

A woman with brown hair, wearing a black t-shirt and a white skirt with a red floral pattern, is performing a backbend yoga pose. She is positioned under a large, red, curved archway. Her right arm is extended upwards, and her head is tilted back. The background shows a cityscape with a tall tower and a building.

Many Flowers One Heart



2009

Real People
Yoga Calendar



JANUARY 2009



Eddy Williams, 88
 Retired Best of two worlds
 Tucson, AZ. & Lopez Island
 I found yoga, or rather
 yoga found me in 1993
 when I was 72 years old.
 Yoga classes were offered
 at a golf club where we be-
 long. Why not try it? I'm
 so glad I did. Practicing for
 the past 15 years has been
 so rewarding. Learning the
 proper way to breathe was
 such an energy awakening.
 Yoga offered a better qual-
 ity of life than I was used to
 by permitting me to take
 time for my self. Those days
 spent doing yoga either at
 home or in class permit me
 to feel peaceful and to be
 myself. I learned to relax
 completely, so much so I
 have fallen asleep during
 Savasana. It's my favorite
 pose.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Studio Closed New Years Day	1 New Year Session A Begins	2	3
4 	5	6	7	8	9	10 
11	12	13	14	15	16	17 
18	19 Martin Luther King Day	20	21	22	23 Vasant Panchami	24
25 	26	27	28	29	30	31 

Fundamental Goodness 🌸 Explore Softness 🌸 Rest Into Your Back Body 🌸 Re-Dedicate Your Heart





Jane Hitti, 45, physician

I took my first yoga class 10 years ago. I was looking for a gentler form of exercise that might help me gain back the flexibility I had lost with years of running, gym workouts and an intense work schedule. I soon fell in love with the physical practice of yoga and found that it could be either as challenging or as calming and centering as I needed.

Yoga brings all of life's sweetness into focus for me, slows me down, teaches me steadiness, and connects me with a sense of ease and beauty. Yoga encompasses the hilarity of my children playing "math tackle football" on a summer evening and the dancing stillness of a candle flame. I so appreciate yoga's gifts ... to express our divine nature physically, with our beautifully imperfect and ever-changing human bodies, and to engage with a deeper present reality that exceeds our physical limitations and perceptions.

FEBRUARY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3	4 Imbolc (Rededication)	5	6	7
8	9 	10	11	12	13	14 Valentine's Day
15 New Year Session A Ends	16 Studio Closed Session Break  President's Day	17 Studio Closed Session Break	18 Studio Closed Session Break	19 Studio Closed Session Break	20 Studio Closed Session Break	21 Studio Closed Session Break
22 Studio Closed Session Break	23 New Year Session B Begins Vasant Panchami (Saraswati's Day) 	24	25	26	27	28 






Taste Stillness 🌸 Trust Renewal 🌸 Let Your Spirit Rest 🌸 Shiny Heart 🌸 Night Explorations



MARCH 2009



Jill Seidenstein, 37
Non-traditional Librarian
 I started practicing yoga almost 9 years ago because I felt my mind constricting; I had heard yoga could provide the antidote and help expand my mind again. I still remember my first yoga class. I felt inept, and yet, at the end of the class, I couldn't remember the last time I felt like every cell in my body was awake. I was hooked. I often tell my yoga teacher that yoga saved my life. While I don't think I was on a path of destruction, I lived with terror...a terror that shook my foundation, until I barely felt comfortable breathing. I was living in a box of my own creation, shutting down my mind and emotions in an attempt to control something that refuses to be controlled. Instead, it controlled me. I've accepted the invitation to consider the yoga mat a laboratory; it has become a safe place where I can challenge myself, face fear and practice responding to these challenges in a different way. What I've gotten from yoga is a return to wholeness.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 	4	5	6	7
8 <small>Begin Daylight Savings Time</small>	9	10 	11 <small>Holi (Spring Pleasure Festival)</small>	12	13	14
15	16	17	18 	19	20	21 <small>Ostara Vernal Equinox (Welcoming of Spring)</small>
22	23	24	25	26 	27	28
29	30	31				

