

Happy September!

Fall is truly on its way and the mornings have been so nice!! I like this time of year. This will be a short newsletter from me with updates on classes, prices and the triathlon. There is an added email at the end for those of you who are curious about meditation. Please see below.

Classes:

Fall comes about and school goes back into session. The Osteoporosis Prevention class will do the same. Perhaps you have seen it in the Parks and Rec newsletter that has been recently sent out. The class begins on Monday, Sept 12 at 8 am. We will meet almost each Monday, Wednesday and Friday until Christmas. Feel free to come and join in. It is a great way to strengthen muscles through out the entire body. One continuing student has lost 25 lbs from the osteoporosis prevention exercises she has been doing. Realize that the more muscle you have, the more work your metabolism automatically does. The more the metabolism does, the less you have to do! What a circle of joy. ✍

September 20<sup>th</sup> at 7 pm is the introduction to the Carol Lee's Journey to Fitness class at Baxter Fitness Solution's new location at 330 Oat St. The class itself begins on Sept 27 from 6:30 – 8:00 PM. In this class, we will be bringing fitness into our lives and embrace the barriers or excuses that sometimes keep us from exercising. There are five people signed up for the class already. If you struggle getting out to exercise, come and see what you can find out at the introduction and if you see there is a potential for you, sign up.

For a yoga update, I am currently teaching yoga on:

Friday from 12:30 – 1:45 at the Ashland Yoga Center,

Monday and Friday from 11:00 – 12:00 at Baxter Fitness Solutions and

Monday from 5:45 – 7:00 PM at the YMCA.

Heads up: I was just informed (Sept 30<sup>th</sup>) about a price increase for fitness training at the YMCA. As of September 1<sup>st</sup>, the price will be \$40/hour. If you are a regular client of mine and this is a problem for you, let me know.

We have a triathlon team. Yippee!!! This year Brad will be swimming, Lea will be cycling (she did it last year and I am sure will be just as good this year) and I will be walking or running. I think it is a dynamite team. We are thinking of calling it Team Rogers. If interested in trying a triathlon or one event, let me know and maybe we could have two teams this year. We are doing the triathlon for fun. There is no push to win. We each have our own internal goals and that is enough. Please note that last year I swam and this year I am running or walking. My specialty is cycling and I like doing the sports I am not an expert at. It is a great challenge for me and I learn how to slow down and go with the flow.

Below is the email from Sallie Kempton. I met Sallie during my second year of yoga teacher training. We had a weekend focused on Meditation from the Heart. Sallie was

the weekend instructor and she was out of this world. I have been meditating since 1990 and it was such a delight to put the meditation focus on the heart. As Sallie says in her email, she has been exploring teaching meditation over the phone and has found it to be very successful. She therefore is offering a meditation class from your telephone. I send this email to you in case you want to try meditation and want to do it from your own home. What a gift. Read on if interested.

If not interested, have a great September and I hope to see you around town! Carol Lee

Dear One,

In the last few years, I've been experimenting with teaching meditation over the phone. It turns out (no surprise, I'm sure, to many of you) to be an amazingly powerful way to transmit meditative experience. Moreover, when a group meditates together in this way, a big energetic space is generated, which powerfully enhances each person's personal practice.

Starting in October, in response to many requests, I'll offer the first in a series of three and four-week meditation teleconference courses. This initial class will start with the basics of meditation practice. Called Open Heart Meditation, Level I, it begins Wednesday, October 19 and continues on the following two subsequent Wednesdays, October 26, and November 2. (A more advanced, Level II course, will begin in January, 2006.)

Each class will last for 90 minutes at 8-9:30pm Eastern/7-8:30pm Central/6-7:30pm Mountain/5-6:30pm Pacific. In addition, the series will include an email discussion list for questions and student's comments about practice. This first course has a cost of \$108.00. Each class will be recorded and made available via my website as a downloadable MP3 file, so you'll be able to tune in at the time that works best for you. To register, you can go to my website at <http://www.sallykempton.com/shop/catalogue.php?exp=&cat=2>

Open Heart Meditation focuses on core meditation practices, practices that you can work with for a lifetime, taught with the principles that help you open them up for yourself. We'll begin with essentials of heart-centered practice, including mantra, and breath work for opening the inner body. You'll learn how to work with the inner Witness, awareness that is our essential being, and how to use the energy in thoughts to get beyond thoughts. We'll also work with a practice for getting questions answered in meditation. All in all, the class will give both a firm grounding in practice, and a way to move deeper into your inner country. If you're just getting started with meditation, if you've tried it and given up after an initial fling, or if your practice simply needs a jumpstart, this may be the solution.

Students who have been part of my previous phone meditation classes often start out skeptical of whether meditation instruction 'works' over the phone. After the first class, they usually write to tell me that their experience has been as powerful as in a face-to-face class. Meditation is an inner experience, and the subtle energy that is transmitted goes far beyond our physical presence.

Meditating together, we create an energetic vortex that not only deepens our connection to our own inner country, but also changes the world around us in ways we can only guess.

With love,  
Sally

See Sally's website for other events and offerings in Autumn-Winter, 2005 and 2006.

<http://www.sallykempton.com/workshopschedule.php>

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<http://www.sallykempton.com> or at one of her workshops.