



Yoga with Christy, LLC

Namaste and welcome to the February 2018 edition of Yoga with Christy, LLC. Read on for upcoming workshops, classes, giveaways, and the Yogi of the Month!

www.christysperrazza.com

Upcoming Classes and Workshops

Giveaway for current students!!

If you are a current yoga student of mine, you will receive a FREE one-hour individualized yoga session with me if a new student you refer signs up for one of the classes below. What a deal!

Good luck!!

Introduction to Mindfulness

A Six-Week Series

Friday Mornings 10:00-11:15

March 9th-April 13th

402 Amherst Street Nashua

\$99 Pre-register by March 1st

Christy Sperrazza (978) 846-1781

cmsperrazza@gmail.com

Have you been thinking about learning how to meditate? Do you want support in starting a daily practice? In this group, you will be introduced to the concepts of meditation and living more mindfully. You will learn how to do basic every day activities, such as breathing, eating, listening, moving, and walking, in more mindful ways. You will learn that almost everything can become a meditation. No experience required.

Gentle Yoga Series for the True Beginner

A Six-Week Series

Friday Evenings 5:30-6:45

March 16th-April 20th

402 Amherst Street, Suite 202, Nashua

\$99 Pre-register by March 1st

Christy Sperrazza (978) 846-1781

cmsperrazza@gmail.com

This gentle class will move at a slow and easy pace in order to give you the opportunity to deeply relax your mind and body. Every week you will be individually guided while you learn new yoga postures, breathing techniques, and relaxation practices. No experience needed.

Easing the Anxious Mind: Yoga, Meditation, & Mindfulness

A Six-Week Series

Wednesday Evenings 7:30-8:45

March 14th-April 17th

402 Amherst Street Nashua

\$99 Pre-register by March 1st

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Anxiety and stress can wreak havoc on the mind and the body, impacting sleep, concentration, performance, relationships, and emotions. Yoga, meditation, and mindfulness practices can help change your response to anxiety and stress, giving rise to greater focus, presence, self-acceptance, and serenity. No experience required, just the desire for more clarity and peace in your life.

Dear Friends,

I always remember feeling a bit sad in February.

My mom called it the "February blues." Perhaps it was because I was missing the warm weather and brightness of the sun. By the time February comes along, it's already been winter for awhile, yet it isn't yet close to being over. Like the hidden seed awaiting spring's calling, February summons us into the depths of winter... and into ourselves.

Although this time of the year can elicit feelings of loneliness and melancholy, your life can grow in wisdom and meaning if you allow yourself to be gently affected by these emotions. It's okay to feel the sadness within, to see it for what it is. Take your time feeling what you feel. Sit with it. Meditate on it. Dance it. Sing it. Write it all out. Share it with a friend or with a Higher Power. Allow yourself to emerge from winter's dark cave at a slow and deliberate pace. Before you know it, you will awaken with a greater capacity to be present with both the more challenging, difficult emotions and the joy and delight on the other end of the continuum.

Yoga is the perfect guide on this journey, teaching us to move consciously through each moment, each pose, each breath. It is the loyal companion that stays with us through it all, accepting us exactly as we are.

What a gift it is to travel with you on this path. Together, let's continue to move gently into the light of spring. See you in class!

Christy

Meet Yogi of the Month, Scott Caseley!



Yogi of the Month: Meet Scott Caseley

You will love Scott Caseley because he is the embodiment of motivation, discipline, humor, and positivity. He truly lights up a room with his friendly personality and passionate enthusiasm. Scott opens up below about his courageous journey to the yoga mat. Be ready to get inspired!

Christy: How did you first become introduced to yoga?

Scott: I had joined a gym in the summer of 2010 after meeting with a dietitian following two emergency hernia surgeries. Feeling content to just do treadmill and swimming where I could be anonymous was appealing for a while, as I didn't want anyone to see me there, and I thought I would never join an exercise class. I had done one a couple times before, but it just wasn't for me. My self-esteem was still very much in the basement. Then a text message from a high school friend changed all that.

She said her cousin was starting a hula hoop group and wanted to know if I would like to give it a try. I was nervous at first, but my adventurous spirit got the better of me, and I signed up to go to one class. I showed up, there were just a few of us there, but before I knew it, I was up and trying to hula hoop, something I hadn't done since childhood. I found that though I was lousy at keeping the hoop around my waist, I was enjoying myself. I got home, and my back started to bother me, from an old injury from my high school wrestling days.

By chance, I talked to a college friend online that night. She was into yoga and asked me if they offered that at my gym. When I said that I thought so, she convinced me to give it a shot, and said it would help with my back problems. So, I went down to the gym on a free Friday afternoon, and at the front desk, a woman I had never seen before was talking to the club manager. She asked me, "Are you here for the yoga?" I nodded, wondering how she knew.

The woman introduced herself to me as Monica, I smiled nervously and headed into the locker room and changed into my yoga attire, not knowing if what I was wearing would be suitable... I just had no idea what to expect. Leaving the locker room, I headed down to the studio, thinking I was going to be greeted by a bunch of people that were all buff and in perfect shape, and I would stick out as a sore thumb. But, I trusted Elisa, and I took a deep breath and entered the room.



