



Welcome to Studio 2 for Yoga and Wellness

New Members



Investment:

Single Class: \$16

5 class pass: \$75

10 class pass: \$140

20 class pass: \$260

6 month membership
\$546

*5 and 10 class passes
expire 3 months from
purchase date

*20 class pass expires 6
months from purchase
date

Lessons on letting go.

Why is the lesson about letting go? Let go of what? Let go of that which no longer serves you. Why let go? To free yourself from suffering. It can be a very scary thing to do. Especially if it's a job or a relationship. Know this: the Universe wants to

Dear friends,

Everything Old seems New again. Living many years in my body, I've learned to release past beliefs, negative habits and old relationships/things that no longer serve me. It's an energy exchange that has to happen in order for you to grow and shine the light of your heart brighter.

As January approaches, I wish you all the best for the new year. Personally, it's my time to anchor what I've set in motion: fame. Yup! May seem egotistical to you, but how I look at it is that there are very few Canadian's represented in the Yoga community (and we have some great ones). So, as I shine my light forth, I'd like to blaze a trail for the 'little people' who want to achieve big things. It is something I have had a longing for deep within my heart: to be recognized as a great Canadian Yogini, to share my knowledge and to help people. First step: The January issue of Yoga Journal has published my heart opening story. It's in the section titled: Yoga Journal Diary. I submitted the article months ago and got word that it would be published in January. I am so excited about this! It just goes to show that if you dream big with your heart wide open, you can achieve great things.

That seems to be the theme in many people's views.

Look at any talk show and the message is: Don't let anyone tell you that you cannot do something: you most certainly can! (I loved the TV show LOST and my favourite character was John Locke. His motto was: "Don't tell me what I can't do" and I carried that with me as I started my new journey. True Story!!!) Might I add: Have an open heart and trust the Universe. That's what I did 6 years ago when I left corporate to open my studio in my home. Now look where I am...and where I'll be!

Next step: Presenting at the Toronto Yoga Show and Conference.

We have some great workshops planned for the new year.

First off is Kirtan: Opening the Oceans of LOVE. Then our Detox Yoga is scheduled to set you off on the right track. Our 6 month membership **SAVE THE TAX is extended to January 30, 2012 (paid in full).**

For December, Michele is having a special Restorative Yoga session on Wednesday Dec 21st. Rest, relax and renew over the holidays. Special treat in store!!! Bring a friend! Treat your spouse! All levels are welcome!

So, let's celebrate together, this new journey. It's like no other 'New Year' as our energies shift. Hold on tight! It's gonna be quite the ride!

Namaste,

Noelle Cormier, Director, Studio 2 for Yoga and Wellness

Everything Old is New again

free you from your suffering. If the light in your heart is dark and dim, your body knows it. Your rational mind will want to hang on for many, many reasons (a lot we discuss in the morning classes!) Some reasons are: We just can't because it's habitual: (Samskara in sanskrit is the subconscious level to which we are attached to from past lives and Vasana is a more conscious level of knowing we are holding onto things in our present past). We speak a lot about the Ego.

Some wonder what that is: Ego. Is it me thinking I'm superior to another?

Yes, but also that you are separate. That you are out there all alone, and your mind (which is where the ego lives) starts it's chatter: "You should do this to acquire that (thing) then I'll be happy and satisfied.

Don't worry about how you get it, just go out there and get it. Step on people along the way, be aggressive, just do it!

Go outside and acquire things to make me 'happy'. And that relationship you're in: it will be better if you can 'take control'." All the while, the heart hears the chatter and says: "Heh! Who turned out the light?" And as you come to realize that the light is out (or your body starts to break down because it's "sick" of all the fighting between your head and your heart), you begin to change. You begin to do things for yourself that make you feel 'good at heart'. And slowly, the light starts to flicker. And the Ego mind senses this (especially because most of your work will be to *quiet the mind*, and the Ego DOES NOT like to be quiet!) and the chatter starts to get louder and louder. And you work harder and harder to quiet the 'monkey mind', the chatter. You realize that in order to free yourself from suffering is to be diligent in your practice. Maybe for now, you don't get the whole Ego/chatter mind and have not yet begun to turn on the light in the heart, so you practice

Old or New?

