

The Centered Place Newsletter October 2019 UPDATE



October in Warren, around the Corner from the studio

Namaste

Hope you enjoyed a beautiful weekend. We are very fortunate to live in New England!

Topics in this newsletter (linked to the location of each topic):

- [New Website Has Launched](#)
- [Workshop for Releasing Neck and Shoulders, Saturday October 26](#)
- [Donations Accepted for Orphans \(S.O.N.G\); Concert Benefit plus Take Back The Night Benefit Results](#)
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New Website Has Launched

Our new mobile-friendly website is up. Please take a look. If you see any errors (typos, broken links, etc) or have any suggestions for improvement, we would appreciate reporting them to us.

By the way, our web developer is John Devanski. Do you know what is his favorite tea? [Click here.](#)

Workshop for Releasing Neck and Shoulder Tension, Saturday October 26: 12:30 to 3:30 pm

Addie Alex is coming back to teach a Svaroopa® yoga workshop that focuses on releasing neck and shoulder tension. Soften the boulders in your neck and shoulders! You will experience more freedom of



movement and less pain. Addie is a delightful, fun and down-to-earth teacher.

\$70. Register by adding your name to the signup list on our bulletin board or contact us by email or phone.

Donations accepted for Orphans (S.O.N.G.); Concert Benefit

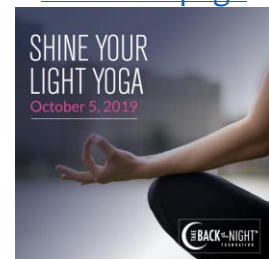


For the rest of the month, we will accept donations for the Supporting Orphans Nationally & Globally organization, formerly Socks for Siberia. This charity was founded by Michelle and Wally Connor of West Brookfield, two people who make you feel better about the world. Many of you know them. They have dedicated so much of their energy to supporting orphaned children nationally and around the world. You can leave a donation in the mudroom as usual or in the clipboard on the desk (if cash, make sure you specify what it's for).

Also, S.O.N.G. is sponsoring a benefit concert at Mechanics Hall in Worcester, Saturday Night October 26th (after your neck and shoulders are all taken care of!). You can pick up a flyer at the studio or go to the [S.O.N.G. website](#) or [Facebook page](#) for more information.

Take Back The Night Benefit Results

Our special yoga class October 5th for the benefit of sexual violence survivors raised \$222. Thank you everyone who supported another great cause.



Other Upcoming Events and Announcements

- **Next Free Newcomers' Class** Saturday, October 19: 2 to 4 pm
- **Monthly Discussion Group Sunday, October 20, 11 am to noon** (free)
In this monthly Discussion Group, you discuss the month's contemplation article. This gives you a chance to develop and share your understanding of the yoga wisdom teachings and how they apply to your life, and to hear from fellow students how these teachings apply to their lives.



- **Satsang, Friday October 25, 7:00 to 8:30 pm**
In the monthly Satsang, you gather with other seekers like yourself to steep yourself in the wisdom teachings of yoga, chant, and meditate. The event is free. Optionally, you can make a donation which goes to our teacher and her Ashram, which provides yoga and meditation programs and services, and teacher training.
- **No Class Halloween night, Thursday October 31 (6:30 pm)**
We will let you stay home to be with your kids or to answer the door for others' kids!
[Or to trick or treat.](#)

Enlighten Up!

Web developer's favorite tea? URL tea! Click [here](#) to go back to where you came from!

By the way, the person who invented autocorrect should burn in hello.

More to Ponder

Wear a smile and have friends; wear a scowl and have wrinkles. George Eliot



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With gratitude for you, thank you for giving us the opportunity to support you! Love from us.



The Centered Place

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