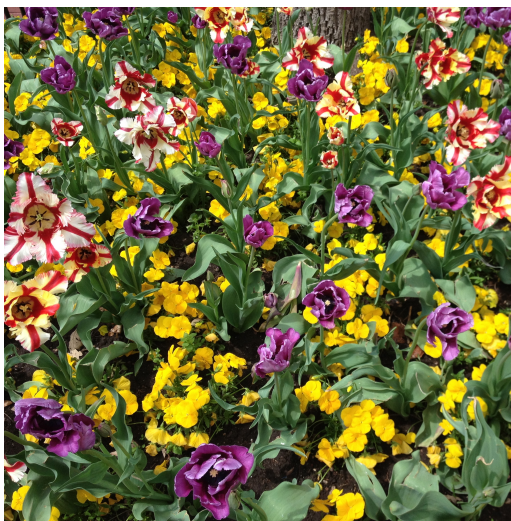




“Spring has returned.
The Earth is like a child
that knows poems.”

- Rainer Rilke



Upcoming Events

Saturday April 5th

Bhakti Bliss Yoga
Hot or Not Yoga
Manahawkin, NJ
7-9 PM

Saturday April 12th

Clear Day
Maris Stella Retreat
Center

Sunday April 20th

Easter

Wednesday May 14th

SRI Workshop
6:30 – 8:00 PM



Renew and Reorganize



As we enter the tumultuous transition to Spring, both Nature and our bodies experience renewal. The days are longer and the weather is starting to warm up, encouraging us not only mentally, but physiologically as well.

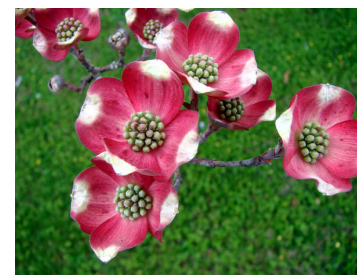
Your body is continuously regenerating its cells and tissues, renewing the structure in response to how you are living your life. This process is influenced

by the food you eat, the exercise you do (or don't do), the people you spend time with, and the things on which you place your attention.

Let this Spring be a season of rebirth AND reorganization. Look forward, invest in yourself, and remember that the shape, tone, and tension in your spine reflects the shape, tone, and tension in your life.

The Field is Fertile

The time around the movable feast of Easter represents a period of fertility and rebirth in many aspects of life. Since antiquity, eggs and rabbits have been symbols of fertility as they appear in abundance in the early Spring.



In addition, as Nature reawakens with the Spring rain, sprouts begin to shoot, flowers and trees begin to blossom, and the slow but beautiful transition out of the cold dark of winter is met with the color, sound, and warmth of life expressing itself.



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