



# Sean O'Shea Foundation

Empowering youth through a dynamic yoga curriculum

## LETTER FROM THE PRESIDENT



Picture taken by Samantha O'Shea

### "SPECIAL THANKS TO THE "FRIENDS OF THE FOUNDATION"

On September 28th the foundation celebrated with a fiesta and we invited everyone who knew Sean and then some. The Fiesta was a success and everyone enjoyed themselves due to the great work of our volunteers, Board of Directors, event committee, donors and our fabulous Chef, Monica Szepesy and her professional team from Q'ero's Restaurant.

For anyone who has ever put on an event for the community or for the youth of our communities, you know it can not be done without compassionate, caring people. What a blessing to see our guests, volunteers and supporters giving so much of their time and support.

We have a couple of fundraisers coming up soon:

- Our 2nd Annual 108 Sun Salutations, December 21st - we collect pledges for every sun salutation that the O'Shea family can do. We selected this time of year to celebrate the New Year and Sean's birth date. If you would like to participate this year, email me.

- On January 17th we have Tim Miller offering a yoga workshop and all proceeds will go to the Foundation. See upcoming events for more information or email me if you want to be contacted with registration information.

If you would like to participate or help the Sean O'Shea Foundation please contact us at [goya59@yahoo.com](mailto:goya59@yahoo.com) or [namaste@seanosheafoundation.org](mailto:namaste@seanosheafoundation.org)

Gratefully yours,

## In This Issue

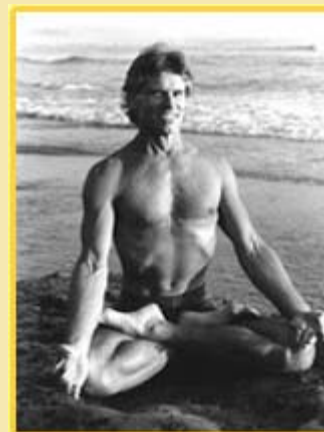
108 Salutations  
 Junior Photographer  
 Another Great Teacher... Joain the Foundation  
 Students Remember Sean O'Shea  
 Words From Sean  
 Priceless Volunteers  
 Father Donates Funds  
 Thank You... SOS Foundation

[Join Our Mailing List!](#)

## Quick Links

[Seanosheafoundation.org](http://Seanosheafoundation.org)  
[Qeroresturant.com](http://Qeroresturant.com)  
 Yoga Paws

## UPCOMING EVENTS



Welcome  
 the New  
 Year with

The Heroic Journey Workshop!

Date: January 17, 2009  
 Location: Ashtanga Yoga Center  
 Time: 2 PM -5 PM

Gloria O'Shea

## YOGA STUDENTS HONOR THEIR TEACHER

BY Brian Ruiz



Picture taken by Samantha O'Shea

Sean O'Shea made a great impression on all of us and I was honored to participate in a recent yoga demonstration for the Sean O'Shea foundation celebration. A group of us yoginis got together to watch the video of Sean doing yoga poses and we realized the transitions between poses and Sean's amazing yoga practice were something we had to work on. All of us came together with unique ideas and how to put the demonstration into action. We practiced on Sunday evenings and some weekdays at Four Seasons Yoga which was touching to all of us; the original studio where we connected with our teacher, Sean. I could see a place in the wall that Sean had patched after my foot made a hole in the wall, the same sidewalk that Sean had put tape on that said "look up to hook up" and you'd see mistletoe on the ceiling. Sean was alive in me and I knew the experiences with him were all around and that Sean was there along side each one of us. During our practice we focused on each others strengths and encouraged each other and worked as a team. We laughed, talked about Sean, and the experiences we shared with him. As we got closer to the big event there was a feeling that this was going to be something special. The day arrived and as we knelt on our knees and prepared for the yoga demonstration in front of nearly 200 people, I felt very peaceful and smiled knowing that each one of us were going to shine and honor our friend and teacher Sean O'Shea. When it was over I opened my eyes and looked up and saw my mom and she had tears in her eyes; she knew what an impact Sean had made on my life. I will never forget

As we begin a new year we are faced with monumental challenges at a personal, national, and global level. How will we respond to these challenges?

In this workshop we will explore how our yoga practice, or sadhana, can make us better equipped to face life heroically. Using the mythological figure of Hanuman, or Mahavira (the Great Hero), as our role model we will examine how our sadhana can help us cultivate the three vital essences he embodies--Prana, Tejas, and Ojas (energy, courage, and devotion).

Using techniques of Asana, Pranayama, and Mantra (Sacred Sound) we will explore how our sadhana can give us greater intelligence, adaptability, valor, calmness, and endurance.

