



NEWSLETTER

Term 4, 2009

“Think of the beautiful happenings of this past year.....Sow the good you did in the past on the fresh soil of the New Year, that those vital seeds may grow in an even better way.”

Paramahansa Yogananda

Congratulations!!!! To those students who have put in a consistent Yoga Practice in 2009. I see your progress and I am thrilled at the commitment you are making. I know for myself that life is full of health, vitality and peace the more I practice Yoga. Every year I aim to give more of myself to Yoga and realise it is the constant love of my life. It was only when I saw someone doing the warrior asana in a casual way with arms slack and legs incorrectly placed did it dawn on me!! Yoga means Union or Yoke. That is the union with body, mind and spirit. When a pose is done in a half hearted way that is the way you are yoking, linking or relating to the Divine and that is the way the life is being lived!!! Was that your intention? I don't think so.....when the power centre at the solar plexus is engaged and the eyes are focused on that point in the distance and full attention is given to correct alignment and the pose is held with strength and loving kindness, then we are open to allowing. Allowing the Divine to be present in our life. We are paying attention to our thoughts our actions and open to learn the lessons. Its an amazing journey of self realization.

CHRISTMAS BLESSINGS TO YOU AND YOUR FAMILIES!!!!

I am wishing the deepest Christmas Blessings for each one who is reading this. May the true Spirit of Christmas be with you and your family every moment. Take the chance to embrace this time with peace and happiness and an open heart.

That was 2009.....

As we close the door on another year it is interesting to remember all the amazing events that went on. Sometimes we think nothing much happened, we only have to go over our photos of the entire year to see all the smiling faces of people we touched, moments of importance, things we forgot, stuff that impacted our lives. Take time before the year is out to reflect on the opportunities you experienced, the lessons you learnt, the holidays you had the flights you took, the meals you shared, the people you helped, the fun you created, the work you did. Think of how others saw you, the flavour of how you did those things. Then with gratitude in your heart give thanks for having another year ahead where we can improve on everything. We can be the best we can be in 2010. Bring it on!!!!!!

CLASSES COMMENCE ON 11TH JANUARY, 2010

Meditation Class for Inner Peace in 2010

There will be a 7 week meditation Class in Term 1 and in every Term in 2010.

This class teaches you how to Meditate for the rest of your life.

You will learn the difference between Relaxation and Meditation.

It will impact your life when done on a regular basis. This class is open to everyone and it encourages meditation in your life. If you are already meditating try joining this group to strengthen your practice by having a group meditation once a week. Excellent!!! You wont regret it.

Yoga Retreat in 2010

“Every person needs a retreat, a dynamo of silence where he may go for the exclusive purpose of being recharged by the Infinite.”

P. Yogananda

“10 BEAUTIFUL WOMEN IN BALI”

Dates are now set for 7th, 8th, 9th 10th and 11th September, 2010

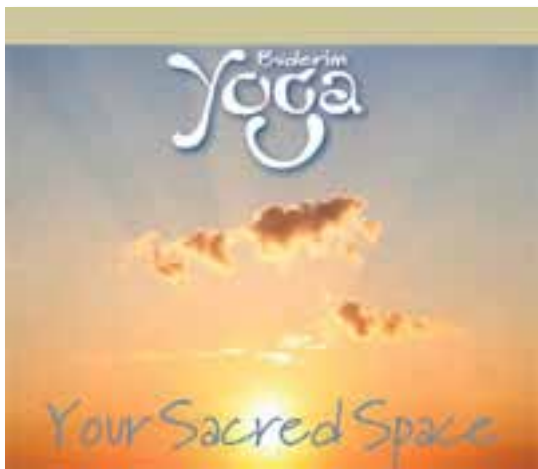
Do you have the desire for revitalization, rejuvenation and renewal? This Yoga Retreat will be a fantastic way for you to give your spirit time to soar.

You will be encouraged on your Yoga Path with these 5 wonderful days of peace and happiness.

For more details look on the website under “Workshops & Retreats”

Book NOW!!! Come with me.

YOGA NIDRA CD “Your Sacred Space”



This CD has been out for a year now and has been very successful. Over 300 copies have been sold so far. Lyn will be going back into the recording studio to complete another Yoga Nidra CD so stay tuned. Look on the website “SHOP” for details of how to purchase “Your Sacred Space”

GIFT VOUCHERS FOR BUDERIM YOGA



Now available.

Contact Lyn for more information

***“Beginning with the early dawn each day, I will radiate joy
to everyone I meet.....***

Before the unfading light of my cheer, darkness will take flight”.