

Thanks for taking a few minutes to listen to my crazy mind ramblings!
You might want to grab a cuppa coffee, some tea...or scotch, I usually go on for a bit!
Well, you know me, you know this.



Whoa! Big happenings in the last month, huh?

So much anger, frustration, jubilation, conflict, things said, things held in, not said. Yikes and thank God for yoga, for my Spiritual path. Yoga calms, soothes, centers connects and calms. I would not lie to you...well, I might, if you asked me if those pants make your butt look big...but I would not lie to you about the benefits of yoga.

It's amazing to see people step up for what they believe, to stand up for the people out on the prairie being hosed for trying to keep our water clean, standing up for kindness, acceptance and tolerance. And all of the standing up, supporting the stander uppers, praying for peace and goodness takes it's toll.

Turn to your yoga practice. My Studio (so named so when people as you where you practice yoga you claim it as your own...which it is, "My Studio.") is a safe haven. My Studio is a place of healing, kindness, and warmth.

While we spend the next few days in gratitude for all of our blessings we will include prayers for those in struggle and chaos.

As I feel so much respect and love for all the remarkable Native Americans I work with and know I've made it a special point to not celebrate the original Thanksgiving meaning.

I now celebrate Thanksgiving with gratitude for all I have, for all I love, for all living things, and I pray for us all as we struggle to do our best in this very difficult journey we each face as humans.

I pray you have a few days of respite, peace, and at least some joy for all we have and try to take a break from...well, from all you need to take a break from. xoxo I love you, Ruth

[Visit Our Website](#)



Upcoming Event at My Studio by Holly Keifer

The Best Yoga Practice Comes Home

I'll remind you but mark your calendar now for Holly's workshop on designing, establishing, and sticking with your home practice. She will give you ways to keep your home practice thriving, to

personalize your practice, and identify common pitfalls to falling off your practice wagon.

Saturday, January 7th, 2017. Holly is a breath of fresh air, funny, bright, and full of enthusiasm for what a holistic focused lifestyle brings. You will love her, love her workshop, and the results you'll see in the New Year from this time with her. xoxo

Our Bessmer Farm Fresh Eggs are Back!!

Bessmer's chickens are really a, "Why do bad things happen to good chickens?" story! Twice now a fox, literally, got into the hen house a wreaked havoc. We've been without our wonderfully fresh, organic, orange yoked, different colors and sizes eggs for weeks. Well, no more. They are back and abundant (for now). They may slow down production again when it gets cold so "get 'em while it's hot." Dang, I'm funny!!! They are in the little fridge, the cigar box is in the door, put your money there. He'p yo'self! \$4 a dozen or \$2 for 1/2 dozen...or donate what you can.

As I proofread this I realized I made the ugly death of a huge bunch of chickens all about my being inconvenienced at a lack of their eggs. Sometimes I bug me. I do. And I'm frankly too lazy to redo the whole paragraph. Please don't think I'm a horrible and selfish human being. I may actually have that tendency. I just don't want you to think it.



Could you die? Could you just die?

The simple words, "Good Morning, Maggie." rasped from the top bunk just send me to the moon.

REALLY! Could You Just Die? Am I the only one? This kid KILLS me!

I know this pic has nothing to do with a yoga schedule, I just wanted to get your attention!

[Schedule for this Thanksgiving Week](#)

No more classes at My Studio until Monday morning, November 28th @ 9 a.m.



Planting an early seed for your consideration...

Omaha Yoga and Body Works...
...is beginning it's 33rd year of training teachers here in the Midwest.

Susie Amendola extended our students an invitation to join the speakers at their training and has offered a generously reduced rate. Please contact me if you'd like to take advantage of this offer. As you can see Susie brings in world class experts, authors, and teachers to share their knowledge. You can find more information on their website (doyoganow.com) but here are some of the offerings of her training beginning in January 2017.

Deborah Adele author of The Yamas and Niyamas, Exploring Yoga's Ethical Practice
Nischala Devi author of The Secret Power of Yoga, and The Healing Path of Yoga
Amy Matthews co-author of Yoga Anatomy and founder of "The Breathing Project" in NYC
Baxter Bell MD author of Yoga for Healthy Aging and regular Yoga Journal contributor

Ruth - www.MyStudioAnahataYoga.com Baileybythesea1@gmail.com
Phone: #402-850-8378

STAY CONNECTED:

