



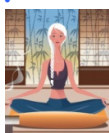
Yoga & Reconnective Healing

Namaste Yoga Friends,
We are well into the Year now with a lot of un-known going on in our world. It is always better to keep a positive side to life no matter what changes are going ahead around us. Do be understanding to those around you because people are struggling with many life changes
I have new classes starting up in Norwood see at www.spiritofyoga.com.au

MEDITATION WORKSHOP



There are several places still left in this workshop. It includes restorative Yoga and learning to make journal entries after meditation practice. The rest is un-learning Meditation, a look at different practices and finding gentleness with yourself and your Yoga and Meditation practice. Also there will be a new class commencing at Norwood in May that will be an hour of Restorative Yoga and meditation – Tuesdays at 7pm. Also another Reconnective Yoga beginner's class will be commencing in the next couple of weeks so please register your interest for this 6-week course.



YOGA TIPS

When you come into the Yoga room and when you leave try and practice silence. It is rare that we are silent. Silence is a gift and we can learn so much about life, others and ourselves when we are quiet and gentle with ourselves.

Focus on the quiet space within you while you practise Yoga and relaxation or meditation both in and out side of class.

This Months Recipe –Zucchini Slice



Ingredients (serves 4)

- 4 eggs, lightly whisked
- 2 garlic cloves, crushed
- 2 green zucchini, ends trimmed, coarsely grated
- 125g reduced-fat ricotta, coarsely crumbled
- Salt & freshly ground black pepper
- 2 tsp olive oil
- 1 x 250g punnet cherry tomatoes, halved
- 1/2 cup loosely packed small fresh basil leaves. Preheat grill on medium-high. Whisk the egg and garlic together in a large bowl. Gently fold in the zucchini and ricotta, and season with salt and pepper. Heat the oil in a 20cm-diameter (base measurement) non-stick frying pan over medium heat. Pour in the zucchini mixture and cook for 5-6 minutes or until frittata is set around the edge but still runny in the centre. Cook under preheated grill, about 6cm from the heat source, for 2 minutes or until golden brown and just set. Remove from grill. Cut the frittata into 8 wedges and place on serving plates. Divide tomatoes among serving plates and sprinkle with basil. Serve immediately.

“Be the change you wish to see in the world”

Gandhi



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Restoration Poses.

Restorative Poses are used when you have little energy or going through periods of stress. They have the same end result to calm the nervous system without the effort required through physical practice. I will be exploring this during the Meditation workshop if you wish to experience using support to restore and relax.



Patanjali Yoga Sutra 2.7

"Excessive attachment is based on the assumption that it will contribute to everlasting happiness."

When we are satisfied by a desire, it provides a moment of happiness. Because of this experience the possession of objects can become very important, even indispensable, whatever the cost. The result may be future unhappiness and the loss of some essentials of life.

Journal writing

Writing down your experiences in a Journal can be a helpful way to see yourself and the patterns that are occurring in your life. In Buddhist philosophy it is known that we develop habits from the causes and conditions of our life. How do we come to know those causes and conditions that are generating our life experiences?

Meditation is possibly one of the best ways to achieve this. Unfortunately we may have even formed habits in Meditation also.

However meditation gives us an opportunity to be with ourselves our mind and thoughts our feelings. Recently I have been practicing a new Meditation known as "Unlearning Meditation" This has been developed by Jason Siff. It involves partly changing the way you approach meditation as well as writing down your experience after Meditating. I will be sharing this experience in this weeks Meditation workshop.

Start by treating yourself to a beautiful blank notebook and a good-quality pen. Having lovely implements at your disposal can help entice you to write. If you are starting a journal, commence by talking about your day, what happened and how it made you feel – you may be surprised where you end. If you are interested in creative writing but are not sure where to start, begin by simply describing the things around you, people in your life, your dreams. Enjoy. This is your time and the blank page in front of you is for your eyes only. Let go into the moment, just enjoy the act of writing, and see what arises.

Reconnective Healing.

I have a special on at the moment for those who have asked about having a healing. If you book three healings you receive a 15% Discount.

For Further info go to

www.thereconnection.com

There is also a note on Japan, on the front page worth reading, also check out Reconnective Yoga (I am featured on this)

Namaste, Cathie

