

President Note:

Sangha or our community is an important part of our practice. We benefit immensely from sharing together in many ways. Visiting each other at class strengthens friendships with our ability to connect and grow with those who are on a similar spiritual path.

This ability to connect builds the tapas or discipline we need to sustain our growth without backsliding. The sangha makes our practice easier as we look forward to companionship and the sharing of our life experiences with each other. I have found when other friends drop away, my yoga community is always there to support me. Even when I may not like what they have to say, I know they are speaking with sincerity and my best interest at hand.

Building a community is a challenge. We have to be able to see the benefits in keeping our practice strong and value each other in our community. The benefits this year alone have been practical and fun, ie: webpage, links and articles, newsletter, and let's not forget facebook. PLEASE HELP ME TO ENCOURAGE OTHERS TO PARTICIPATE IN THESE

VERY

FUN

WAY!!!!!!!!!!!!!!

1. Encourage the enrollment of new members.

For all new member joining IYASCUS, a scholarship will be awarded to the Karon O'Bannon workshop Sept. 24-26.

2. Perk to you. For each person you enroll, you will get ½ off to come to the workshop as well.
3. I need your help to replace our current board that will be ending there term in Dec. 2010. By suggesting people you know and passing their names on to the board for nomination.

4. Scholarships for the 4th quarter are opened to those in need of support financially for continued education, books or even application for certification.

Again, please help me by participating and spreading the love,

Sincerely,

Paula Weithman