

Encinitas Yoga

Encinitas Yoga this Fall

Here we are, off to a good start for another season. Fall has made its appearance in the sudden cooling of the weather over the weekend, and the barely noticeably shorter days - and of course in the start of the academic year. On a similar note at Encinitas Yoga, we have finalized our fall class schedule! We are working on monthly events for this fall (workshops and special classes); please stay tuned for further information. Also in this newsletter, I'd like to officially introduce your teachers at Encinitas Yoga:



Florence Debout—It has been such an inspiration to have Florence and her years of expertise - in physical therapy, sports massage, holistic health and Thai yoga - as part of Encinitas Yoga. She encourages each yogi in their personal development through her expertly taught Heated Plus classes.

The Encinitas Yoga Heated Plus class is a 90-minute yoga class practiced in a heated studio. This class offers a variety postures for those students seeking change in their practice. You may have become accustomed to the monthly theme that has paralleled the newsletter, bringing a slightly different angle and focus to each class Florence teaches.

Florence's **Heated Plus class Wednesdays 6:00 p.m. 0 7:30 p.m.** - Don't miss out on this one! Space is limited.



Sumathi Ravikumar—Our divine mother and wonderful teacher, Sumathi teaches her classes with lovely spiritual awareness that is guaranteed to lift your mood and elevate your consciousness. She is the real-deal and we all feel a deeper connection through her insight. Sumathi is also active in her son's school and has worked with children and yoga. And let's face it; we are all just big kids. She

won't let you forget that with her inviting and humorous approach to teaching (for adults) at Encinitas Yoga. The 10:30 a.m. Unheated classes she teaches have become known for the immediate, uplifting and spiritual after effects.

You can enjoy **Sumathi's classes Monday and Friday 10:30-1:45 a.m. Unheated classes and Saturday 9:00 - 10:30 a.m. morning Heated class.**

Derek McCartney—You may already have met Derek, the newest addition to our team of teachers. Quickly his knowledgeable and caring classes have taken off at Encinitas Yoga. Derek has studied various body/mind healing and therapy disciplines, is a dedicated yogi and hence a wonderful addition to our staff. He teaches multiple Heated classes during the week (many opportunities for you to meet him). The Heated Class is a 90-minute yoga class practiced in a heated studio. You find Derek on the schedule for 2 morning and 2 evening classes. The morning classes offer an option for moderate heat, lovely to warm up the body, mind and soul first thing in the morning. The evening heated class gives you the alternative for a slightly more heated studio. Take your pick and enjoy!

Derek teaches **Tuesday and Thursday morning Heated classes 9:00 a.m. - 10:30 a.m. and Thursday evening Heated class 6:00 p.m. and Saturday afternoon Heated class 4:00-5:30 p.m.**



Linda Payment—A real cornerstone of Encinitas Yoga, Linda brings an incredibly loving, humorous quality to all of her classes, without fail. Encompassing all the elements of yoga, she teaches an Unheated restorative class, several Heated classes and a Silent Heated class.

All Linda's classes are so clearly taught that both beginner and expert alike will find her classes completely engrossing. We love her personal touch and supportive atmosphere she brings to the studio.

Linda's classes this fall are **Monday and Friday 5:00 - 6:30 p.m. Heated classes, Wednesday 10:30 - 11:45 a.m. Unheated class and Sunday morning 9:00-10:30 a.m. Morning Silent Heated Class**, which is a more meditative version of the regular morning heated class.



Outi Pulkkinen—And here is a word from me. This fall I am not teaching a regular class at Encinitas Yoga. I have an opportunity to travel to my homeland (Finland) and continue my work outside of yoga. But Encinitas Yoga means a lot to me and I plan to teach separately announced classes when I'm in town- most likely as additions to our existing fall schedule. I will miss you all, but don't be surprised

to see me in classes and get an announcement every now and then about classes I'll be teaching. I hope to see you in those classes; it'll be fun and something a little bit different, along the lines of Heated Plus!

Caroline Fitzgerald—Caroline brings a soothing and nurturing energy into her classes at Encinitas Yoga. Her soft voice combined with her calming presence invites a yogi to dive deeper into his or her own practice in class.

This fall she has resumed studies at a local college. Therefore, her Tuesday evening 6pm Heated class is temporarily discontinued. Keep your eyes and ears open though, we are working on something new for that timeslot in our schedule. The rest of Caroline's classes are as follows (no changes)

Fridays 12:30-1:30 p.m. Caroline teaches a dynamic **Heated One Hour** class. This is a one hour moderately heated class slightly faster paced (good workout) than our regular heated class - a nice yoga break during your lunch hour!

Saturdays 11:00 a.m. - 12:15 p.m. Caroline teaches an **Unheated Class**. This is a great restorative yoga class for anyone interested in or already practicing yoga, and a wonderful way to enjoy a well rounded, relaxing practice in a non-heated studio. This Saturday morning class is a restorative weekend must for the weekend yoga-warrior.