White Chocolate Orange Tea is a wonderful blend of an organic whole leaf Assam black tea, white chocolate chips, and orange slices. It's the tea version of the chocolate oranges that we enjoy during the holidays. Enjoy with a splash of milk for an extra special treat!

Inspiration tip: "Steep yourself in peace, joy, and holiday spirit."

# DID YOU KNOW?



The name "The Woods Yoga" was borne out of the studio's proximity to Lincoln Woods State Park. And the owl, a symbol of wisdom, intuition, and keen observation, became our logo. As we have grown and matured through six years of operating a yoga studio, more meaningful interpretations of this name and animal totem have revealed themselves to us.

Traditionally, the forest represents exploration and being lost. Trees represent life itself; a reflection on our personal development, spirituality and individual growth. The many spiritual meanings of the forest often seem to be diametrically opposed to one another. For example; lightness and darkness; taking action and finding stillness; transformation and being grounded; ancient history and renewal; self-reliance and community; the conscious and subconscious mind. Through the teachings of yoga and the lessons of life, we learn that harmony lies in the balance.

# THE WOODS

The concept of Sthira and Sukha in yogic philosophy is generally understood as the balance between effort and ease. Sthira is the fire; the part of the practice that requires you to be fully present when you experience discomfort, whether it emerges from the physical body, the mind,



or the energetic body. Finding stability in the body and the mind while practicing asana, meditation, or any other yogic practice is what ultimately brings us into balance. Sukha occurs when we learn to let go. It's the part of the practice where, as we become more familiar with ourselves, we begin to relax and become more present in the experience without

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the need to do more or try harder; the law of minimum effort. It is that part of ourselves that truly knows when we've arrived in the posture. Everything feels aligned and there is no strain in the muscles. The mind feels calm, content and spacious, and the life force energy flows freely through us.



*original hand-drawn owl logo by Victoria Fallon*

**A wise old owl lived in an oak. The more he saw, the less he spoke. The less he spoke, the more he heard. Now wasn't he a wise old bird?**



owl logo  
2017 - 2020

And then we have the owl. What was once a simple and pleasing mascot for our business evolved into a deeper, more meaningful totem. As with the forest, there are numerous symbolic associations for the owl including that as a harbinger of death. But don't let that frighten you. Let's look at our yoga practice as a metaphor for life.



**Savasana is the practice of death. Death of the ego, death of all craving and grasping toward anything outside of us which we mistakenly think will create happiness, and death of all aversion to anything we think is causing our unhappiness.**

As in life, there is also death. In most classes, we start in Child's Pose, and progress through movements and poses until we reach our final resting pose, Savasana, which is also known as Corpse Pose. Savasana is the practice of death. Death of the ego,



death of all craving and grasping toward anything outside of us which we mistakenly think will create happiness, and death of all aversion to anything we think is causing our unhappiness. In Savasana,

we practice recognizing that everything is perfect exactly as it is. There's nothing left to do. And as we slowly awaken from Savasana, we roll to the fetal position, thus representing



a rebirth. As we rise, we are reborn as a clear-headed, peaceful, and more loving version of ourselves. And so as we step onto our mat, whether for the first time, the last time, or the only time, we are granted an opportunity to begin again. With every breath, every pose, every action, every reaction, we have the opportunity to begin anew, to bid adieu to the past and to sit with ease in the present.

**welcome to the woods.**



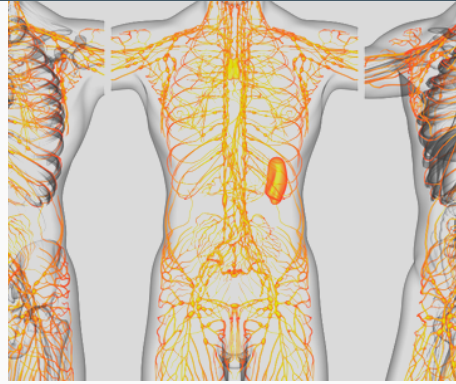
today's owl



# UPCOMING EVENTS



**GONG BATH**  
sun | dec 18 | 6pm



**LYMPHATIC YOGA**  
mon | dec 26 | 12pm



**MINDFUL MVMT  
FOR KIDS**  
sat | dec 31 | 1230pm

## Holiday Card Drive Continues Thru 12/18

### DELIVERING CHEER TO SENIORS

This holiday season, we're collecting cards that will be delivered to residents of The Holiday nursing home in Manville. Cards are available at the studio, or you can use your own (homemade cards are welcome)! Drop off your completed cards (in unsealed envelopes) at the studio by Sunday, December 18th and we will ensure they are delivered and distributed to residents at The Holiday.

## coming soon

4 PART  
BEGINNER SERIES  
sun | jan 8-29 | 1130-1230

REIKI LEVEL 1  
CERTIFICATION  
sat | feb 4 | 1230-730pm

REIKI LEVEL 2  
CERTIFICATION  
TBD march or april