Christy: Was it love at first downward dog? Or did it take time to get used to the practice?

Scott: When the class began, the yogini asked if we had any restrictions, or anything that would inhibit our practice. That set my mind at ease right away, knowing that we were all going to be at different levels, and that she would work with us to make sure everything was right. I remember being so conscious of not falling over during my first tree pose, and not finding the right coordination for Warrior 2. She really knew how to make you feel like you belonged there, even if you didn't know it yourself. I thought that it was going to be like when I was on the treadmill, watching the clock every thirty seconds, but I found myself losing track of the time, and at the end of the class, I was disappointed, because I just wanted to stay in there. I ended up coming back the next week, and the week after that... and now I take yoga at several different places with various yoga instructors, but she really set the pace, the standard for what constitutes to be the ideal yoga teacher.



Christy: What types of yoga do you do and do you have a favorite?

Scott: I do a variety, Ashtanga, Kripalu, Vinyasa (hot and regular), and Yin are the primary ones I practice. However, I can't say that I have a favorite, because I get something out of each style I do. When I'm looking for a rigorous workout, I take Ashtanga Series 1, 2, or 3. When I'm looking for a more meditative one, I take Kripalu. When I want to sweat and feel a real connection with my body, but not feel like I'm pushing myself too hard, but at a really decent pace, I'll take a Vinyasa class, hot or otherwise. When I'm wanting to connect with what each muscle is doing, and just learn patience, stillness, I'll take a Yin class. It all just varies depending on what I'm in the mood for. I like to take at least two styles a week, so that I can get something that works with different parts of who I am. Plus, the energy of my classmates is important too, to determining what kind of feeling or workout I get. I'm very conscious of everything and everyone around me, and sometimes it's good to connect with that communal energy, and sometimes, it's good to journey within, but again, not one style is my favorite.



Christy: What are some of the benefits you've received as a result of doing yoga? Have you changed physically, mentally, spiritually or otherwise?

Scott: Yoga has become the crux of a successful fitness regimen where I have entered into several other types of classes; Zumba, boot camp, personal training, CrossFit, and Orangetheory. I have become more confident because of what I have been able to accomplish on the yoga mat, and it's led me to take on a more outgoing personality in the aforementioned classes. It's also allowed me to feel much more connected to my body, and not feel shame about it. I have lost 109 lbs. from this fitness regimen, I've gained back about 25 but I'm losing that again now too. But, yoga has given me a new lease on life as clichéd as that might sound. I have really found myself on the mat and elsewhere knowing how to sort through issues, physical and mental alike because of the lessons found in a downward dog, the warrior poses, and my two favorites; pigeon and standing half-moon. It's amazing how much growth I have experienced in yoga, I just can't say enough about it. I am a writer too, but I have to tell you honestly sometimes I feel that yoga is an even bigger passion even though I have been at it for less than one-third as long.

Christy: What role, if any, will yoga take in your future?

Scott: It will continue to be an important part of my fitness routine, and I will try other types to add to the ones I already do. Plus, I'd like to go on a yoga retreat sometime, and also keep going to different studios and meeting more yoga instructors and students. I plan on taking yoga classes as a student for as long as there is air in my lungs. But, I'm not limiting myself to solely being instructed, in August of 2019, I plan on beginning my yoga teacher training, not really sure where yet, I'm weighing my options, and researching all possibilities.

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

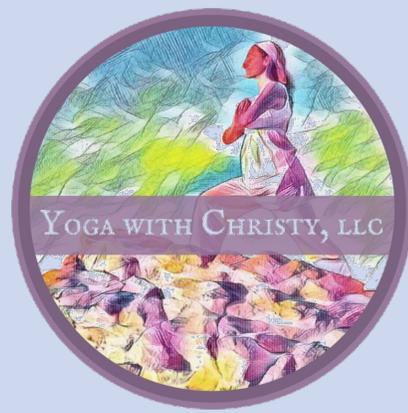
Scott: Don't tell yourself you can't do it because you're not flexible, many people who have practiced yoga for many, many years are still not flexible. Don't tell yourself you can't do it because you're not strong enough. Don't tell yourself that you can't do anything, go for it. You'll get something out of it, maybe what you're looking to get out of it, or something totally different. I'd suggest just trying it. You never know what you are truly capable of until you do it.



My favorite yoga teachers

Every month, I want to highlight yoga teachers online and in the community who I adore and follow. If you are looking for yoga videos you can do at home, I highly recommend checking out the YouTube channel Yoga with Adriene. She is one of my favorite yoga teachers because she has a wonderful sense of humor and she is incredibly down to earth. She has created hundreds of free yoga videos that you can choose from. Click on the link below for more information:

[Yoga with Adriene](#)



Thanks for reading Yoga with Christy's very first newsletter. Watch for next month's newsletter that will include the March 2017 Yogi of the Month! Please feel free to comment and share your ideas with me about what you would like to see in the future. Namaste friends. <3

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