

# The Centered Place Newsletter

## September 2019

### Namaste

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



- [Contemplation: Meditate As You Like](#)
- [New Website Launching Soon](#)
- [We Ask You for a Long-Overdue Raise](#)
- [Saturday Morning All Levels Classes Resume September 28](#)
- [Friday Morning Classes Open For All Levels through September 20](#)
- [New 12-Class Yoga/Meditation Series Begins Friday September 27](#)
- [Changes to Monday's 7:30 Evening Deeper Class](#)
- [We Are Now a Monarch Waystation](#)
- [More About Svaroopā® Yoga: What's All The Fuss About the Tailbone \(Part 1\)](#)
- [Birthdays This Month](#)
- [Upcoming Events and Special Announcements](#)
  - ✓ [Studio Closed Labor Day Weekend](#)
  - ✓ [Yard Sale Here Saturday September 7<sup>th</sup> and 8<sup>th</sup>](#)
  - ✓ [Marlboro MA Satsang with Swami Nirmalanda, Friday September 20, 7:00 to 8:30 pm](#)
  - ✓ [Monthly Satsang Here](#) Friday September 27, 7:00 to 8:30 pm (new start time)
  - ✓ [Monthly Discussion Group](#) Sunday September 29, 1 to 2 pm
  - ✓ [Embodiment® Special Offers](#)
  - ✓ [This Month's Fundraiser: Supporting the Pediatric Brain Tumor Foundation](#)
  - ✓ [Next Meditation 101 Series](#)
  - ✓ [Next Free Newcomers' Class](#)

### Quick fix for September:

When you are feeling off, apply this quick fix to get back to your Self:

Patanjali's Yoga Sutras 1.39:  
“...meditate on whatever you like...”

Don't meditate on your problems or emotions, though! That only gets you deeper into them. Rather, meditate on something uplifting and that quiets your mind. Just a minute or two can work. More is better. But meditate, any time and amount of time you can.

Click [here](#) to read the entire September 2019 Contemplation article. Click [here](#) for all Contemplation articles

### Classes

(Click for September Calendar)

#### Mondays

- All levels 5:30 to 7 pm
- Experienced 7:30 to 9 pm (Not for beginners)

#### Tuesdays

- All levels 9 to 10:30 am

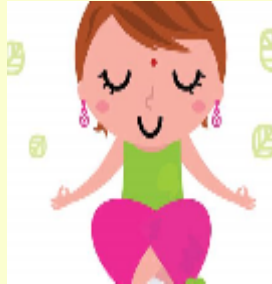
#### Wednesdays

- All levels 5:30 to 7:00 pm

- Side Bar
  - ✓ [Quick Fix](#) for September
  - ✓ [Classes and calendar](#) for September
  - ✓ [Free online audio recordings of Sadguru Nirmalananda](#)
  - ✓ [EnLighten up!](#)
  - ✓ [More to Ponder](#)

## Contemplation: Meditate As You Like

Whenever you're having trouble with your mind, whenever you are feeling off-centered or ungrounded, meditate. The yoga sage Patanjali suggests meditating on whatever you like, for however long you like, wherever you like and whenever you like. Just meditate. Even for a minute. It will change your state of mind and get you re-centered and back on the ground again.



But as Swami Nirmalananda emphasizes this month in her explanation of Patanjali's suggestion:

“Meditate on something that uplifts you. Meditate on something that quiets your mind. Yoga recommends you actively intervene with your mind, steering it into something that brings stillness. Peace and joy arise from within when your mind stops blocking them [the peace and joy].”

She also suggests that you will have a better experience if you do some preparation before meditating. “That's the reason for all the yoga poses and breathing practices, as well as studying the ancient teachings and cultivating a yogic lifestyle,” she writes in this month's contemplation article.

And that is why we are introducing a [new 12-week yoga/meditation series](#) beginning Friday morning, September 27, as reported below. Yoga poses and breathing practice prior to meditation makes your meditation easier, sweeter and deeper. The meditation following the yoga poses, by the grace of the masters in our yoga tradition, gifts you with the experience of your own Self. Nothing is better than that.

