



The Yoga Room Newsletter

Dear Synergy,

Happy Birthday Synergy Yoga Center!!! We're celebrating 14 years on April 14th. During the past 14 years we have taught thousands of students and have educated and certified hundreds of Synergy Yoga teachers worldwide. What better way to celebrate than to have an especially amazing month of fun events here at the Synergy Yoga Center that you and your family will not want to miss.

The next 10-Day Intensive: April 20th-30th

One of the most amazing things we do here at the Synergy Yoga Center is the renowned [10-Day Intensive](#). This transformational 10-day workshop includes lots of yoga, meditation, posture clinics as well as amazing lectures about the history of yoga, nutrition and anatomy – just to name a few. This is the first step toward becoming a certified Synergy Yoga teacher, but it is also open to anyone who just wants to deepen their own practice and learn more about yoga. It's guaranteed to be a life changing and transformational experience. In the [10-Day Intensive](#) you can develop a strong foundation for your yoga practice. Even if you practice yoga every day, the 10-day is so much more than you'd ever imagine. It's open to students of all levels and ages. Take the first step toward changing your life and sign up today. There are still a few spots available so hurry up and sign up for the most life changing 10 days of your life.

Kirtan

Come and join us in creating beautiful vibrations during our Kirtan, an evening of devotional chanting. Davide Baron leads a Kirtan here at the Synergy Yoga Center the

last Saturday of each month from 6- 7:30pm. Ask at the front desk for more details.

Point Arena Workshop Come and join us for light, yoga, healing, and inspirations at the wonderful 9th annual Point Arena Workshop led by Peri Ness DeFay. The workshop is being held on May 5th and May 6th. It is open to all levels so come and do 24-hours of yoga and feel the difference.

When: May 5th 3:30 pm-7pm and May 6th 9am- 7pm

Where: Point Arena Dance Studio, 340 Main Street, Point Arena

Cost: \$125 (includes an organic, gourmet and delicious luncheon at The Record)

Contact: Charles DeFay, Point Arena Dance Studio

707-350-0394 (work) or 707-350- 0394 (cell)

Email: surft_heraphyyoga@directway.com

Synergy Yoga Therapy

Peri has been training some of the teachers to do Synergy Yoga therapy and currently Roxanne DePalma is giving sessions. Deep transformational yoga therapy is the most advance form of therapy and in just one session you can make a deep lasting change on the realms: physical, emotional and spiritual. A series of 10 is the best way to approach your yoga therapy healing. Once a week, once a fortnight, or once a month: each session builds on the next. It's highly recommended to take a Synergy Yoga class before your session. Its talk therapy and yoga combined so sign up today for a life changing session.

Cost: \$135 for first session, \$100 each consecutive session.

Call 760-753-1828 or come in and make an appointment

Advanced Class

The next Advanced class is being held on **April 29th from 11-1:30pm**. It's a two-and-one-half- hour flow in a heated room. You must have practiced Synergy yoga for at least a year. This class is being offered only by special permission so ask your teacher or the front desk if you are ready to join this class. There are some special requirements to attend. We encourage you to move to this next level.

New Synergy Yoga Teachers

Final evaluations are holy days at Synergy Yoga Center because it means a new teacher is born! Just by teaching someone to gaze into the spiritual eye and to breathe you have

done your work on the planet. We are proud to present our three new certified Synergy Yoga teachers **James Harker- Syren, Brandon Thomas and Markus Beer**. James has been an apprentice teacher at Synergy Yoga Center since December 2004 and before that he has been teaching in London and in Stockholm. On March 23rd, 2006 he achieved his 1000-hours certification. Brandon, with her military discipline mixed with her sweet presence, has brought healing and Synergy Yoga to Miramar Marine Corps Air station. She passed her 500-hours certificate on March 27th, 2006. Markus is one of our many international teachers. He came all the way from Germany for his 10-Day Intensive February 2005 and followed with a [6-month practicum](#). On March 29th, 2006 he passed his 500-hour certificate and will be teaching back in Germany with Heike Eichenseher (she's a Synergy Yoga mentor) and Susanne Schlund. It goes without saying that all three of these wonderful yogis have put a lot of energy and hard work into getting their certification and this is the reward. James has been invited to teach at Synergy Yoga Center and also has been accepted into the 3-year program. Congratulations James, Brandon and Markus.

And now some inspirational words from our Founder Peri Ness DeFay: Yoga is the only form of exercise that creates energy rather than burn it up. Practicing yoga daily, no matter what time of day, has been scientifically proven to create optimum [cortisol](#) levels (a hormone that when in balance reduces stress) for excellent sleep. Practicing yoga creates the opportunity for forgiveness and growth. Every practice is an opportunity for exponential healing and transformation.

Much love Peri

Namaste,

Synergy Yoga Center

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