Gualala Retreat 2012

-----Original Message-----  
From: Jackie Lappe <jacki@mcn.org>  
To: joannlyonsyoga <joannlyonsyoga@aol.com>; hattieyoga Alterowitz <hattieyoga@gmail.com>  
Sent: Sun, Mar 4, 2012 2:17 pm  
Subject: August

Hi guys, I'm back from NY and arrived to a crazy week at work. The town of Gualala has been hit with the Noro Virus (think cruise ship) and my co-worker was down as was a good part of the community. So, knock-on-wood, I've been on double duty and staying healthy. Yeah for Yoga!!! Now I'm thinking about our August retreat. JoAnn, if you have a simple way to create a flyer that we can print or email, that would be great. Here's what I think we should include (please feel free to edit): 1. Dates, August 24-26th. 2. Description of classes (personal, self-care, nurturing, etc..) 3. Something about Joann! 4. Something about the Yoga Yurt and surrounding town and beaches in Gualala. 5. Fees ( $150 for classes only, $395 for room for 2 nights, and 5 meals, with discount $135/$380 if pd in full by June 1st) ???? I'll send you a photo of the yurt. The idea is to try to guarantee you, JoAnn, $1000. Vicki is committed to doing massage here in the cabin (she's really good) and she'll also be attending the workshop along with her cousin who will be traveling from Utah and is a yoga teacher. There is a room for you JoAnn and also a room for Harriet which leaves one more room that could possibly sleep 2 if they are friends. There's also plenty of sleeping opportunities close by! All this info I can get together and send out to anyone interested. I am happy to be the person to keep track of finances and food. Tell people to contact me for registration. I will send you a list of my props, I have quite a few. So, let's try to get this out by April!!!! We can all edit and suggest!!! hope you're both well and happy, love, J

1. Dates, August 24-26th.

2. Description of classes (personal, self-care, nurturing, etc..)

3. Something about Joann!

4. Something about the Yoga Yurt and surrounding town and beaches in Gualala.

5. Fees ( $150 for classes only, $395 for room for 2 nights, and 5 meals, with discount $135/$380 if pd in full by June 1st) ????

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-----Original Message-----  
From: Jacqueline Lappe <jacki@mcn.org>  
To: JoAnn Lyons <joannlyonsyoga@aol.com>  
Cc: hattieyoga <hattieyoga@gmail.com>  
Sent: Thu, Feb 16, 2012 1:57 pm  
Subject: Re: August

I think we should shoot for 10 not counting myself or JoAnn!

A weekend of personal healing and retreat.  Yoga, Massage, beach, walks, meditation, good food!

Vicki can set up her massage table on site in my little cabin!

Until we have definite sign-ups (you know how plans change) I think it's safe to put the word out.

More when I return from NY.......

L,  J

jacqueline lappe

707 888 8436 cell

707 884 9422 home

On Feb 16, 2012, at 9:34 AM, JoAnn Lyons <[joannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)> wrote:

Thanks for the input Harriet.  I'll definitely take all that into consideration.  I like the idea of a personal weekend taking care of oneself.  OK, headstand on a rock may not project that image . . .  
  
I've mentioned the workshop in class and don't think Barry and Bonnie were interested, although I don't know that for sure.  And, Chris just was thinking about it, so we'll see about her coming.  
  
Are we going to limit it to 10 or 12?

JoAnn Lyons  
[joannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)

-----Original Message-----  
From: Harriet Alterowitz <[hattieyoga@gmail.com](mailto:hattieyoga@gmail.com)>  
To: JoAnn Lyons <[joannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)>  
Cc: jacki <[jacki@mcn.org](mailto:jacki@mcn.org)>  
Sent: Thu, Feb 16, 2012 6:35 am  
Subject: Re: August

Sounds great!

I hope Chris and her sister will be there.  I remember her as super-sweet and loving yoga.

I haven't asked anyone here; waiting to see if there's room.  Sounds like we might be full with the local students plus JoAnn's.

Let me know, please, if I should put it out to my people.  Don't want to invite and then tell them it's full.

Did you ask Barry and Bonnie?

Massage! Yes!

I have a really yummy red lentil soup with coconut milk recipe.  It could be a hearty meal with a salad.

My experience with flyers is that the simpler the photo pose, the less fear.  I've had more people sign up when the photo is just a smiling head shot or sitting in virasana than a difficult yoga pose.

Theme?  Something about self-care, nurturing and grounding is always good.

People are all so busy all of the time that it might appeal to market this as a personal retreat weekend, regeneration, yadayadayada.

Have fun with the little one!

Love,

H

On Wed, Feb 15, 2012 at 9:56 PM, JoAnn Lyons <[joannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)> wrote:

Congratulations, Grandma!  Have fun.  
  
I may already have someone here who will sign up.  Harriet, you might remember Chris Roberts who came to a workshop of yours a few years ago.  She's been a student of mine for a while and she may come and bring her sister.  When I told her you were coming, that was extra incentive.  
  
Massage therapist = good!  
  
What would you two like me to focus on?  If you have any ideas let me know, otherwise, I'll come up with some sort of theme.  Jacqueline, you probably have pictures of me that you can use on a flyer, if not let me know.  The headstand on a rock at FPR might work, if you don't think it would scare people away.  
  
WOW! This is actually happening!

JoAnn Lyons  
[joannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)

-----Original Message-----  
From: Jacqueline Lappe <[jacki@mcn.org](mailto:jacki@mcn.org)>  
To: JoAnn Lyons <[joannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)>  
Cc: Harriet Alterowitz <[hattieyoga@gmail.com](mailto:hattieyoga@gmail.com)>

Sent: Wed, Feb 15, 2012 7:51 pm  
Subject: Re: August

Good!

I was talking to my friend Vicki, a super massage therapist, and she'd be willing to offer massage between classes and in the evenings.

Next, we need to put out a flyer.  I think I'll take a photo or two of the yurt and house.

I'm off to New York next week to meet my newest grandchild, Rosie.  I'll be back on the 26th.

JoAnn, can you send me a paragraph describing your yoga and I'll put something together for us to review.

Harriet, if you know any students who would like to travel to these parts and do yoga, put the word out!

I'm looking forward to our adventure!

Love,

J

jacqueline lappe

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On Feb 15, 2012, at 9:38 AM, JoAnn Lyons <[joannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)> wrote:

I think we have a date!  Now on to other things-let me know what you need from me.  I have a killer vegetarian quinoa recipe that would make a good basis for lunch one day.  
  
Sent from my iPad

On Feb 15, 2012, at 5:20 AM, Harriet Alterowitz <[hattieyoga@gmail.com](mailto:hattieyoga@gmail.com)> wrote:

Yes!

I'm fine with either date so whatever works for JoAnn is great with me.

Love to you both.

Happy V Day!

On Tue, Feb 14, 2012 at 10:50 PM, Jacqueline Lappe <[mailto:jacki@mcn.orgjacki@mcn.org](mailto:jacki@mcn.org)> wrote:

Yes,  I think Aug 24- 26 would work well.  Harriet, is this OK with you?

As soon as we set the date I'll get working on putting together an email with all the details for us to agree on.

This will be fun!

Love,

J

jacqueline lappe

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On Feb 14, 2012, at 4:20 PM, JoAnn Lyons <[mailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)> wrote:

Hi Jacqueline and Harriet,  
  
I just got word that my 50th (!!!) high school class reunion is set for Aug 11, and I've been planning on going back to Indiana for that for a while now, just didn't know when.  So I'm thinking I might rather the workshop be August 24, 25 and 26, to give me a little break in between these two momentous events!

Would that later date work for you Jacqueline?  I think Harriet will be happier with the weekend of the 25th.

JoAnn Lyons  
[mailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)

-----Original Message-----  
From: Jacqueline Lappe <[mailto:jacki@mcn.orgjacki@mcn.org](mailto:jacki@mcn.org)>  
To: JoAnn Lyons <[mailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)>  
Cc: hattieyoga <[mailto:hattieyoga@gmail.comhattieyoga@gmail.com](mailto:hattieyoga@gmail.com)>  
Sent: Fri, Feb 10, 2012 10:29 pm  
Subject: Re: August

How does Aug. 16th (Thursday) thru Aug 20th work?

  JoAnn, it would be great to have you here for a day before the workshop and staying Sunday night to relax.  Harriet, depending on what your plans are, you could fly into Oakland and drive up with JoAnn, or, you could fly to Santa Rosa, which is about a 2 hour drive up the coast to Gualala.

No problem at all with you guys being here for a little vacation before and after classes.

So let me know if those dates are OK, and I'll work out more of the details!  I'm excited!

Love,

J

jacqueline lappe

707 888 8436 cell

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On Feb 10, 2012, at 4:56 PM, JoAnn Lyons <[mailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)> wrote:

Wondered what you meant . . .  
  
OK, Jacqueline, which weekend works best for you?  I'd like to come down on a Thursday night so I have Friday to chill, if that's OK with you?  And maybe spend Sunday night so I have a leisurely drive home on Monday.  Only if this does not cause you any problems.

