



Yoga & Reconnective Healing

It's fabulous February with Adelaide buzzing with the fringe, festival and WOM. It is important to allow yourself time to enjoy activities that invite humor and relaxation and music for the soul. The newsletter will now come out monthly, to keep you up on the many changes with Cathie and Spirit of Yoga School.



Yoga mat bags for sale. A great way to keep your mat rolled up and easy to carry. Limited stock available \$17.95

FEATURED POSE.



Vrkasana (tree Pose)

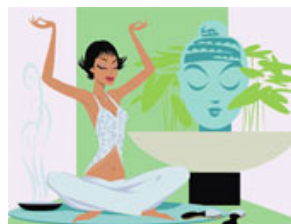
Clears the mind, builds strength and self esteem. Hold the pose for at least ten breaths. To help you stay balanced keep your eyes relaxed and gazing on one point. Good before meditation.

EXCUSES, EXCUSES, EXCUSES

How often to you find yourself making excuses for most decisions or choices. Excuses create tension in the body and stop the natural flow of your life to take over. It is a form of denial. Get real with your self. When you find yourself making excuses for yourself or others, stop and focus on what you are saying and ask :Am I speaking the truth. If your life seems to be stuck, pulling the plug on excuses just might help your flow to return, giving you more energy. As the saying goes "It is as it Is".

"unless you choose happiness, you will wait forever for it. Unless you bring a new intention, the outcome will be the same. Unless you let go of the past, you will not see the present" (holden)

YOGA TIPS.....



During asana focus more on the exhale and see how the body relaxes deeply. Chant OM to lower blood pressure and calm the nerves. Ram(rahm) brings a feeling of protection and peace. Hum for repelling negativity, awakens digestive fire, good for cleansing.

UPCOMING EVENTS

MEDITATION WORKSHOPS

Level 2-February 20th 1.4.30pm

FREE TALK -AT QUANTUM BOOKS.

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

Demonstration commences at 12pm

February 28th – Phone Quantum to book

A place (limited seating) 8267 1579



GINSENG

Is a pick me up tonic, builds stamina, immune tonic. Good when you feel fatigued. Might help with the brain too.

Look forward to you coming along to class. **No More excuses.**

Namaste,

Cathie