Make Friends with the Rain ☺ Be An Animal ☺ Lose Your Rudder ☺ Grow Your Vast Awareness







April Kiebertz, 59
Real Estate

My professional career for the last 30+ years has been as the broker and owner with my husband of a real estate firm. Homes really are the places of the heart to me and this photo was taken in my own sanctuary. My career allowed me to gradually have freedom to indulge in my love of yoga. Though I dabbled in yoga on and off as far back as the '70s it wasn't until the '90s that I became a devoted practitioner. It has been a great joy for me to walk this path with so many branches to investigate. My practice has been continuous nourishment for the deepest part of who I am. I sense the gentle transformation occurring each day. I am celebrating my sixth decade this year and am so grateful to view my life as an open door inviting me to discover more. I feel enormously blessed. I give many thanks to all of my wonderful teachers who have led the way for me. Namaste!

APRIL 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
						
5	6	7	8	9 Passover begins at sundown (8 days) Hindu New Year Hanuman Jayanti (Hanuman's Day) (8 Days) 	10	11
12 Easter New Year Session B ends	Studio Closed Session Break 13	Studio Closed Session Break 14	Studio Closed Session Break 15	Studio Closed Session Break 16	Studio Closed Session Break 17 	Studio Closed Session Break 18
Studio Closed Session Break 19	20	21	22	23	24 	25
26	27 Spring/Summer Session A Begins	28	29	30		

Existence is a Miracle 🌸 Open Your Sense Doors 🌸 Contemplate the Source 🌸 Ride the Wind





MAY 2009



Rachael Hannah, 37
Corp. Finance & Non-Profit
Management

Yoga is like a double helix between my inner and outer experience. I have taken yoga classes in Amsterdam, South Beach, New York City, on Martha's Vineyard, Honolulu, and Thetford Hill, Vermont. Everywhere I have been, my mat feels like home. I feel my heart beat and energy pulse through my body. With self-awareness, I see myself enjoy feelings of beauty and joy. I look down toward my center then look up at the world with an open heart.

Yoga is my path to acceptance. It's the challenge and the shavasana; the aspiration and the acceptance; the breath and the feeling; the quiet and the ohms, it's the fear of handstand and the exultation of handstand; it's living peacefully with ups and downs on my mat and in my life. I am a dedicated and imperfect yoga student. My heart swells with gratitude to my teachers Denise Benitez and Jyoti Hansa.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2
3	4	5	6	7	8  Beltane (Coming of Spring)	9
10 Mother's Day	11	12	13	14	15	16
17 	18	19	20	21	22	23
24 	25 Memorial Day	26	27	28	29	30 
31						

Find Your Voice and Sing 🌿 Embrace Mystery 🌿 Practice Radical Generosity 🌿 Unite





JUNE 2009



Rebecca Denk, 38 Chief Operating Officer, Babeland

My first encounters with yoga were like most beginners...I wanted to be fit, strong and show off my ability to get into pretzel poses! Fortunately pals shared their make-up classes and brought me into Seattle Yoga Arts. Yoga has been an exceptionally generous teacher, kindly penetrating my rather surface desires and providing me so much more than a physical practice. Through asana, I have been blessed to uncover greater patience, a calm and quieter mind, kindness for myself, compassion for others, and, thankfully, more humility. The poses matter far less than the relationship yoga has brought me into with my body, my mind and my spirit. I am honored to be a part of the dedicated and supportive community of Seattle Yoga Arts. I offer heartfelt appreciation to my teachers Denise, Rainey and Lisa, as well as my fellow yogis and yoginis, for allowing me to delve deeply and share in this exquisite investigation of living.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	Studio Closed Session Break 8	Studio Closed Session Break 9	Studio Closed Session Break 10	Studio Closed Session Break 11	Studio Closed Session Break 12	Studio Closed Session Break 13
 Spring/Summer Session A Ends						
Studio Closed Session Break 14	15	16	17	18	19	20
	 Spring/Summer Session B Begins					
21	22	23	24	25	26	27
Summer Solstice Father's Day		Litha (Life)				
28	29	30				
						

Joy for Others 🌸 Create a Blessed Life 🌸 Love Your Sacred Body 🌸 Be Your Finest Self










JULY 2009



Raymond Cox, 63
 Food Services Manager,
 Caterer, Restaurateur

I love devoting energy to two of my favorite complementary activities, yoga and bicycling. This sculpture is located along a favorite bike route. When I walk into my yoga class, or set off on my bike, a smile invariably emerges, along with a lightened spirit and sense of anticipation. Yoga generates a sense of community action and respect for common ground — yogis greet and support each other with quiet intensity. I believe that in our practice, we achieve, through sincerity and dedication, a social model that enhances that larger community outside. Every yoga class offers the opportunity to do something excellent! The careful guidance I receive in the studio allows me to suspend some of the world's gravity, in every sense, and strive in a secure place.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Independance Day
5	6	7 	8	9	10	11
12	13	14	15 	16	17	18
19	20	21 	22	23	24	25
26	27	28 	29	30	31	

Visit Another Dimension 🌐 Expand 🌐 Practice for the Planet 🌐 See With Your Vision Eyes







Ann Winters, 80
Semi-Retired
Non-Profit Admin

For many years, I watched my daughter Denise practicing yoga; first in New York City and later when we moved to Seattle. I always thought it looked challenging, although I admired her devotion to yoga.

About three years ago I tentatively started yoga classes - the gentle yoga classes. At first it all seemed very daunting, but as time has passed I truly enjoy it. My life is quite busy, and I find that yoga quiets me at the end of a full day.

Thanks to my daughter and all the other wonderful yoginis and yogis, I am inspired each Wednesday. Hopefully, I will continue in good health and can enjoy yoga classes for many more years to come.

AUGUST 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
Lughnassad (First Harvest) Spring/Summer Session B Ends 2	Studio Closed Summer Break 3	Studio Closed Summer Break 4	Studio Closed Summer Break 5	Studio Closed Summer Break 6	Studio Closed Summer Break 7	Studio Closed Summer Break 8
Studio Closed Summer Break 9	Studio Closed Summer Break 10	Studio Closed Summer Break 11	Studio Closed Summer Break 12	Studio Closed Summer Break 13	Studio Closed Summer Break 14	Studio Closed Summer Break 15
Studio Closed Summer Break 16	Studio Closed Summer Break 17	Studio Closed Summer Break 18	Studio Closed Summer Break 19	Studio Closed Summer Break 20	Studio Closed Summer Break 21	Studio Closed Summer Break 22
Studio Closed Summer Break 23	Studio Closed Summer Break 24	Studio Closed Summer Break 25	Studio Closed Summer Break 26	Studio Closed Summer Break 27	Studio Closed Summer Break 28	Studio Closed Summer Break 29
Studio Closed Summer Break 30	Studio Closed Summer Break 31					

Nectar of Light ☺ Open Inner Domains ☺ Play Your Wildness ☺ Lie on the Earth ☺ Release Time





SEPTEMBER 2009



Deena Hofstad, 35, Photographer
Lance Hofstad, 39, Producer

Starting a yoga class is one of the best decisions we've ever made. We love the way yoga makes us feel better, both mentally and physically. It is a great way to exercise the mind and body, and has a beautiful way of giving back what you give to it...no matter your skill level there is always a sense of satisfaction in exploring how your physical body works. The experience gained from learning to deal with these challenges comes in very handy when the outside world hands us situations that try our patience, focus, and good nature. We have been so blessed by the knowledge of our teachers, fellow yogis, and the creative atmosphere at Seattle Yoga Arts that has allowed our yoga practice to flourish. Being a part of this community has been inspirational.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Fall/Winter Session A Begins	2	3	4 	5
6	7 Labor Day	8	9	10	11 	12
13	14	15	16	17	18 	19 Rosh Hashanah
20 Rosh Hashanah	21	22 Mabon Autumnal Equinox	23	24	25 	26
27	28 Yom Kippur	29	30			

