



Yoga & Reconnective Healing

YAY! WE MADE IT TO 2010

“Don’t save anything for a special occasion, being alive is a special occasion”

The predictions for this year are awesome. This year is a great time to start anything new, to take risks and follow your heart desires. Whatever you do this year will determine your future and that of the planet. So get to it follow up on that one thing you have wanted to do and go for it.

YOGA MATS



As reminded in the last newsletter, there will be a hire charge for sticky mats. After attending two classes without your own mat (pre-natal class excluded) a \$2 charge will be added for the hire of a mat. This is necessary as mats go missing and I also have to maintain the cleaning and maintenance costs. Also in the interest of health your own mat is essential. I will have mats available. Cost will be around \$25. I also have mat carry bags at \$17.95 (limited stock available so be quick)

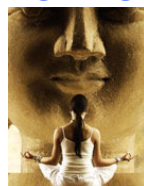
DETOX 2010



This is very easy for 3 days drink a warm cup of water with lemon juice first thing in the morning and before bed. Stay off coffee, tea, sugar and alcohol. Drink herbal teas and eat only fruit and vegetables, especially green veg’s, practice either bastrika or kapalabhati. If you are not familiar with these practices then simple Yoga breathing is ok. Slowly introduce other foods on day four.

Aloe-Vera juice is also a good detox tonic and filled with lots of good stuff.

DON’T SWEAT THE SMALL STUFF



Sometimes life and situations seem bigger than they are. When we are feeling overwhelmed we can balance that out by using practices such as Salute to the sun, and ujjai breath, (see below). When you are going through difficult times use this affirmation. *“instead of rejecting my suffering, I will ask for it to be transformed”* Sit quietly and observe listen to the breath, then wait until the stillness arises.

BLISS OUT.....

UJJAI BREATH- (throat breathing)

Take a slow deep breath and place the tongue on the roof of your mouth and hear the sound (saaa), exhale and hear the sound (humm). Release the tongue but still keep a soft constriction in the throat and continue on with listening to the in and out breath.

FEATURED POSE.



Adha Matsyendrasana (half twist pose).

This pose reduces back & hip pain. Tones the liver, spleen & abdomen. Neck and shoulders are relieved of tension. The pose can be practiced with the bottom leg straight for beginners. The breath will be short and fast in the pose to begin with. Keep both buttocks on the floor.



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*“At the centre of your being you have the answer; you know who you are and you know what you want”
lao tzu*

YOGA TIPS.....



No matter what you are experiencing during class just keep observing, this is where Yoga (union) is experienced. Your body has its own intelligence, trust that, rather than rejecting your body. (it loves attention)

When the teacher comes to adjust you in a posture it is not that you are doing it wrong it is because she can help you to see further, to experience deeper.

UPCOMING EVENTS

MEDITATION WORKSHOPS

Level 1- January 30th. 1-4pm

Level 2-February 20th 1.4.30pm

Please see attached Flyer.

FREE TALK -AT QUANTUM BOOKS.

Along with Anthony Craig I will be presenting , Re-connective healing.

Demonstration commences at 12pm

February 28th – Phone Quantum to book

A place (limited seating) 8267 1579

*‘To experience what is solitude and what is meditation, one must be in a state of inquiry: only a mind that is in this state is capable of learning.’
J KRISHNAMURTI*

REAL MEN DO YOGA



I would love to see more men coming along and practicing Yoga. I have recently been teaching a League football club and have come to realize our men need to learn how to become more aware, develop attention and know that they deserve some time out for themselves away from their careers. Historically Yoga is a male practice, a man becomes very powerful in life when he has the skills of attention and a strong physical body. Ladies get your man off the couch and bring him along. My husband suffered headaches, back pain and stress. He reluctantly came to class and toughed it out and guess what he is feeling great.

WAY OUT YOGA

It is no wonder so many people are confused about what is yoga and its purpose and effects. When I hear people talking in what I can only describe as some way out weird language describing some way out experience I ask myself “what are they smoking?”. Yoga is a very simple practice it does not and its purpose is not to bring about visions of kundalini energy rising from the ashes of your psychodelic mumbo jumbo,. That my friends, is some mind created fantasy to throw you into denial so you don't have to face the real world. Sorry if this disappoints you. The truth is if Yoga's teachings dont make you find truth nothing will, because we were born knowing the truth and that is beyond the mind and its fantasies beyond stillness beyond emptiness, if you can get there I guarantee you will find peace.

It is common to have Intuitive visions and messages but these are very different from fantasy.

Namaste,

Cathie