JoAnn Lyons  
[mailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)

-----Original Message-----  
From: Harriet Alterowitz <[mailto:hattieyoga@gmail.comhattieyoga@gmail.com](mailto:hattieyoga@gmail.com)>  
To: Jacqueline Lappe <[mailto:jacki@mcn.orgjacki@mcn.org](mailto:jacki@mcn.org)>  
Cc: JoAnn Lyons <[mailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)>  
Sent: Thu, Feb 9, 2012 6:04 am  
Subject: Re: August

Oops! Wrong year! I'm looking at 2013.

Forget the part about Judith and I'll put my 2013 calendar away, OK?

How about 17-19th orf 24-26?

On Mon, Feb 6, 2012 at 7:43 AM, Harriet Alterowitz <[mailto:hattieyoga@gmail.comhattieyoga@gmail.com](mailto:hattieyoga@gmail.com)> wrote:

I haven't asked anyone yet because I didn't know if there would be space.

I do have a couple of people in mind.

And I like your idea of 2 rates; that works well with my worshops because people always like to save a bit.

Would it be best for me to fly to S.F. or is it better to go to Santa Rosa?

I'm already excited about this! It's going to be so much fun to hang out with the 2 of you, walk on the beach, laugh, and all the good stuff we know so well.

Thanks, Jacqueline, for offering your space.

Love

On Sun, Feb 5, 2012 at 6:57 PM, Jacqueline Lappe <[mailto:jacki@mcn.orgjacki@mcn.org](mailto:jacki@mcn.org)> wrote:

So we're getting close!  I think if we can figure out a way to guarantee JoAnn $1000, that would be good.      Maybe if we charged $135 for early reservations and $150 for last minute sign-up.

I think $395 is fair for 2 nights, 4 meals.......  Harriet, do you think you might have any of your students interested?  With you and JoAnn there's room for 1 or 2 more.

Of course, there's plenty of rental nearby for others with cars.

Do we have a date yet for August?

Love you guys,

J

jacqueline lappe

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On Feb 5, 2012, at 5:17 PM, JoAnn Lyons <[mailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)> wrote:

Actually, I was thinking what Judith charges.  The recent PYS workshop cost was $135 and that was, I think, 6 hours with a 1 hr. lunch -- but then, that's Judith.  I also looked at the price PYS charges for a weekend series of about the same length and we charge from $25 to $50/session for known and not-so-well known.  So, that's how I got my figures.

JoAnn Lyons  
[mailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)

-----Original Message-----  
From: Harriet Alterowitz <[mailto:hattieyoga@gmail.comhattieyoga@gmail.com](mailto:hattieyoga@gmail.com)>  
To: JoAnn Lyons <[mailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)>  
Cc: jacki <[mailto:jacki@mcn.orgjacki@mcn.org](mailto:jacki@mcn.org)>  
Sent: Sun, Feb 5, 2012 4:46 pm  
Subject: Re: August

I think it would be good to offer 2 options, mybe 395.00 for the weekend including room and food and 150.00 for the classes only. It sounded like some of Jacqueline's students would attend and they wouldn't need lodging.  To me, $150 (minimum) for 12 hours of outstanding teaching is a real deal! Please don't charge too little.  Remember what our teacher charges?

Beautiful day here; got to see the sun!!!!!

Love,

H

On Sun, Feb 5, 2012 at 11:48 AM, JoAnn Lyons <[mailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)> wrote:

Jacqueline and Harriet,  
  
I have no idea what I was thinking about (maybe what my workshop costs -- which is a whole 'nother ballgame) when I suggested the $395 price for the workshop -- that might be a good price for lodging and food included.  I think a more reasonable cost would be anywhere from $125 to $150 for the weekend -- 4 classes at 2 1/2 to 3 hours each.  I would like to get at least $100 from each student, so whatever you need to make over that, Jacqueline, to cover your costs, time, etc.  
  
What say you all?

JoAnn Lyons  
[mailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)

-----Original Message-----  
From: Jacqueline Lappe <[mailto:jacki@mcn.orgjacki@mcn.org](mailto:jacki@mcn.org)>

To: JoAnn Lyons <[mailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)>  
Cc: Harriet Alterowitz <[mailto:hattieyoga@gmail.comhattieyoga@gmail.com](mailto:hattieyoga@gmail.com)>

Sent: Wed, Jan 25, 2012 8:24 pm  
Subject: Re: August

Keep us posted re dinner (and Dennis!).  I'm sure your cake will be a hit.

