

GET "METTA PHYSICAL" WITH UMA KLEPPINGER

*If you want others to be happy,
practice compassion.
If you want to be happy,
practice compassion.*
— TENZIN GYATSO, HIS HOLINESS
THE 14TH DALAI LAMA



dharmayoga: metta, meditation & movement

GRATITUDE:

Attitude.
Flannel sheets.
Things to eat.
Color and light: gifts of sight.
Lovers and friends
(even those that end).
Healing self, healing other.
Healing earth-mother.
Being present, being kind.
Being of sound mind.
A cup of tea.
A hug.
A kiss.
Better poetry than this.
—UMA K, 2011

UMA KLEPPINGER has been in love with the teachings of the Buddha ever since she was 9 and tip-toed into the Byudo-In Temple in Kaneohe, Hawaii. Upon discovering yoga in the mid-90s she knew instantly it is was her dharma to share the benefits of these wonderful practices and teachings with others. Her style is both serious and playful, reverent and absurd. Uma has taught yoga for over 13 years in California and the Pacific Northwest and divides her time between Bend and Portland. For more information, call 503-819-6953 or visit www.bendyogatherapy.com

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