Passionate Study 🍷 No Time to Lose 🍷 Unite 🍷 Creative Compassion 🍷 Play Like a Dog



OCTOBER 2009






Alexis Witt, 32
Tattoo Artist

I started doing yoga a couple of years ago. Work was turning me into a crotchety old woman early in life, so the decision was made to up and do something before my back got the best of me.

One of my clients informed me that 15th street yoga boasted a tough but fantastic teacher.

Being that I am completely terrified of the classroom environment I decided to challenge myself and attend. Turns out that the class was very accepting and inviting toward me and soon I became addicted. I feel we have a unique class environment and under different circumstances I may not have become entranced.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 
4	5	6	7	8	9	10
11 	12	13	14	15	16	17 Dewali (Festival of Lights) 
18 Fall/Winter Session A Ends	Studio Closed Session Break 19	Studio Closed Session Break 20	Studio Closed Session Break 21	Studio Closed Session Break 22	Studio Closed Session Break 23	Studio Closed Session Break 24
Studio Closed Session Break 25 	26 Fall/Winter Session B Begins	27	28	29	30	31  Halloween

Glow 🌙 Unwind the Mental Contractions 🌙 Refine Your Awareness 🌙 Feel Your Feet












Richard Converse, 52
Gardener, Photographer,
Sales Specialist, REI

I came to yoga seeking the physical benefits, thinking they were the main course. Now I know they were merely an appetizer. Yoga is helping me learn to slow down, become more curious and pay attention. When I feel the urge to come out of a pose, if I stay just a little longer and try to understand why, I may learn something. Am I experiencing pain — a clear sign to back off — or is the sensation just unfamiliar, maybe even a little uncomfortable? Someone once suggested that I honor these sensations as I would a trusted teacher and allow them to suggest where to focus my attention, seeing what change is possible. "Research and development" she called it. Make one adjustment, observe the results. This moment by moment awareness has helped me find more ease in my body. It has taught me that often I need to do less, not more. What a relief to realize that it's OK to not strive so hard.

NOVEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Samhain (Endings & Beginnings) Begin Standard Time	2 	3 Election Day	4	5	6	7
8 	9	10	11	12	13	14
15 	16	17	18	19	20	21
22	23	24 	25	26 Thanksgiving Studio Closed	27	28
29	30					

Sunshine in your Soul 🌻 Find Your Tribe 🌻 Thank a Teacher 🌻 Walk in Puddles







Sheila Hoffman, 59
Graphic Designer

I took my first yoga class in 1971 but didn't start practicing yoga until I discovered Seattle Yoga Arts in 1997. Since then yoga has seen me through many body challenges including scoliosis and two serious bicycle accidents. It's an integral part of my spiritual practice along with Vipassana meditation. It's been very sweet to have these two distinct practices come together.

My personality style has been to set goals and achieve them. So I've enjoyed using asanas this way, working toward ever more challenging shapes. But along the way I've also learned to relax and be IN the moment and to let go of comparing and judging mind and to just relax. I'm eternally grateful for the quality of the teaching at SYA and for the sense of community and support we all share.

DECEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2	3	4	5
6	7	8 	9	10	11	12 Hanukkah (8 days) begins at sun down
13 Fall/Winter Session B Ends	Studio Closed Session Break 14	Studio Closed Session Break 15	Studio Closed Session Break 16 	Studio Closed Session Break 17	Studio Closed Session Break 18	Studio Closed Session Break 19
Studio Closed Session Break 20	Studio Closed Session Break 21 Winter Solstice	Studio Closed Session Break 22	Studio Closed Session Break 23	Studio Closed Session Break 24 	Studio Closed Session Break 25 Christmas	Studio Closed Session Break 26
Studio Closed Session Break 27	Studio Closed Session Break 28	Studio Closed Session Break 29	Studio Closed Session Break 30	Studio Closed Session Break 31  New Year's Eve		

Speak Less 🌸 Recognize Your Liberation 🌸 Be Initiated 🌸 Offer Respect and Reverence



Our Yoga Families

This year, Christy's mom and son, and Denise's mom all participated in the calendar. It is a great blessing to share the gifts of yoga with our families, and we thank them from the bottom of our hearts for their open hearted willingness to travel the yoga path with us!





Denise Benitez
Producer-Writer

When I founded Seattle Yoga Arts in 1992, my vision was to create a yoga home where people from all walks of life would be at ease exploring the profound benefits of yoga. Now, our studio is a thriving community of young, old, bendy, strong, introverts, extroverts, yoga fanatics, and once a weekers. I see every single student as a one of a kind jewel in the web of our amazing yoga tribe.

My teacher, John Friend, who founded Anusara yoga (anusara.com), which we teach at Seattle Yoga Arts, often brings our attention to the endless variety of human beauty and form. He constantly reminds us of our own unique magnificence. When we move through yoga practice in full recognition of this unrepeatability of essence we are, practice becomes divinely sweet and rewarding.

This calendar arose out of a desire to celebrate our students and their dedication, courage, and commitment to their own inner and outer evolution. May it inspire you to remember that practice is always possible at any age, in any physical shape, through the phases and changes of life. May it move you to deepen your own practice, and reap the sweet nectar of yoga with ever more insight.

www.SeattleYogaArts.com



Christy Williams
Photographer

This year's photo shoot was especially sweet. My son, Trevor who is a stellar photographer in his own right, joined forces with me to lend his unique visual eye to the project. I thank all of the models who so generously opened up their hearts and bodies to the camera lens for photos filled with potent grace and beauty. Thank you to everyone involved, it has been a remarkable journey of love.

To all those who have risen up to support and love me in so many ways during this recent health challenge, to you and to everyone I send wishes for grace-filled days in this river of life.

christywilliams@rockisland.com



Trevor Oster
Accidental Photographer

I never intended to be involved in an actual photographic endeavor, however life has a way of modifying intentions.

When the opportunity came up to help out my Mom for this calendar I was honored to participate in such a wonderful project, everyone involved was just great and I am thankful to have had the opportunity.



Sheila Hoffman
Graphic Designer

I was so honored that Denise asked me to participate in this wonderful project again this year. It's been inspiring working with Denise and Christy on something so fun and creative. And it was even more fun because I got to be a model this year!

I've had my own business since 1988, providing one-stop graphic design solutions to small businesses, independent service professionals and non-profits. I design for both print media and the world wide web.

I've been studying yoga at Seattle Yoga Arts since 1997 and I've been producing the SYA newsletter and maintaining the website for the last several years. Yoga has seen me through many body challenges including scoliosis and two serious bicycle accidents. It's an integral part of my spiritual practice along with Vipassana meditation.

I'd like to thank my teachers Phillip Moffitt, Denise Benitez and Rainey. May all beings experience love, joy, wonder and wisdom in this life, just as it is.

www.HoffmanGraphics.com



All services donated so that 100% of calendar proceeds may benefit the Barb Perlmutter Memorial Scholarship Fund.



In this calendar, students of Seattle Yoga Arts convey the life enhancing benefits of yoga practice, for people of all levels of ability and walks of life. None of these practitioners are full-time "professional" yoginis or yogis, yet their practice sustains them and has become an integral and necessary part of their mental, emotional, physical and spiritual well-being. This calendar celebrates their commitment to practice, their love of yoga, and their miraculous, one-of-a-kind, never to be repeated remarkable presence in this world.

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