And I too had the concern that Judith tends to overbook her classes......

We'll see.  But I bet she won't bring it up at the dinner as this is "invitation" only.

Have fun and let us know what you're thinking about August!

Love you guys,

J

jacqueline lappe

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On Jan 25, 2012, at 6:25 PM, JoAnn Lyons <[mailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)> wrote:

The Judith Dinner is the one that Judith made her own improvements to the guest list, by requesting that Judy allow her to ask not only her friends from out of town, but also Dennis.  Bring back the memory of that topic?

Could've used those brain cells, huh?

Love  
  
Sent from my iPad

On Jan 23, 2012, at 10:39 AM, Harriet Alterowitz <[mailto:hattieyoga@gmail.comhattieyoga@gmail.com](mailto:hattieyoga@gmail.com)> wrote:

Hi!

I miss you two already! It was so great to see you both and I wish we lived closer.

Yes, I'm definitely coming to your workshop in the summer.  I'll figure out a way to get to Gualala and be available to help in any way I can.

As for dates, mid to late August works best for me.  My daughter is planning to visit late July/early August.  Other than that I'm free. But it would work best at the end of summer (garden, etc.).

JoAnn: please don't underprice yourself!  you deserve to be well-paid for your expertise.

One thing I'd love would be a session or a day for teachers.  Jacqueline, you mentioned that some of your students would be interested and I'm wondering if you know of other teachers who might want to attend?

Looking at Judith's invitation gave me a few smiles and also really piqued my interest.  I'd love to do it and don't know if it's possible financially.

This will take some thought and planning.  4 trips to S.F.!!!????? Wow!

Much love to both of you!

H

p.s. I spent this past weekend in a meditation retreat with Anam Thubten Rimpoche and it was amazing.  His book is call "No Self; No Problem"

Check it out!

On Mon, Jan 23, 2012 at 9:48 AM, JoAnn Lyons <[mailto:joannlyonsyoga@aol.commailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)> wrote:

Hi Jacqueline,  
  
Was thinking about this as I woke up today.  I would love to do a retreat at your place and have no idea of costs or anything else.  I'll do some thinking on it and get back to you by Wednesday.  Meanwhile, if you have any ideas, let me know.  Thank you for offering to coordinate it -- that's another thing I have no idea how to do.  
  
I already responded that I was interested in Judith's teacher training.  Two reasons, 1) I think it might be good and there might be some more give and take in this training and I just might learn something and 2) I would like to have some sort of teacher training certification besides what I have from Rodney.  If we ever get to the point of requiring certification (and I'm pretty sure that's coming down the pike), I feel certain that Judith's will carry some weight.  I offered the room upstairs, but if you decide to take this, I'll make sure you get first dibs.

Speaking of which, how did you like Rod's class?  Just curious.  I watched a video of interviews with some of the teachers from the conference and Rod and Colleen were the last ones on it -- they both looked a little rough around the edges.  Maybe just tired.  
  
It was lovely spending time with you guys.  I hope the money I left to pay for my half of breakfast was there when you returned from your classes?  I thought about it after I left and realized that the maid might just have mistaken it for a tip!

Love to you both,

JoAnn

-----Original Message-----  
From: Jacqueline Lappe <[mailto:jacki@mcn.orgmailto:jacki@mcn.orgjacki@mcn.org](mailto:jacki@mcn.org)>  
To: joannlyonsyoga <[mailto:joannlyonsyoga@aol.commailto:joannlyonsyoga@aol.comjoannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com)>  
Cc: Harriet Alterowitz <[mailto:hattieyoga@gmail.commailto:hattieyoga@gmail.comhattieyoga@gmail.com](mailto:hattieyoga@gmail.com)>  
Sent: Mon, Jan 23, 2012 8:37 am  
Subject: August

Hi guys, So great to see you both at the YJC! It made me realize how much I will miss our August time together. JoAnn, are you still interested in doing a weekend retreat here in Gualala? I would be happy to coordinate this if so....... Let me know dates and $$ thoughts, as I said before, you both would have a comfy place to stay at my home. Love, J Ps, what do you think about Judith's Teacher's Training next year??? jacqueline lappe 707 888 8436 cell 707 884 9422 home

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balancing act Ever watched a juggler balance three plates on sticks, spinning them around with ease? Marvel at how he manages to keep them from crashing to the ground? What's working to even keep them up there? we each have our own balancing act, keeping our diaphragms balanced and spinning can be an important aspect of staying strong and doing it with ease. Ribbon farm.com/2007/09/19/work-life-balance-juggling-spinning-or-surfing/ Sent from my iPad