

Upcoming Schedule

6/2-6/30 JUNEAU, ALASKA

CircusYoga Workshops for Families and Kids at Juneau Fine Arts Camp

7/2-7/7 LENOX, MASSACHUSETTS

5-day CircusYoga Family Retreat at Kripalu Center for Yoga

7/15 WHITE PLAINS, NY

3-hour CircusYoga Workshop & CYTT Info Session at Yoga Journey

9/16-9/17 BRATTLEBORO, VT

2-day CircusYoga Family Weekend Retreat in Brattleboro

10/19-10/22 CAMBRIDGE, NY

3-day Level 1 CircusYoga Teacher Training at Pompanuck Farm

10/21 CAMBRIDGE, NY

3-hour CircusYoga Family Workshop at Pompanuck Farm

10/22-10/25 CAMBRIDGE, NY

3-day Level 2 CircusYoga Teacher Training at Pompanuck Farm

11/3-11/5 CHICAGO, IL

CircusYoga Teachers Workshop at the AYCO Social Circus Conference

11/24-11/26 LENOX, MASSACHUSETTS

2-day CircusYoga Family Retreat at Kripalu Center for Yoga

CY Teacher Trainings Level 1

In the CYTT we will explore the sacred geometry of a circle and how to create an experience that offers children and adults growth in their relationships, strengthens self-confidence, focus, trust, expression, and teamwork. By blending introductory level circus skills (juggling, partner acrobatics, balance, and clown) with yogic awareness we'll discover the power of play as the seed of creativity.

Level 2

In the Level 2 training we will explore more circus skills (balance, juggling, partner acrobatics and pyramids), Flying Partner Yoga, and expand on all of the practices, deepening your own confidence. Then we'll set the stage for your contribution to the CY fire circle, and show you how to direct the energy of the group into a ritual.

For more information about CYTT Levels 1 & 2, go to: www.CircusYoga.com

CircusYoga, the book

Our book on CircusYoga continues to evolve thanks to the feedback from our Teacher Trainings around the country. We are actively seeking a publisher for this book that will enrich any family's life and play. We thought you might enjoy a sneak peek from our chapter called Principles and Teaching Methodology.

Make New Mistakes

So long as we are not repeating past mistakes we are learning. When we make the same mistake over and over again, we are stuck. We suggest changing the channel, standing on your head, or changing your perspective, taking a break, switching hands, asking a question or just doing it different. As long as the participant is making new mistakes, tell them to give themselves a pat on the back—they are LEARNING! This principle can do wonders for students who judge themselves harshly (and it's not bad for teachers either!).

www.CircusYoga.com

CircusYoga

family workshops, retreats, teacher trainings

"I loved that we could all do this together as a family. All the activities together helped bond us in a fun way. Kevin and Erin are skilled, attuned and lively leaders with awesome skills with kids as well. They created a safe and loving environment." —Patricia Butler, Charlotte, NC



CircusYoga at Kripalu

CircusYoga for the Whole Family program took some big leaps this year and we want to share the good news. We have led 5 teacher trainings in the last year. In April, the birthplace of CY—Kripalu Center for Yoga—hosted our CY Level 1 Teacher Training followed by a 5-day CY Family Retreat. Our yearly schedule at Kripalu includes family programs around Easter, the 4th of July, and



Thanksgiving. Every year our community grows at Kripalu and we have a number of families that have joined us for 5 or more years!

"Possibly the best experience I've ever had in my entire life!"

—Kelly DeLeo, North Reading, MA

"I will be a better teacher and person because of Kevin & Erin."

—Kathleen Barton, Southbury, CT

CircusYoga T-shirts take to the Streets!