All levels welcome

Contact Gloria O'Shea if you would like to be contacted when registration information is available at [goya59@yahoo.com](mailto:goya59@yahoo.com).

## YOGA PAWS DONATED FOR YOUTH



Yoga Paws are a revolutionary mini mat designed to add support and extra padding to the feet and palms. They are great for travel and help to stabilize your foundation when doing yoga postures. Special thanks to Jamie Gitzwiller and family for their generous donation of hundreds of pairs of yoga paws. The Yoga Paws have been distributed to our young Sean O'Shea Foundation participants and they love them! You can find more information about Yoga Paws at [www.yogapaws.com](http://www.yogapaws.com).

## HALLOWEEN FAMILY YOGA CLASS IN MEMORY OF SEAN O'SHEA



what an honor it was to be at the foundations celebration and take part in this demonstration that honored Sean...I am grateful.

## 2nd ANNUAL SEAN O'SHEA FOUNDATION 108 SUN SALUTATIONS - WINTER 2008



Come celebrate the New Year by challenging yourself to complete a Mala - 108 Sun Salutations or donate a pledge and support the participants. 108 is a very auspicious number in the yogic tradition. Some say 108 Sun Salutations are the best way to mark each of the four seasons. It is also said it should be done at the onset of a new year, or on your birthday. Once again we celebrate the New Year and the birth date of Sean O'Shea on:

**Sunday, December 21, 2008  
at the hour of 1:08pm  
at the Four Seasons Yoga Studio in La Jolla**

Last year we collected pledges for every sun salutation that the O'Shea family did. Mercedes, Finian, Michele, Liam and Gloria completed all 108 Sun Salutations along with some of Sean's friends and yoga students. Sean's brother, sisters, friends, and parents will once again participate in one of Sean's favorite yoga traditions. We hope you join us on the mat or with a pledge.

Contact Gloria O'Shea for more information at  
(760) 966-0987 or email [namaste@seanosheafoundation.org](mailto:namaste@seanosheafoundation.org)

## TULUM TART DESSERT



Picture taken by Samantha O'Shea

Monica Szepesy has been a supporter since day one. At her restaurant they serve a Tulum Tart that is scrumptious and rich with exotic fruit and more. For every slice of Tulum Tart you buy, Monica donates the proceeds to the Sean O'Shea Foundation.

Sean worked for Monica many years ago and when he was in Tulum Mexico, he brought back a dessert recipe for Monica to try in her restaurant. Today it is a staple served at Q'ero's Restaurant. Please

The event was October 17th and was well attended. The class was led by studio owners, Tom and Trisha Kelly and Jodi Komitor, founder of Next Generation Yoga.

This family yoga class was a healthy way to celebrate Halloween. The children did many different animal characters and yoga poses. They stirred a mystical pot of sacred potions and they stretched lots of jack-O-lantern-faces. All ages were welcome.

The event was in honor of Sean O'Shea and all proceeds were donated the Sean O'Shea Foundation.

Special thanks to Tom, Trisha and Jodi for their support to the foundation.

## PRICELESS VOLUNTEERS



Picture taken by Samantha O'Shea

Many of our volunteers were members from our event committee and some were friends from the community offering their services like Joan & Brian Grieser, Nobu Ishibashi, Holley Kinnear, Fran MacLellan, Don Reed and John Moore. Some were family to Sean and traveled from Los Angeles to assist like Sean's cousins, Sarah Montano, Sheila Montano, Justin Bayes, Mark Hopstein, Jeff Hopstein and aunts and uncles like Nancy Hopstein, Steve Montano and Dirk Hopstein.

## FATHER DONATES FUNDS TO SUPPORT THE SEAN O'SHEA FOUNDATION

Recently the Sean O'Shea Foundation recieved funding to sponsor the fall 2008 through fall 2009 "Follow-up" yoga programs for youth participating with the

visit O'ero's when in Encinitas and make sure to make a reservation, they are well known for their authentic Peruvian food and they are always busy. Special thanks to Niko, Monica, Michael, Mario, Suzie, Juan and Megan, your participation at the fiesta was overwhelming and greatly appreciated.

### JUNIOR PHOTOGRAPHER



Special thanks to our junior

photographer, Samantha Erin O'Shea. Samantha is following in her uncle Sean's footsteps and learning the ropes of photography. Samantha is a 7th grader at Jefferson Middle School in Oceanside. She loves reading, surfing and being in her school production choir.

Samantha has recently been appointed Junior photographer for the Sean O'Shea Foundation. She is hoping for a digital camera for Christmas. (Hint, hint Mr. and Mrs Santa).

