

# News from Within the Big Bend Yoga Center



Offering yoga to the St. Louis community for more than 14 years

Issue 1 — May 2007

## Big Bend Student Stretches to New Horizons

**Barry Arthur Litwin**, an AG Edwards Investment Broker, will be retiring after 23 years to become a full-time student of Equine Veterinary Medicine at Colorado State University. He will continue his pursuits of Horse Breeding, Circus Performance (Flying Trapeze) and, of course, Yoga.

Barry credits his yoga experience at Big Bend as factoring strongly into his ability to take the leap, at age 48, to an entirely new life and career path.

"I discovered a way of being that has changed every aspect of my life. For me, the benefits of enhanced physical strength and flexibility are extra-ordinary, but secondary to the centering and balance that are attainable within. Yoga has taught me

about myself and changed the way I participate in the world. I am grateful for the excellence Big Bend Yoga offers its community.

Because of BBYC's dedication to excellence, its yoga offering can satisfy a broad range of needs. It is so impressive that in any given class, one will find participants focused solely on the exercise benefits seated among those who use yoga as a stress reliever and relaxation tool, and others whose intent on developing a deep meditative and spiritual practice is primary. It's a wonderful meeting place for a diverse crowd whose common threads are dedication, openness, respect, acceptance and lightness-of-heart. I came seeking a new way to cross-train;

what I found was inner development, an exceptional community and a great physical workout.

Thank you Kitty, Lyn, Staff and fellow students; may Life stretch each of you in wonderful ways."

*Barry's contact information will be in the Colorado State University directory at [www.colostate.edu](http://www.colostate.edu). If you happen to find yourself in Colorado, he would be delighted if you looked him up.*

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**[www.BigBendYoga.com](http://www.BigBendYoga.com)**



**big bend yoga center**  
a place to center yourself



# Tips for a home practice

By Charlene Schneider, BBYC Student

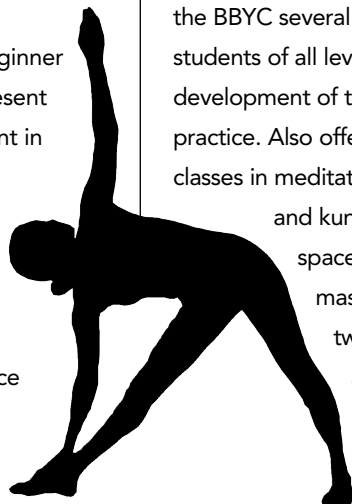
Billy Collins, Poet Laureate of the United States for 2001-2003, talked about how to read a poem. He suggested to open the book and read the first poem to yourself even if the title isn't something that peaks your interest. After you read the first poem, read it again and maybe even a third or fourth time. Then read the poem out loud. Do this until it sounds to you that you are having a conversation with a person across from you not reading at someone. Now here is the kicker; don't read another poem during that sitting even if you are eager to taste another. Put the book down for another time because it is after all your dessert.

I am not quoting because I am taking this from the memory of what he said in the interview. This method of "how to read a poem" leaves me wanting more instead of it being a chore. (Excuse the rhyme), I use this as an meditation practice. It is Zen in that it takes you out of your "hamster wheel" of thinking to somewhere really different. In reading out loud to an imaginary person you might find that person is yourself.

# A Place to Center Yourself

**YOGA  
MEDITATION  
WORKSHOPS  
RETREATS  
MASSAGE**

Big Bend Yoga Center opened its doors 14 years ago, in a tiny house in Maplewood, to provide a serene and sacred space for students as dedicated to practicing yoga as the teachers were to teaching it. Through an eclectic blend of Hatha styles, BBC's teachers support and encourage each student, beginner or advanced, to become present to the sacred in each moment in our lives. Clear, simple and concise instructions are used to enhance a combination of postures, breathing and meditation. The goal is to achieve balance and harmony in one's mind



and body, as well as, to build strength and stamina.

In 1997, the Center moved to a spacious converted garage in Webster with a padded floor, quality props, and a garage door that elevates to let the outside in. Yoga, like life, is a continual process of growing and learning.

Workshops and retreats with master teachers are offered through the BBYC several times a year for students of all levels to aid in the development of their own personal practice. Also offered at our Center are classes in meditation, pre-natal yoga and kundalini. We share our space with five certified massage therapists and two licensed acupuncturists and oriental bodyworkers.

# Workshops & Retreats

Fall 2007 — Spring 2008

**Saul Raye / Holistic Yoga Teacher Training and In-Depth Study —**  
Sept. 12-16 / Module 1  
Nov. 14-18 / Module 2

**Dave Stringer Kirtan Concert —**  
Nov. 17 / 7:30pm

**Matt & Holly Krepps / Yoga and Ayurveda —** Jan. 24-27  
Cape San Blas, Florida

**Rod Stryker —** Feb. 20-24  
Five-day Teacher Training

**Ojo Calente, New Mexico —**  
Matt Krepps & Kitty Daly  
3rd. annual March spring break  
'mini retreat'

**Judith Lasater —** May 2-3

## Art on Display at Big Bend Yoga Center

The work of yoga student and award-winning artist **Nancy Emge Linhares** is currently on display at Big Bend Yoga Center. Nancy captures in her work the many, fascinating forms of a plant throughout its life cycle. She chooses to draw the often overlooked parts of this life cycle — the prickly seed pods and tenacious roots — that fill her with wonder. Nancy, a wife, mother, mother-in-law and grandmother, exhibits her work both locally and nationally.