



## Welcome to the 2018 March Newsletter!

Spring is coming! Really! I am not joking! It will be here before we know it. One way I like to bring in spring is by cleansing both my body and my mind. In this newsletter, I will share with you three ways I am letting go of the old and making space for the new. I challenge you to try at least one. If you chose to do so, let me know! I would love to encourage you on your journey. Namaste and see you in class! XOXO

Visit my Website

---

### 21-Day Meditation with Oprah and Deepak Chopra

If you have never done one of the 21-day meditations led by Oprah and Deepak, you are missing out. You only need about 20 minutes a day to listen quietly to their beautiful guided meditations. This month is all about shedding the weight-not only physical, but also mental and emotional. Follow the link below to sign up. It is totally free and worth every peaceful moment.

[Click here for more information.](#)



---

### 40-Day Kundalini Yoga Practice: Power to Self Elevate with Snatam Kaur.

If you want to move deeper into a daily meditation and yoga practice, I would highly recommend participating in this free 40-Day Sadhana (or practice). Kundalini Yoga is the most powerful way to change your mind and body that I know. There is a Facebook page that goes along with this 40-Day experience so everyone can feel supported. Check out the link below for more information about this profound opportunity.

[Click here for more information.](#)



Lastly, I am in the middle of a juice cleanse! After seeing the movie, "Fat, Sick, and Nearly Dead," my husband and I decided that we wanted to follow the narrator's advice and try to drink more juice...lots of juice! Three to five times a day! We are on day three and our goal is ten

days. It is so much easier doing it with another person, but if you don't have a juice buddy, check out the website below for some amazing resources. I would highly recommend watching the movie first (and then the sequel). Of course, always consult your doctor before engaging in any dietary or exercise program. Let me know what you think!

[Click here for more information.](#)



## Meet March's Yogi of the Month: Candy Chase!



I am so delighted to introduce you to Candy! Like her name, Candy is a very sweet woman with a smile that lights up a room. I often catch her smiling during yoga asanas/postures because she loves yoga so very much. As you will see below, she has been doing yoga for many years and can't live without it! She is an inspiration and a joy to have in class!

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

Candy: I was introduced to yoga through my good friend Linda Morabito over ten years ago when Christy taught in Tyngsboro.

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

Candy: At first I was looking for the physical benefits of yoga. More flexibility, less pain.... I soon realized that the practice was much much more. I found over time that my breathing and ability to calm down very quickly was paramount. I could lower my blood pressure at the doctor's office. I could swallow a probe down my throat without gagging. I could put small irritations in its place. (most of the time!). My patience with our young grandchildren increased. I am now much more aware of my tightening, rising shoulders when I'm stressed. I am aware. I am present.

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

the first time?

Candy: I would advise anyone to try yoga with Christy or any gentle flow Kripalu yoga class. I can see why some studios and practices could intimidate a beginning yogi. I was VERY lucky to begin with Christy, thanks to Linda. The practice and journey is never ending. I cherish my time in class and am so thankful to have yoga as a part of my life. Namaste. ☐

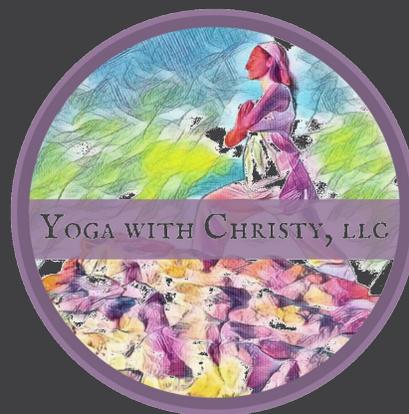


## Upcoming Friday Afternoon Mindfulness Group

If you are interested in participating in a mindfulness group, let me know and I can put you on a list. The group will be happening soon! Dates TBD.

[Email me here.](#)

Thank you for reading this month's newsletter!  
I will be teaching every Saturday during March and April at Open Space Yoga Studio in Nashua.  
See you in class!



Yoga with Christy, LLC  
cmsperrazza@gmail.com  
(978) 846-1781

