Rotary Club of Camrose Daybreak

EyeOpener December 8, 2020 Yoga

December is Disease Prevention and Treatment Month

Odell opened the meeting with a Three Tenors’ *O Canada* video with 13 members and guest Deanna present

Best wishes for Carol and Glenda December birthdays

Chris offered **Food for Thought** based on her poinsettia (behind her in our meeting). Originally cultivated by the Aztecs but becoming just a weed along roads in Mexico the scruffy *flame flower* was named by Joel Poinsett in 1836. Albert Ecke brought the plant to the US in the 1920s. His son Paul developed grafting and started sending cuttings by air rather than mature plants by rail. Paul Jr promoted the plant as a Christmas plant, sending plants to TV stations and advertising for Thanksgiving and Christmas sales. Expanding production from South Carolina to California, serving domestic and international markets, the Eckes had a virtual monopoly until the 1990s when a university researcher discovered their cultivation techniques that resulted in the bushy, healthy Christmas-flowering plant. Over 70 million plants are sold annually in the US alone.

John will offer **Food for Thought** next week.

**Happy Bucks**

* Cataract surgery moved from June 26 to May 31 to February 22 – hope it doesn’t go backwards
* In Brampton for 6 weeks, attending Rotary club meetings while there
* Santa came early for the family social distance visit
* South Africa lottery winning numbers 4 5 6 7 8 9 bonus 10, 22 winners, odds 45,000,000:1
* *Fox & Fable* has great games for children and adults for sale

**Announcements**

* The library is seeking clothing for the **Women’s Shelter**. Contact Robyn rgray@prl.ab.ca to see if you can still get a tag off the Christmas tree
* Support the **Camrose Filipino Association** raise funds for families affected by the typhoons in the Philippines by taking your refundable containers to the Universal Bottle Depot in east Camrose
* With the reduction in storage space, we will be looking for *Little Free Library* Stewards to each look after a few libraries and keep some books at home for restocking, refreshing libraries

**Presentation** – Yoga, Deanna Mason, *Ahimsa Yoga Camrose*

With 2 decades practising yoga and having studied advanced techniques with an Indian Yoga in an intense course in 2014, Deanna opened her yoga business in July 2019 to offer drop-in, group and personal yoga training. Her yoga journey began while taking her Masters, feeling stressed out and sedentary, she purchased a video and loved yoga at first position. She practiced on and off through her PHD studies in Classical Literature, working at Queen’s University, the Royal Military College and Augustana. The academic world of mind-focus, deadlines, stress was becoming unfulfilling and was only relieved by dreams of some day teaching yoga.

Yoga traces its roots to 2,700 BCE India and is a way of life in India today. Of the 196 *sutras* (amorphisms) that describe yoga, only 3 reference positions or *asanas*. There are 7 other limbs of yoga that deal with physical, mental and social aspects of yoga. Yoga has demonstrated benefits to physical and mental well-being.

Deanna ended her presentation by leading the group in a breathing exercise.

**Reminders**

* Tuesday, December 15 club meeting, 7 am Zoom – Hospice Society, Joy LeBlanc and Bill Harder
* Tuesday, December 22, club meeting, 7 am Zoom – Christmas in COVID Time, Rev. Ericksson
* Tuesday, December 29, no club meeting – enjoy the Christmas and New Years season
* Tuesday, January 5, club meeting – Genealogy, John Stoddart

Alan closed the meeting, leading us in the *Four Way Test*

Morris

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