

Yoga Club National



Yoga Club

Yoga Club was created to support offering everyone cost-effective quality Yoga and other athletic practices led by instructors from various studios! Additionally, as our practices are about healthy living and relaxation, in addition to great exercise, local clubs hold many classes in the most natural setting...the great outdoors! The cost is \$5 per regular class for members. Why are the fees so low? Local clubs simply collect enough to pay the instructors! Please join your area Yoga Club for great indoor and outdoor yoga practices at www.yogaclub.us!



Mastering Motivation

By Sgt Roy Lewis, US Army Drill Sergeant & Yoga Club Boot Camp Instructor

Webster defines motivation as being 'driven', 'inspired' or 'the act of being motivated'. As a fitness professional and drill instructor I have made it my life's work to motivate people of all cultures and backgrounds to become the best person that they can be. If I could bottle motivation and sell it as a soft drink, I would be the richest man in the world. Companies have tried to come up with many gimmicks to motivate people. In the field of health and fitness, we are bombarded with images of people who are motivated and physically fit. The sales pitch is 'if you purchase this product you too will have the motivation you need to be successful!' Save your money; motivation is an art form. You

can't buy it, drink it or even eat it! Everyone already possesses it, now is the time for you to master it!

The motivation you need doesn't lie in the results of others, but is hidden deep within you. I constantly coach my students to stop looking at the headlines and successes of others and go out and make their own! In this country we are so celebrity conscience. Why? It's because we want so much to be like the celebrities. I don't understand that. Why would I want to be like someone else? I affirm to my students that there is something beautiful and unique in each and every one of them. How sad it is to not find anything great about yourself in which you can get excited! Cont, Pg 2

Yoga as Cancer Treatment

Yoga Proven Effective in Complementary Cancer Care

Provided by www.mesothelioma.com

The 21st Century has brought with it tremendous strides in cancer survival and the efficacy of therapies. Among the more important aspects of this progress is the implementation of integrative oncology as an effective model for cancer treatment. Integrative oncology emphasizes not only the use of traditional cancer treatments, such as chemotherapy and surgery, but also complementary, non-curative therapies designed to ease the process of cancer treatment for the patient. These therapies can range from acupuncture

to meditation, but have proven more often than not to be effective in assisting patients through the discomforts commonly associated with traditional cancer treatment. One therapy being incorporated into cancer care in recent years is Yoga.

The primary goals of integrative oncology are to achieve effective cancer treatment while maintaining patient comfort and relief of stress. Just as Yoga has been used for hundreds of years as an effective stress release mechanism for many people, so too is it now being utilized by cancer patients. Continued Pg 2

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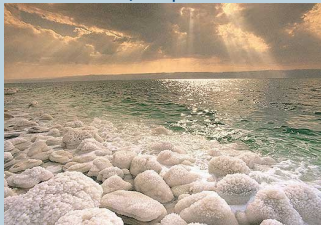
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www.meetup.com/charlottetoyogaclub

Mastering Motivation, continued



One of the keys in discovering the art of motivation is to find what I call your 'integrity muscle'. That is the mental muscle within you that drives you to say to yourself 'come hell or high water, I will not quit!' It's the spirit in you that says 'no matter what the odds, no matter what anybody says about me, I am determined to finish the course.' In the well known story of the Tortoise and the Hare, the tortoise always wins the race! Why? Because the underlying story tells of the tortoise's unwillingness to quit.

Perhaps the reason you have not met your fitness goals is because your motivation has been based on something or someone other than yourself. When you finally understand that everyone has the same room in their house as you do, room for improvement, you will understand how to motivate yourself. The art of motivation is all about measuring yourself against you. I would never have the audacity to compare myself to Lance Armstrong, who is one of the greatest cyclists the world has ever known. If I compare myself to the person I was 10 years ago, 30 pounds overweight and out of shape then I am truly a champion today! Mastering the art of motivation begins with a decision. That decision is based on drawing a line in the sand and making the commitment to define your fitness goals, getting the information and help to achieve those goals, and utilizing that 'integrity muscle' to carry out those goals.

You possess the motivation to do anything

that you desire. I know you don't think so, but it is there. I have seen it too many times in the course of my career to think otherwise. I'm reading a book by a well known motivational speaker and he tells of research that he did on people who did famous things. He couldn't find any one character trait that they all possessed. What he did discover is that they all began their endeavors by making a decision. Then, I love how the writer puts this; "they went and figured it out"! It is just like your first rollercoaster ride. You were scared to death! Remember how you stood in line and as your time came closer to get on the rollercoaster your heart felt like it was pounding out of your chest. Remember when the attendant strapped you into your seat and your mouth became dry, the slow ascent up that first incline? You thought you made the biggest mistake of your life. Quickly the coaster went down that first drop, you screamed as the coaster continued through its series of dips and turns until finally you returned back to the loading area. Your heart was racing and you were relieved that it was over. The first words that came out your mouth as you exited your seat were "let's do it again!"