### Thursdays

- All levels 9 to 10:30 am
- All levels 6:30 to 8 pm

### Fridays

- All Levels 9 to 10:30 am through September 20
- Yoga/Meditation Series beginning September 27 (12 weeks to December 20; no class November 29)
- Monthly Satsang, Friday 7:00 to 8:30 pm, September 27

### Saturdays

- All Levels classes begin again September 28

### Sundays

- Monthly Discussion Group, September 29 1 to 2:00 pm

## Free Audio Recordings of Sadguru Nirmalananda

Free audio recordings of Swami Nirmalananda discourses online. Listen from home or during your travels. Listen from your cell phone or PC.

<https://svaroopa.org/audio-recordings>

Read [this month's contemplation essay](#) for your Self. Practice the [Quick Fix of the month](#) any time. When you need a fix, don't just sit there.

Meditate! 😊

## New Website Launching Soon

Any day now we will be introducing a new improved website. Thanks to our creative web developer and graphic designer, [John Devanski](#) (who has also been a dedicated student here for many years), the website will provide easier access and navigation for mobile (smart) phones as well as the usual PCs and laptops. John knows us well. As he always does for his customers, he made an extra effort to design the website to best serve you.

Keep checking for our new website at [www.thecenteredplace.com](http://www.thecenteredplace.com). Please give us your feedback.



*Effective design begins with  
me learning about your  
business; tough work that  
leads to Big Ideas.*

*From John's Website:  
[www.guywithglasses.com](http://www.guywithglasses.com)*

## We Ask You for a Long-Overdue Raise: New Class Fees

We strive to keep our rates affordable for students of all income levels. The cost of maintaining the studio has steadily risen. And now, to help contend with hotter summers (and colder winters), we are having a mini-split AC/heating system installed. We are also planning to have new, better insulated windows installed in the near future. Added to that, we continue to incur expenses for professional trainings to maintain the quality of our teaching.

But we ask you for a raise of only \$2 per class. As always, if at any time paying for classes presents a financial hardship for you, please contact us. We have scholarship money, thanks to the generous donations of our students.

The new class rates:

Drop-ins: \$18 (\$16 for retirees)

## EnLighten up!

### National Pride Day should be September 21

September 22 is the first day of Autumn, and as everyone knows, Pride goes before a Fall.

### Luke's First Day of School

Luke comes home from his first day of school, and his mother asks, "What did you learn today?"

"Not enough," Luke replies. "They said I have to go back tomorrow."

### Half Day of School Today

**Teacher:** Class, we will have only half a day of school this morning.

**Class:** Hooray!

**Teacher:** We will have the other half this afternoon.

### Chemical Formula

**Teacher:** Donald, what is the chemical formula for water?

**Donald:** H-I-J-K-L-M-N-O.

**Teacher:** What are you talking about?!

**Donald:** Yesterday you said it was H to O.

**Teacher:** Tommy, can you tell me where the Declaration of Independence was signed?

**Tommy:** Yes, ma'am. At the bottom.

Class card	Regular	Retirees
5 classes (2 months)	\$85	\$75
10 classes (3 months)	\$160	\$140
15 classes (4 months)	\$225	\$195
Yoga/Meditation Series (No drop-ins)	\$204	\$180

## Saturday All Levels Classes Resume September 28

Saturday morning All Levels classes were discontinued for the summer and will start up again September 28. As noted below, we opened up the Friday morning classes for All Levels until September 20.

## Friday Classes Open for All Levels through September 20

The Friday morning classes are open to All Levels until the new Yoga/Meditation Series begins September 27<sup>th</sup>.

## New 12-Class Yoga/Meditation Series Begins Friday September 27

This new series is especially for those of you who want to experience more of the deeper, magical elements of yoga. Each class begins with yoga poses to prepare your body and mind for the meditation that follows. For those of you who have not meditated before in our style, we teach you how.