### ANOTHER GREAT TEACHER.. JOINS THE FOUNDATION



I was an abandoned child; one of those kids most people think will either die young, or grow up to live a miserable existence. At the age of 11, I was adopted into a yogic community and practicing yoga and meditation saved my life...I have been practicing yoga for nearly 30 years now.

The first time I heard of the "Sean O'Shea Foundation" was from my 15 year old son. The foundation came to his high school to teach yoga. In the year that followed, it seemed that everywhere I turned; the name of the foundation kept coming up. Back in late July '08 I took over the management of Yoganic, a yoga studio in Hillcrest. When Gloria O'Shea invited Yoganic to the recent anniversary celebration, I naturally felt a very strong pull and knew I needed to learn more about the work the Sean O'Shea Foundation is doing. At the anniversary party, I found myself becoming very still as the slide show of Sean's inspiring work moved across the screen to the powerful melodious tune of "Aad Guray". This was a mantra I chanted almost daily growing up. I deeply felt the strange synchronicity of it as Sean's story was revealed to me,

foundation. The programs allow all the foundation participants to continue their yoga practice free at local yoga studios and facilities with their parents. The foundation starts their first follow-up yoga programs this December.

Sean Hernandez and his wife, Mariana have generously donated the funds in memory of their son, baby Joaquin Mateo. The funds will provide hundreds of children the opportunity to continue their yoga practice after completing their seven week yoga program with the foundation. The O'Shea family and the youth of our communities wish to thank the Hernandez Family for their support and generous donations.

### THANK YOU...FROM THE SEAN O'SHEA FOUNDATION



We wish to thank those who supported our foundation fundraiser by donating auction items, door prizes and raffle goods and food.

Helen's Heavenly Home Spa - Message

Phil Tintsman SPYoptic

Mr. & Mrs. Dirk Hopstein Westin time share

East of Bali Joanne Villegas

Mary Trotter Imported table cloth

Robert Hamm Wine baskets

O'Shea's Delivery Finain O'Shea

Mandarin Yoga Free yoga

and at that moment...I knew I was in the right place.

I am now, joyfully part of Sean's vision and enjoy teaching for the Sean O'Shea Foundation. It has been rewarding teaching youth the rich philosophy of yoga's physical postures and character building.

I look forward to teaching many, many more children of our communities.

Devi Kirn  
Manager Yoganic Studio

### STUDENTS REMEMBER SEAN O'SHEA

The following is a letter that was read to the audience just before we performed:

Sean's kind and caring personality was infectious; His soul, sincere. The in-class jokes revealed a playful and funny spirit that not only survived into adulthood, but flourished.

Sean's classes were the best: a mix of fun and deep underlying seriousness. There was a clear message: in order to obtain proficiency in the challenging postures, a great deal of work and dedication is required. Without ever preaching, Sean's lightness, humor and perseverance hinted at how you might get there.

Sean inspired each of us with his practice. His physical asana practice was magnificent: a work of flowing poetry. He gave struggling students hope and encouragement with his kindness. He convinced advanced students to move beyond their self-defined limits. He made every student strive to do their very best. He made you believe that you could, with practice, achieve greatness.

A small piece of Sean will burn eternally in the hearts of all his students. When his students step onto the yoga mat, they often dedicate their practices to Sean.

His students too become teachers, and the legacy blossoms as Sean's spirit and love of life moves beyond those so lucky to have known him in person.

Love,  
Brian, Christine, Daniel, Steve, Teresa, Vivian and ALL of Sean's students.

### WORDS FROM SEAN

Words from sean

Mercedes and Sean O'shea

"It's not enough to follow your dreams...you must lead them"

Wayne Acciaccia  
"Muerto" Skate Boards

Pacifica Hotels  
Christina Esquivel

Jerry Miller  
Surf Board

Johnny Mananas  
Latin foods

Jostens  
Darrell DeSpain  
Scholarship and  
Josten ring certificate

Magdalena Ecke  
Family YMCA  
Skate Park Pass &  
Membership

Georgia Smith Quilts  
Hand made quilt

Paul Villegas  
sports baskets

Three Sisters Jewelry  
Design - Custom Jewelry

Perris Valley  
Skydiving

Jewelry by Barbara Barnett  
& Carli Barnett

Four Seasons Yoga  
Jenny Barrett  
Yoga Basket and passes

Eight Elements  
West - La Jolla  
Yoga and message

California Pizza Kitchen  
Dinner and dessert

Jimbo's - Food for the event

Monica Szepesy -  
Qero's Restauratn  
Peruvian dinners for  
event guests

Liam OShea  
SEAN OSHEA FOUNDATION

Email Marketing by

