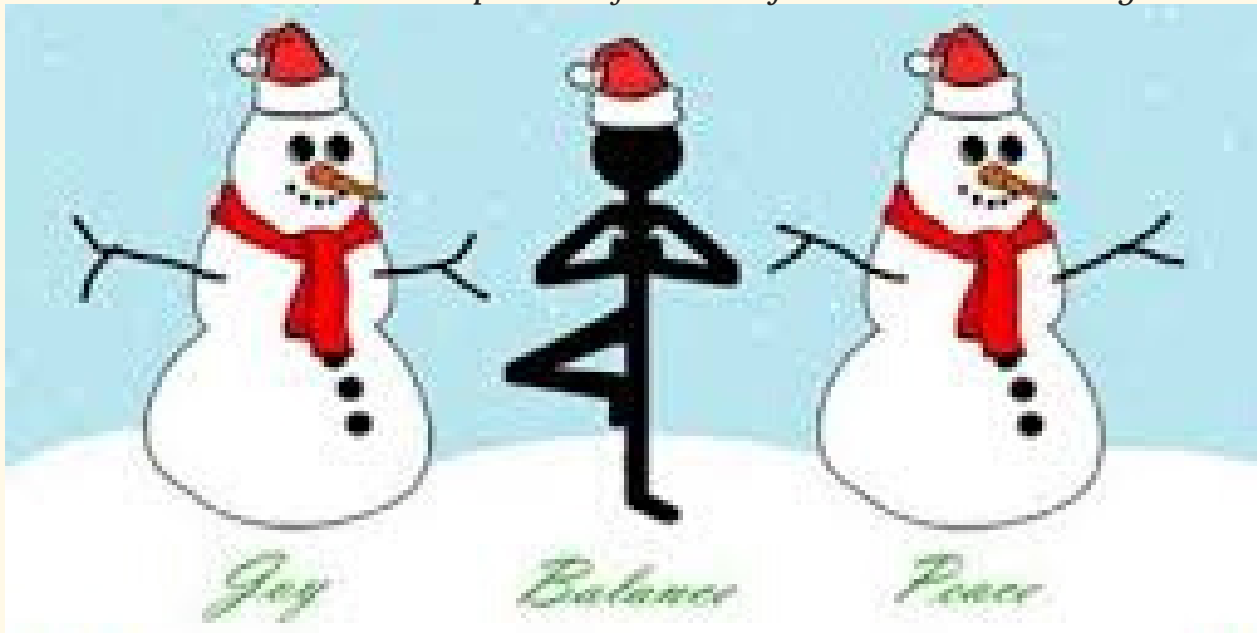


# Monthly Report

*The latest news and updates from Rejuvenate With Yoga*



IN THIS ISSUE

**HAPPY NEW YEAR!!**

**EMERGENCY SNOW DAYS**

**NO PM CLASS:  
JANUARY 7TH**

**NO PM CLASS JANUARY 7TH (BRINGING BING BACK TO AIRPORT)**

## Happy New Year!

Did you make a new year's resolution this time around? I did. It is to be more consistent with my newsletters :) I decided to take a look at what was getting in my way (organization and preparation), and address those issues. I need a system that works for me and is easy to access. It may take some tweaking, but I am hopeful and feeling good about it. I hope you find some way to tweak your life that will make you feel better and more on top of things.

## Emergency Snow Days

Safety first my yogi friends. If school is canceled that day, then I will not have class that day. Look to my Facebook site ([Facebook.com/RejuvenateWithYoga](https://www.facebook.com/RejuvenateWithYoga)) or Web site [RejuvenateWithYoga.com](http://RejuvenateWithYoga.com) to see if class is canceled if you are unsure.

It is through the alignment of the body that I discovered the alignment of my mind, self and intelligence.

BKS IYENGAR

# Vocabulary

Shanti - Peace/Tranquility

Namaste - My soul honors your soul. We are one.

Uddiyana Bandha - Flying up (vomiting sensation) Upper belly lifts.

# Anatomy

Femur - Upper thigh bone. (Always femurs back)

Shins - Lower leg bone. (shins forward when femurs back.)

Sternum - Middle of the rib cage in the front of your chest.

Namaste sweet yogi friends. I wish you an amazing 2020. You are complete and whole and amazing and I am so grateful to have you with me on this journey. xoxo, love, Lisa