Doing yoga poses before meditation is consistent with the yogic tradition as taught for thousands of years. You get all the healing and care your body needs, plus the transformation for your mind and heart – all the benefits for which Svaroop® yoga is so well known.

Special class fees apply to this class: \$204 for the 12 classes (\$180 for retirees), paid by the first class. The series lasts from September 27 to December 20 (skipping November 29). No drop-ins allowed.

**Note:** If you join with regular classes remaining on your current class card, their value will be deducted from the series cost (excepting any classes on your card that would come after the card's expiration date).



Cartoon: Mike Bannon 2006  
www.mordantorange.com

## More to Ponder

“Like cars, your body depreciates over time. But when you do yoga, your body appreciates. You will appreciate it, too! All of you!”

~ Phil, inspired in a conversation with Barbara Page

## Changes to Monday's 7:30 PM Deeper Classes

Beginning this month, the Monday evening 7:30 classes are now considered Experienced classes rather than Deeper. You no longer need approval from the teacher, as long as you have experience with Svaroopā® yoga. No beginners will be allowed. As a result, the classes will still be deeper than the All Levels classes. But for truly deeper classes, we recommend joining the Yoga/Meditation series or coming for private sessions, including Embodiments.

## We Are Now a Monarch Waystation

Inspired by the Ashram in Downingtown PA, which recently became certified as a Monarch Waystation, we applied and got accepted for certification as well. We have been providing a healthy habitat for monarchs for several years now. Our gardens provide milkweed and nectar sources and the shelter needed to sustain the butterflies migrating through our area.



Each fall, hundreds of millions of monarch butterflies migrate from the U.S. and Canada to central Mexico where they wait out the winter until the Spring and then return north. Milkweed and nectar sources have been declining due to development and the widespread use of herbicides in croplands, pastures and roadsides. *Monarchs need our help.* Without the milkweeds and sources of nectar in their breeding areas, monarchs would not be able to produce the successive generations that culminate in the migration to Mexico each fall. The need for host plants and energy sources applies to all butterfly populations. For more information on the Monarch Waystation Program, go to [www.monarchwatch.org/waystations](http://www.monarchwatch.org/waystations).

## More About Svaroopā® Yoga: What's All the Fuss About the Tailbone? (Part 1)

If you know Svaroopā® yoga, you know that much emphasis is given to

AUTUMN  
*is a second spring*  
*when every* LEAF  
*becomes a*  
Flower.



your tailbone. In every class, we teach poses that release your spinal tension, *beginning* with the tailbone. Why the tailbone?

Consider the problem of the Leaning Tower of Pisa. Construction on the tower began in 1173 A.D. A shallow foundation and the soft, shifting soil underneath were too unstable to support the tower even in the early stages of its construction.



[To read more, click [here](#)]

## Birthdays This Month

We wish the following a very happy birthday. We offer you a free class this month. **Note: Numbers after your name are not your age; they are the day of the month! Names in bold indicate currently active students.**



April Grueter (1), Amy Bryant (2), **Jill Carey** (2), Abby Chickering (2), Tracey Mazur (2), Gary Girard (3), Tina Langevin (4), **Grace Littlejohn** (5), Jacqueline Croft (6), **Jean McNulty** (6), **Ann Auger** (7), Ellen Holmes (8), Elizabeth Gittens (9), Lisa Kelleher (10), Anna Tonna (11), Nicole Guimond (12), Bev Soltys (12), **Bob Homuth** (14), Amber Lee Letendre (15), Lori MacDowell (15), **Kathleen Quinn Wild** (15), Maureen Solomon (15), Jennifer Young (15), Marge Hewitt (16), Margaret Allen (18), Pauline Anderson (18), Donna Latino (18), Meredith Basler (19), Ed Dashnaw (19), Joan Sporbert (19), Kate Brennan (20), Jan McCoy (22), Laura Phylis (22), Gabrielle Rossetti (22), **Paula Ye** (22), Dory Gardner (23), **Leslie Mathieson** (24), Kelly Norton (24), Patti White (24), Kathy Filkins (25), Carol Henriques (26), Ruth Dewey (28), Rhea Callahan (29), Brooke Dion (29), John Hewitt (30).  
Phew! That's a lot in September!

