



NEWSLETTER
from the
NYACK *Yoga* CENTER



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Dear All,

During the lazy, hazy days of summer, when the body wants to move in a slow and easy way, if at all, it seems to me that mental activity can flourish without heating us up unnecessarily.

My thinking began to meander towards the meaning of life - the ups and downs - the ins and outs - the yins and yangs - and I became very aware of the paradoxes of life. It seems to me that life is one big paradox!

We hear that we must "go with the flow," but also that we must "Take a stand." We should be accepting of everything and others, but loyalty and focus are very prized attributes. WE are encouraged to strive and plan for the future, but we are told to live in the "now." We are taught not to take things at face value, but we are also told to trust. We are encouraged to embrace life through feelings with the heart, and not thinking with the mind, but when we do we are asked if we are "out of our minds." We are seduced by glamour of travel and far away places and are told there is "no place like home."

We seem to run around in circles for much of our lives because we are confused and stuck in habitual behavior and mindsets, but we shouldn't miss seeing that the circle can become a spiral. When we reach the point of origin we can move up to the next plateau where we recognize and use more of our innate potential. We can move inward and explore our inner life and the gifts therein. If we just go around and around we are like the hamster in his cage, spinning the wheel. If we stop, altogether, we slide into the depths emotionally, physically and spiritually.

The circle of life begins with infancy and total dependency/ An aged person is very similar to a baby: no teeth, no hair, no strength or muscle tone and in need of nurturing.

All these thoughts lead me to deep feelings of gratitude for the gifts of yoga in my life. Through practice you learn how to discern a direction to take. You learn how to distinguish which path to follow for your greater good and you begin to understand that at any time you can change your mind. Confusion loses its paralyzing grip! Nothing is right or wrong! What is appropriate is what we come to understand.

May the coming of fall hasten our energies toward the fulfillment of our lives in every way that will bring forth the highest good for one and all.

May we enjoy the stirrings, strivings and stillness together

With light and love,
Paula (Renuka) Heitzner

P.S. AS you are reading this, I'm sure you are coming up with many paradoxes of your own to add to the list. I'd love to hear them.

ANNUAL PARTY REMINDER

Sunday, December 7th, 2008

2:00pm - My House

FITNESS FALLOUT

The sound of music and Paula's incredible choreography make this aerobics-dance class so very special!

I was "hooked" my very first session 5 1/2 years ago when we learned a routine to "Dancing Queen" and have missed few classes since then.

Paula's managed to keep me fit, focused and having fun with friends at the same time.

Mamma Mia! What a class!

Susan Haimowitz



Aerobics Plus is more than just physical exercises. No matter how tired I may be when I first walk in to the studio, by the end of class I feel energized and exhilarated. I find Paula to be an excellent and dedicated teacher who motivates me to higher levels of steps and movements. Paula's enthusiasm is contagious and energizing.

Thank you Paula for keeping me agile and somewhat lighter on my feet.

Love,
Frieda

Paula's Class

I always feel good after having participated in one of Paula's dance classes. I feel energized by the variety of movements and rhythms in the many creative dances she teaches. The warm-up stretching exercises help me to tone and build muscle strength. The people in the class are very nice and friendly. The class is good for my well-being and has enriched my life immeasurably.

Eve Fox



For the young at heart from 18 to 80 this is the class for you. Being part of this program for 12 years has given me greater dexterity, kept my body in good shape and provided good times. Aerobic exercise, including dancing to music, will make your body rejoice. Come join the fun in our 109th consecutive session.

Muriel Gale



When I met Paula I was overweight, could not bend my right ankle since it was broken and has six pins and a plate. Four and a half years later, thanks to Paula's talents, dedication and mothering, not only I've lost weight but I can jump, twist, pirouette, prance, turn, tip-toe, etc...She not only sculpts and mends bodies, muscles and bones but enriches your spirit and intelligence. The music we dance-exercise to lifts your spirit: I no longer need medication for depression. The bio-physical explanations instruct us why we do a forward bend, a leg lift, sit-ups, etc...and the book-club on the side enriches us constantly. One can talk about any problem, Paula finds the right approach to take. She is also a healer: can take away a headache by only a touch to your temple, mend a broken heart not just an ankle...Her classes are an organic combination of exercise, ballet, dance, yoga, gymnastics, music, expressive movements: moving art in every form. But she is also forceful, commanding like a captain on a big ship...Yet, she is soft as mother whispering in your ear...I learned a lot from Paula and I am still learning. There is something new in every session...A new split, a side-step, a second pose, a leg-kick, etc...This is why I want to be always one of her "girls"

...Love, respect and "Namaste" Adriana Takacs,

From warm-up to cool-down and all the multi-steps in between, after just a year, this dance class has so much improved my balance, flexibility, posture and strength.

I love this class. Paula is truly a master of the workings of the human body and spirit.

Bunny Rogers

A Note from Connie Knoebel

The routines we do in "Fitness Dance" work on all the parts of the body. I feel stronger, more flexible and have more energy with dance in my life. All of my household activities like bending, squatting, reaching are easier since dance.



Connie



In spite of a healed but badly broken ankle and leg, and being very much a senior at the age of 85, I joined Paula Heitzner's Exercise and Jazz Dance Class. Much to my surprise I found myself gradually doing splits, bends and steps I never dreamed I could do at my advanced age. Thanks to Paula and her routine, I am stronger, more flexible, have less aches and pains in my joints and always, always feel much better after our workout. Thank you, Paula, for a new lease on life!!!

Lee R.