"A human being is a part of a whole, called by us 'universe', a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."
- Albert Einstein

"I salute the light within your eyes where the whole universe dwells. For when you are at that center within you and I am at that place within me, we shall be one."
- Chief Crazy Horse, Oglala Sioux, 1877



We are CLOSED Sunday January 1st.

*Download our January Schedule at <http://voqabynoele.com/schedule.php>

Kirtan - Opening the Oceans of LOVE

Opening the Oceans of LOVE

Friday January 13th
7-9 pm

Donation: \$10-\$20 is greatly appreciated.

A Heart Opening evening of Chanting and Meditation. Lead by: Lorri Medill and her Kirtan partner: Dominic.

When we shine the light in our own hearts, we light the way for others to see through the darkness and when our lights shine together, we join as one. And when we turn on the One light, love is the natural reaction of the heart and Grace flows through us.

To open the Ocean of the Heart and allow Grace to flow, we chant the names of the Divine. These Names are the sound of our hearts opening to Love. They hold the power to help us find our way back to the light within. We don't have to create anything or try to be anyone; we don't have to manufacture any emotions or feelings. We force it or will it to happen. It is already in us (it's just dim). All we have to do is Remember. Everyone has their own light to shine, to get out of the darkness, and we will all wind up in the same place. There is only one light, only...One.

Let this evening be a new experience for you. If you're lost in the Darkness, the power created in this magical evening will help you find the light within. You can come as you are, no experience is necessary to participate. Bring a cushion to sit on and a blanket to wrap up in as we will be doing meditation at the end. Do this for yourself. I cannot tell you enough how powerful it is! you have no idea...

"Chanting is a way of getting in touch with yourself. It's an opening of the heart and letting go of the mind and thoughts. It deepens the channel of grace, and it's a way of being present in the moment."
-Krishna Das

January Workshops

Detox Yoga Flow

Saturday January 14th
11:15-12:45pm

Detox Yoga Flow is an intense yoga session designed to create heat and flush out toxins through a specific series of postures.

Bring water and a towel



Bring water and a towel.
yoga for the sheer physical aspect. That's okay! It's a start. It's a path you chose to walk down and as the light in other's hearts begin to shine, you shall soon follow. (Skeptics: beware).

In your physical practice, start to let go of trying to achieve the 'big one'... to let go of the idea that every day you practice should be the same or better as you practiced yesterday. Let THAT notion go and just FEEL your practice. Try to practice with a 'beginner's mind', like it's the first time you've stepped on your mat.

Practice deep breathing and let go of the thoughts in your head. Do this throughout the practice and especially in Savasana. (you ever notice when you let go of trying so hard in your yoga practice, that it seems to become easier???)

In your personal life, know that the energies you let go of, especially NOW, from this day to around July, let go with compassion in your heart. Ego will want to 'let go' the OLD way: with resistance, creating conflict and negative behaviours in forms of fights, arguments and violence. If you can do just one thing: Let go with Light and Love in your heart, it will all be okay. Something wonderful might even happen: you will eventually come to realize *the lesson*, and your relationship may return with a new energy: one that comes from the Heart. For when two become one, the energy is much stronger. Imagine if two became 3, 4, 5, 100, 1000...

"You may say I'm a Dreamer, but I'm not the only one. Maybe someday you'll join us, and the world will live as One." - John Lennon

namaste

Noelle Cormier

Cost: \$55

[Other Workshops coming in February:](#)

Unfolding the Lotus: Hip openers and alignment principles to safely do Lotus.

Open the Heart and FLY! Hand balances with Vicki Tarrant.

TBD.