## Upcoming Events and Special Announcements

**Studio will be closed Labor Day Weekend**

Follow us on  
Facebook and  
Twitter:



That's through Monday September 2

### **Yard Sale Here Saturday September 7 and 8, 8:00 to 4:00 pm**

We are having our first yard sale in many years. We have a lot of good things that we do not need anymore – many items that were never or slightly used. Everything imaginable.

Warren is sponsoring several other yard sales throughout town that Saturday. There will be maps available indicating locations of the yard sales in town. Visit us and the other folks around town (including our next door neighbor).

**Note1:** Nancy is selling an OAKWORKS NOVA III professional massage table that is in excellent condition. It includes accessories. Shown by appointment only. Call Nancy at (508) 344-4881.

**Note2:** Do you have a canopy we can borrow that weekend (any size)?



### **Satsang/Meditation with Swami Nirmalananda in Marlboro MA, Friday evening September 20, 7 to 8:30 PM**

Swami Nirmalananda will give a satsang at Marlborough Yoga, Friday evening September 20 7:00 to 8:30 pm. She will give a discourse, lead chanting, and a meditation. Take this opportunity to meet her and learn from her. The staff at The Centered Place will attest to her wisdom, love, and depth. Her programs are always enriching. She is devoted to leading you to your Self. She has changed our lives. For more information, click [this link](#).



### **Monthly Satsang Friday evening September 27, 7:00 to 8:30 pm (new starting time)**

“Satsang” means gathering in the presence of the Truth. It’s an opportunity to learn about the deeper teachings and to reaffirm the truth of your own inherent divinity.

Each Satsang includes a talk or reading, chanting, meditating, and sharing. If you haven’t meditated before, you will be taught how.

All are welcome.

### **Monthly Discussion Group Sunday, September 29 1 to 2 pm**

Our monthly Discussion Group resumes on the last Sunday of this month at 1:00. We 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.

### **Embodiment® Special Offers with Phil (Continued)**

Embodiment® yoga therapy is Svaroopa® yoga’s hands-on-healing modality that awakens your body’s own healing capacity. The deep healing comes from both your deep relaxation and your expansive inner experiences that the therapy provides. This summer, we are offering several specials:



- Your first Embodiment® session: \$35 (50% off)
- A package of 5 sessions: \$300 (50\$ off)

Call for an appointment.

### **This Month’s Fundraiser: Pediatric Brain Tumor Foundation**



We'll continue another month raising money for the [Pediatric Brain Tumor Foundation](#), which is a nonprofit that works to eliminate the challenges of childhood brain tumors.

If you have a suggestion for next month's charity, let us know.

The Pediatric Brain Tumor foundation serves more than 28,000 U.S. children and teens battling brain tumors



by investing in the most promising research and providing practical, informational and emotional support for families. All services are free for these families, including emergency financial assistance.

You can support the foundation by donating [online](#) or leaving cash or a check in our "fundraiser can" at the studio. We will forward the money to the foundation in honor of **Ellen Canavan's young grandson, Conor Canavan**, who is currently battling a brain tumor. Thank you in advance for your good heart and generosity.

To raise funds, Ellen will be entering the foundation's Starry Night Walk to Cure Childhood Brain Tumors, Saturday September 7<sup>th</sup> in Boston. You can join her. You can register to walk or donate on the [Starry Night webpage](#).

### **Next Meditation 101 Series**

Friday, October 11, 18, and November 1 from 7 to 9 pm.

### **Next Free Newcomers' Class**

Saturday, October 19: 2 to 4 pm

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



The Centered Place  
286 Bridge St Warren, MA 01083  
413 436 7374

[www.thecenteredplace.com](http://www.thecenteredplace.com)

Be happy. Slow down. Settle into your Self.

Do you want to unsubscribe? Let us  
know [info@thecenteredplace.com](mailto:info@thecenteredplace.com)