

2017 January Newsletter

Yoga in Triform

~ article by AnnMarie Costanza

The ultimate goal of yoga according to Patanjali's Yoga Sutras, is "Yogas cittah vrtti nirodaha". This translates to the "cessations of the fluctuations of the mind." This is a lofty goal for the average person



even after years of practicing yoga regularly. However, they can achieve momentary stillness of the mind and the reward in those moments is to be able to hear the wisdom that is in their heart. For the person on the Autism spectrum or the person with OCD or ADHD, quieting the body is a tall order let alone the mind. However, I have been privileged to see first-hand that with yoga it is possible even for the briefest moment. For those brief moments, the student is aware of their breath and their body allowing their mind to come to stillness. [Read more](#)

A Birthday and a Talent Show

~Aroon Kalsi

What is a talent show? It seems it is a time for sharing what we feel we do well. At Triform, it may be a show of confidence or a show of kindness... I don't know how to explain it exactly.

On January 27th, Triform gathered to wish Tim Paholak a Happy Birthday and to put on the show!

Many people performed a skit of their choosing and gave it their "all". Music and singing, storytelling and jokes- the talent was all great! Friends from Copake came, our dear Triform graduates, who have known Triform and Tim for years.



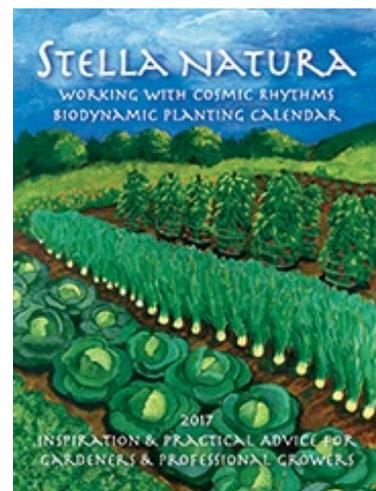
It was a really fun afternoon of sharing and wishing Tim a Happy Birthday!!

Celebrating Candlemas as an Agricultural Festival

~ an article by Ben Davis for [Stella Natura](#)

Calendar of the Soul verse for the 44th week:
*Reaching for new stirrings of the senses,
Mindful of Spirit Birth achieved,
Clarity of soul imbues
Bewildering, sprouting growth of worlds
With my thinking's creator will.*

The 2nd of February is the Christian festival of Candlemas, known in modern day America as Groundhog Day. On this day in the Catholic church the altar candles for the coming year are blessed. In the New Testament, Luke Gospel, Mary and Joseph bring



the infant Jesus to the temple in Jerusalem 40 days after his birth for what is known as the Presentation of Jesus in the Temple, and also, the Feast of the Purification of the Virgin. [Read more](#)

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