



NEWSLETTER

Term 1, 2009

Welcome to 2009 with another year of great Yoga and its benefits. It's always interesting to look back over the term and wonder how we did it all. Our late start on 2nd February, 2009 was due to my **Yoga Retreat in New Zealand with Donna Farhi**. I went there expecting to receive all sorts of new information and I came away with a complete different outcome and much more renewed confidence in my Yoga practice, knowing that what we achieve in class is world standard. Ripples of that Women's Yoga Retreat filter out in my daily life and often I have an arrrha moment! So it was totally worth it! It has inspired my desire to put on another Yoga Retreat. Vast amounts of planning work go into such a feat and I will let you know when I source the ideal location and schedule.

On 21st February, Buderim Yoga conducted a **Toning Workshop with Jaro Kova**, a composer and music philosopher for more than 30 years. The numbers were smaller than I expected but the tone we created was bigger than our size. An enjoyable day was had by all. It was pleasing to welcome those who traveled from Brisbane and further, proving that our Buderim Yoga Website is working!

28th March and 4th April I was invited to the Forest Glen Natural Foodstore to promote and sign copies of **Buderim Yoga Nidra CD "Your Sacred Space"**. Since December almost 200 copies have been sold prompting me start working on my 2nd Yoga Nidra CD. You will certainly hear about it when it comes out!

Easter has arrived wet, wet, wet.... And more wet..... with the departure of our dear Yogi and friend Kaye. It won't be the same without her beautiful presence in the Tuesday Morning and Saturday Morning Classes. Kaye has been totally devoted to both classes for over 2 years and I will miss her. **Thanks for all the joy you brought to our lives Kaye!** I must say that is the hardest part of teaching Yoga, students disappearing for whatever reason, which leaves a big gap in the class room. My greatest joy is knowing each and everyone of you as special souls that create a beautiful presence in our classes.

"Regardless of what stage of life we're in, Yoga practice should serve to bring forth our unique skills, strengths and talents. It should help us love with greater ease and acceptance"

Welcome to Term 2 - Ten Weeks

Monday 6.00pm to 7.30pm 20th April to 22nd June

Tuesday 9.30am to 11.00am 21st April to 23rd June

Thursday 6.00pm to 7.30pm 23rd April to 25th June

Saturday 8.30am to 10.00am 25th April to 27th June

What has happened to the **Meditation Classes**?

Meditation Classes are now by appointment. They are conducted on Monday Evenings after the Hatha Yoga class at 7.30pm. Everyone is welcome \$10 per session.

2009 Year of Home Practice: This is my encouraging thought for this year! It became an important topic with Donna Farhi and when I was about to write about it for this newsletter I came across an article in Australian Yoga Life Magazine by Louisa Sear from Byron Bay saying:

“The fruits of self-practice are great. In a class you are listening to another’s instructions. In self-practice you are your own teacher, your own guru. If you can stay sensitive to your own wisdom, then you will be integrating the yoga as you practice and ultimately you are both teacher and student rolled into one. Developing a personal practice is a challenge for many students. Don’t worry if it is difficult to self-practice at the start. Establish your foundation in the practice by attending classes regularly, and then as you move from the beginner stage, begin some home practice. If it’s challenging, just start with 15 minutes and then slowly expand this. When you have had a committed and dedicated self-practice for several years, I believe that you open yourself to another whole dimension of yoga”.

“When we realize that what we are advancing toward is not some physical form but an inward recognition of the truth of who we are, then we will not feel ourselves to be failing if we cannot attain difficult postures” Donna Farhi.