Hot off the presses are our new CircusYoga t-shirts, illustrated by my fabulous sister Kristin "Kiki" Bortles! The front is printed with our logo—the "Heart Mudra." The back has a list of many CircusYoga practices in the shape of a heart. The design seems to catch the eye of most who see it. In fact, they are selling to folks who have never even heard of CircusYoga (Can you imagine that? Not hearing of CY, I mean.) Gotta love the spirit of our Heart

Mudra catching the spirit of others so instantaneously. With much research (my usual mode) I found soft 100% cotton, sweatshop-free shirts in rich colors and a print shop with a mission to offer job training for the formerly homeless. So it's good through and through.

The chemistry of illustration, design, fabric, and printing is magic. T-shirts are \$20,

Long sleeves are \$25-\$30, in a bunch of different colors in sizes for kids and adults.

They will shortly be for sale on our website:

www.CircusYoga.com

Until then email me: erin@circusminimus.com

Girl's Raglan Cap Sleeve (8, 10, 12)

in Lavender/Purple, Pink/Fuchsia, & Baby Blue/Navy

Women's Raglan Cap Sleeve (S, M, L, XL)

in Lavender/Purple

Women's Fitted T (S, M, L, XL)

in Raspberry, Grass, & Asphalt

Women's Long Sleeve T (S, M, L, XL) in Brown

Women's Long Sleeve Hoodie (S, M, L, XL)

in Asphalt

Men's (Unisex) T (S, M, L, XL)

in Brown, Asphalt, & Forest

Men's Long Sleeve T (S, M, L, XL) in Asphalt

Boy's T (8, 10, 12) in Navy



CircusYoga Teacher Trainings at Pompanuck

Pompanuck Farm in Cambridge, NY, continues to be a nurturing retreat center for our Teacher Trainings.

"Your teacher training, by far from any I have attended, has given me a new lease on my work and a refreshed approach and tools I can immediately apply. CircusYoga has

given me renewed excitement and joy in the moment of creativity with the kids. It has given me freedom and confidence to go with what feels right, not to mention a whole kit of new tools to explore. Thank you so much for (re)opening my creative juice flow!"

—Kathryn Mark, Santa Fe, NM

Flying Partner Yoga

We taught Flying Partner Yoga workshops from California to Hawaii to New Mexico and back to New York. Flying Partner Yoga combines sacred geometry, yoga postures, and basic partner acrobatics into a beautiful, breath-guided flow. Check out our website to see Forward and Backward Flying sequences.

"This was the best yoga class I've ever taken." —Kathleen Peragine, NYC



A CircusYoga Family

We first met the Ellners in July 2005. Kim, David, Samantha, and Jared decided to spend a week together at Kripalu for our CircusYoga Family Retreat. Well, that is where it all started. It was Day 3 of the retreat and David stopped me in the dining hall, "We want to bring CircusYoga to our town, and we want to teach it." David and Kim completed Level 1 of our CircusYoga Teacher Training last October at Pompanuck. Then in November, the Ellners became a 3-generation CY family, when grandparents Harriet and Jerry joined Sam and Jared at Kripalu. During a dinner together last November, we learned of the family's master plan—a family CircusYoga empire!

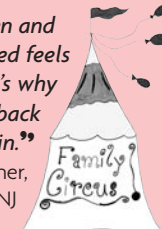
Mom and Dad get training as teachers, Sam (age 12) is the CFO in charge of the books, Jared (age 10) is the CMO in charge of the marketing of workshops. They plan to teach Family Circus workshops together in their community of Westfield, NJ. Logos are designed,



a budget developed, and workshop spaces are being scouted out. This is truly a family business in the form and spirit of CircusYoga!

"Being open and lighthearted feels wonderful and it's why I keep coming back time and again."

—David Ellner, Westfield, NJ



"It made me laugh until I cried! Erin and Kevin are infectious! It made me open and want to learn again in a supportive atmosphere." —Kim Ellner, NJ

"Having me 3 children watch me humbly learn new things I though was a terrific experience for my children. There were great ideas about family communication. Erin & Kevin were amazing. Their connection with the whole tribe of about 40 of us was right on!" —Kathy Zadrozny, Huntington Sta., NY