

NEWSLETTER



End of Term 2, 2009

Thank You for your wonderful participation this term!

We really did some great work. Yoga is its own reward. As you become regular with your practice you will discover you want more and more Yoga, it's your body getting energized by the prana which makes you feel healthy and strong. When your body is in balance and you start to feel really alive, you can achieve everything, on all levels. That's Yoga working in your life for you.

Not another Yoga Retreat!

Swami Gitananda has been a central focus for teaching Yoga in India since the 50's. He has an Ashram in Pondicherry near Madras in India and teaches a 6 month live-in teacher training course. This course is recognized as a high standard, with more than 375 asanans, kriyas, mudras and pranayams being taught and classical cleansing practices, concentration and relaxation practice. It's the Ashtanga Yoga System also known as Gitananda Yoga. On 1st May, 2009 I was lucky enough to go to a Yoga Retreat in Brisbane and have 3 days of **Gitananda Yoga**. Swami Gitananda has passed over and now his son Dr Ananda has taken the reins and is a young healthy medical doctor with the ability to give an outstanding lecture. He has a firm foundation with a strong lineage to Yoga Life. The Yoga Retreat was of a high standard where I felt like I had the real deal. It was valuable teaching I received and will endeavour to bring to my students. I will be studying the books I bought at the retreat so we can continue to strive in our practice together. There is a 10 day trip to the Ashram in September. India is calling....but can I cope with the highs and lows and demands of that magical place?

Winter is here! The cold chill creeps through my airy Queensland Style pole house, I struggle to keep warm. Eight months of the year it is a breezy delightful joy to live in.....What is the solution? **Bed**.....Are you getting enough sleep? Discussions on depression

show people are not getting enough sleep. Are you getting 8 hours of uninterrupted sleep per night? If not, you risk health problems. It is reported, the sleep hours we have before midnight is worth 3 times more value to the body than the hours after midnight...so 9pm here I come ha! What with bad sleeping patterns and only breathing 10% of our capacity.....no wonder we have health issues. Use winter as a time to catch up on valuable sleep and see if you feel healthier.

Don't let the cold put you off coming to class as there will be plenty of heating postures all through Winter Term.

Term 3 – Nine weeks

Commences:

Monday, 20th July 6pm to 7.30pm

Tuesday, 21st July 9.30am to 11am

Thursday, 23rd July 6pm to 7.30pm

Saturday, 25th July 8.30am to 10am

Term Fees are encouraged to make a commitment, 9 weeks = \$108

Or drop in fee = \$15 per class.

We have talked about some of my favourite topics, Yoga, Sleeping, Breathing.....how can we not discuss eating? As the warming foods come out like my famous Spinach Pie, (see previous newsletter for recipe) tasty soups and stews, I'd like to give you a tempting morsel to have with your Chai or Coffee. Not hard to make and just sweet enough:

TAHINI BISCUITS:

Six tablespoons tahini

Three quarters of a cup of Honey

One and a half cups rolled oats

Half a cup of sunflower seeds

Preheat oven to 350F

Stir the tahini and honey together until well blended.

Stir in sunflower seeds and oats.

Drop by teaspoonsfuls onto an oiled baking sheet and bake for 10 minutes or until edges are brown.

Let cool on baking sheet for several minutes or until the billy is boiled.

Eat and definitely enjoy. Double the mixture if you want them to last longer.

Thought for the week:

During the term we have an extensive range of "Thoughts for the Week". Often these are short and to the point. Most of them give us something to think about for the whole week and hopefully practice in our lives. If ever you would like to revise the thoughts or get me to discuss these topics further I would be happy to do so. Recently, we covered the "**Seeds of Transformation**" by Maggie Erotokritou, which were 52 powerful thoughts & I sent them out by email each week. Since we completed that we have been covering writings from other Spiritual Teachings. This term we have delved into the "**Seven Spiritual Laws of Yoga**" by Deepak Chopra. I am keen to advance into "Patanjali's Yoga Sutras" which could take a while as there are 194 of them. Email me your ideas for what you would like to cover!

“The Bodies of Grownups”

The bodies of grownups
Come with stretch marks and scars,
Faces that have been lived in,
Relaxed breasts and bellies
Backs that give trouble
And well-worn feet
Flesh that is particular
And obviously mortal
They also come with bruises
On their heart
Wounds they can't forget
And each of them
A company of lovers in their souls
Who will not return
And cannot be erased
And yet I think there is a flood of beauty
Beyond the smoothness of youth
And my heart aches for that grace of the longing
That flows through bodies
No longer straining to be innocent
But yearning for redemption

By Janet Morely

Wishing you Happy Holidays and I look forward to seeing you in the Winter Term..... One of the most important terms, used to get rid of aches and pains accumulated in the cold. Pranayama used to strengthen the bronchial and immune systems and the bliss of Yoga to bounce into Spring.....Yes bring it on.....

I am looking forward to seeing you in Class.

Many Blessings,

Hari Om,

Lyn