



Welcome to the April Newsletter!

Dear Friends,

There is light (and sun) at the end of the tunnel. Have faith that spring WILL be here soon (maybe by Saturday's yoga class!).

I want to update you with the schedule in May:

No Yoga Classes on May 5th

No Yoga Class on May 12th

On the 5th I will be at an Abraham Hicks workshop. If you have never heard of her, click on the link below to listen to one of her talks...she is amazing!

[Abraham Hicks](#)

On the 12th I will be seeing the one and only Eckhart Tolle in Vancouver Canada. He is one of the most well-known and loved spiritual leaders of our time. I have attached a link for you to hear one of his talks below:

[Eckhart Tolle](#)

I get so inspired listening to people talk about spirit and soul. The more yoga I do, the more open I become to the idea that we are more than our bodies...more than our minds. This perspective helps me to see the bigger picture of life, especially when I get stuck in my own limited mind. It makes me feel less alone and more connected to a greater source.

I feel this way when I teach yoga.

Yoga is more than just a physical activity. It's a way to connect with a deeper part of yourself...the part that sometimes gets pushed to the side while you're busy "doing" things that seem important. But getting to know the "you" on the inside can be one of the most important things you do in life. Bringing the unconscious to consciousness can be enlightening, healing, and magical.

I invite you to keep looking within...see what is there. Get quiet. Become still. Let the dust settle.

And simply be.

See you in class!

Christy



Meet Yogi of the Month, Linda Richardson!

Yoga class always feels complete when Linda is in the room because she is a calming and grounding force. I would bet that her friends and family adore her for her loyalty, adventurous nature, sense of humor, and mostly because she is just so lovable! Linda is a positive force who has an intuition that runs deep. Here is a glimpse into the mind of a very special yogi...

Christy: Linda, how did you first become introduced to yoga?

Linda: I drove by Open Space Yoga at its old location in downtown Nashua on my way to work every morning for months and thought I should try a class sometime. Three years later it was the best decision ever to try a class. I believe that people come into our lives for a specific reason. I'm forever grateful for finding Christy and OSY!

Christy: What kept you coming to classes and why do you continue taking yoga classes?

Linda: One class and I was hooked! I love that every class is unique and that I can make it my own personal practice through small modifications and still receive all the benefits of the class. I recently began taking spin classes and have incorporated yoga into my post workout cool down which has immensely helped my body recover. I can't imagine life without yoga!

Christy: What advice would you give someone who is thinking about trying a yoga class for the first time?

Linda: Reward yourself with a yoga class. You will not be disappointed. EVERYONE can take something away from a class, whether it be finding that perfect pose that stretches the sore muscle in your body or forgetting your worries for a "mindful" moment. It is such a positive, happy and fulfilling experience and the benefits are unmeasurable. You never know what you can do until you try.