This journey of finding the motivation to complete your fitness goals is the same as that first rollercoaster ride. You will be afraid and yes you will scream your head off. I guarantee you this, when you're done you're going to say "let's do it again!" Are you ready for the ride?



Yoga as Cancer Treatment, continued

While further research is ongoing, preliminary studies examining the effects of Yoga among cancer patients and survivors support the efficacy of Yoga within cancer treatment regimens, including the combating of symptoms caused by chemotherapy drugs. Yoga has shown to dramatically reduce sleeplessness, cancer-related distress, nausea, and excessive fatigue.

Some aggressive cancers are difficult to treat with curative therapies. Many patients of malignancies such as [mesothelioma](#) choose to incorporate alternative therapies such as Yoga, not to supplant traditional therapies, but to improve quality of life and reduce anxiety associated with terminal disease. Therapies which can reduce stress levels and alleviate symptoms associated with aggressive chemotherapy cocktails and radiation treatments can be

extremely beneficial not only to patients but also to family members and loved ones of patients.

This is not to say however, that Yoga and other alternative therapies are appropriate for all patients. Patients of mesothelioma cancer, for instance, should speak with their oncologist and other doctors to ensure that they are in good enough health to pursue any therapy which could induce mild stress on the body. However, support for Yoga and other well-being-based therapies is growing among the oncology establishment and many cancer centers are introducing sessions designed for patients and family members. Many oncologists, such as Dr. David Sugarbaker, recommend the utilizations of alternative therapies such as massage to complement traditional therapies.

Continued on Page 3

Yoga as Cancer Treatment, continued

If the ultimate goals of complementary cancer care are to introduce therapies which improve comfort levels and reduce stress experienced by patients and loved ones, Yoga will be at the forefront of integrative oncology now and in the future.

Reference

Bower, Julienne E., Woolery, Alison, Sternlieb, Beth, and Garet, Deborah. "Yoga for Cancer Patients and Survivors." *Cancer Control* 12 (2005): 165-71

On-Line Link: http://www.mesothelioma.com/alternative_yoga.htm

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NEW Boot Camp Program

Charlotte Yoga Club launched its NEW Boot Camp program in February of 2010! Yoga Club plans to offer both a standard Boot Camp and a military styled Boot Camp in March of 2010! In keeping with Yoga Club's philosophy, these programs are being offered at a significant discount of approximately ½ the standard cost!

Yoga Club's Boot Camp Programs are just that...BOOT CAMP and NOT Yoga! Boot camp workouts are a great way to get fit, lose weight, have fun and meet others. Boot Camp focuses on full body fitness and addresses all areas of fitness including cardio and muscular endurance, fat and weight loss, full body strength, agility, balance, flexibility, and periodization! Most importantly, BOOT CAMP GETS YOU RESULTS!

For more information on upcoming boot camp programs please visit

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Bryan Kest Master Class

Bryan Kest, widely known as the founder of power yoga, has been practicing yoga for over 30 years. He initially studied in Hawaii with David Williams, the first person to bring Ashtanga yoga to America. He then studied in India with K. Pattabhi Jois, the main proponent of Ashtanga yoga. Kest has been teaching yoga for 26 years. Now, Yoga Club is bringing Bryan Kest to you! Please register early as this event is expected to sell out!

Style: Power Yoga

Length: 3 hrs

Instructor: Bryan Kest

Location: Breathing Room

Time: TBD; 6 or 6:30 - 9 or 9:30

Cost: \$60 thru 11/30/10

\$65 as of 12/01/10

Early Bird Special: \$55 thru 5/31/10

Payment Link:

www.yogaclub.us/workshops.htm

Disclaimer: By joining any local Yoga Club ("YC") you hereby agree to assume all risks and liability related to or resulting from any & all group functions. You agree that neither you nor any third party will hold Yoga Club, any local clubs, any of the club's leaders, representatives, instructors, or sponsors liable for any injury, loss, or damage to your own person or any members of your family, friends, acquaintances, pets, or property, arising directly from or as a consequence of any group activity.

Yoga Club, LLC Headquartered in Charlotte, NC

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E-Mail: info@yogaclub.us

Web Site: www.YogaClub.us

YouTube: <http://www.youtube.com/yogaclub>

Facebook: www.facebook.com/pages/Yoga-Club-National/63955042561

Supporting Clubs in ATL, CLT, DFW, MIA, FTLD, WPB & Triangle

For Sponsorship Inquiries Contact melanie@yogaclub.us



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