

*Term 4 has well and truly started and we are now back into our yoga regime. Thank you all for returning to classes and also to students who have been away from us for a time... you know who you are and it is great to have you back with us.*

*This term too we have some younger girls joining us as they start their preparations for the HSC next year. We know that a yoga class and the skills it will provide them will help them in any stressful situation they may encounter.*

*I am of course back from my wonderful trip overseas... Italy, England and Scotland it was a great trip. Thanks to my Yoga colleagues who looked after my classes. Holidays are great but it is always so fantastic to come home to all things familiar and I find I have a new, refreshed appreciation for all I have in my life. Be safe and well. Liz xxx*



### **Twisting Poses**

If you don't enjoy twisting, it's likely because you're using an overzealous approach. Though it may be tempting to go for it, twisting as deeply as you possibly can, this approach might leave you feeling stuck—like you have nowhere else to go. A [more effective](#) way to experience this group of poses, however, would be to take your time so you really feel an opening. And Breath with awareness so you can feel the pose evolve.

First, elongate your spine and create space in it before twisting; otherwise you exert pressure on the disks and leave yourself open to injury. Second, using props eg., a chair to sit on, in twisting sequences to gently prepare the body for [deeper poses](#). Being mindful of your alignment and using props will prevent you from powering through the poses, so you can enjoy a spiralling action up the spine and reap the benefits that twists offer. Yoga Journal

### **Pranayama:**

Perhaps you have heard this word before in your yoga classes and have not paid too much attention. *But what is Pranayama?* It is the Breath of life! It can be viewed with many complicated and varied definitions but to put in simple terms Pranayama is the conscious extension of the breath with out exhaustion. It is a way of extending prana and enabling the prana to move around our body to bring light and warmth.

Prana is a fundamental force that takes energy to the bodies limbs, cells and mind.

We are born with Prana and it is our goal in Pranayama (conscious breath) to make best use of what we have in our body occurring naturally. For example, stress, anxiety and anger deplete our life force, our energy levels our Prana. Our goal is to efficiently use Prana and not waste or deplete our life force and this can be done with a variety of breathing techniques. The most important is simply to breath with awareness! [More information on this topic to come in 2012 Pranayama workshop.](#)



**Join us next year for a most useful workshop on Pranayama, Prana and making best use of our potential.**

**On-line Yoga and Meditation Registration Now Available through Pay Pal.**  
Our regular methods of registration and payment will always continue.

### **Soft Mats: Next year!!**

Next year we should see the return of our soft mats that have been unavailable for most of this year.

### **January Yoga 2012:**

**Timetables for our January classes will soon be available for you to book into.**  
**Wednesdays classes in January is a tradition that we look forward to every year. Hope to see you in class.**

### **Meditation 1 : 8 Week Course**

**Commences Wednesday 15th February - 4th April 2012 incl 7:30 - 9pm at 30 Marlborough Place, St Ives.**

**Cost: \$195.00**

*For all - beginner or experienced – invite your friends to join you.*

The Meditation 1 Course is experiential and simple to follow. Each lesson always brings to every student personal insight and feelings of serenity. The course is eminently suitable for those starting out on the meditation journey or wishing to deepen their own practice.

*Every one of us deserves to be able to say:*

*I am filled with peace ..... and love ..... and understanding .....*

*My mind feels light and free from worries ..... I am content.*

**From a Dedicated Yoga Student:**

During the Meditation Courses run by Margaret, students were asked to challenge their view of themselves and to investigate who they really are. "Who am I" ?

The homework task of listing their soul qualities was the challenge and yoga student Rachel Scholefield did an alphabetical list of her soul qualities and they are presented here to you.

This may be a really interesting and fun exercise for us all to do to look a little deeper within and to recognize who we really are. Thanks Rachel for sharing this with us.

**A**ccepting , **B**alanced, **C**alm , **D**ependable, **E**mpowered, **F**ortunate,  
**G**enuine, **H**appy, **I**nspired, **J**oyful, **K**ind, **L**oyal, **M**indful, **N**on-judgmental,  
**O**pen, **P**atient, **Q**uick, **R**elaxed, **S**atisfied, **T**houghtful, **U**nderstanding,  
**V**aluable, **W**arm, e**X**tra special, **Y**ielding, **Z**ealous.

***Christmas is coming!***

It is often difficult to face the reality that another year is passing us by and it is time to get out the Christmas Tree .. Well not quite yet!

This year I offer for sale a Yoga book that may be an ideal gift for you or to someone who may be interested in Yoga philosophy.

**Living Your Yoga: Judith Lasater**

The concept and philosophy of living yoga off the mat is addressed in this book and will assist you to look deeper into your yoga journey .

For sale soon: \$20.00

**Yoga and Fertility: Perhaps some unexpected Benefits.****MIND/BODY PROGRAM INCREASES PREGANCY RATES IN IVF TREATMENT : 2011**

BOSTON – There is no doubt that undergoing infertility treatment is stressful, with high rates of anxiety and depression reported by many patients. Mind/body therapies including yoga and meditation designed to help women reduce stress earlier in the treatment process result in higher pregnancy rates, but little is known specifically about the impact of these therapies on women undergoing in vitro fertilization (IVF).

A new study published June 1 in American Society of Reproductive Medicine, a publication of the Fertility and Sterility, shows that women who participate in a mind/body program treatment have a significantly higher pregnancy rate than those who do not (52% versus 20%).



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Alternate therapies are being included into our lives for the many benefits they bring and one of our own yoga students who has been on the IVF program here in Sydney, has now had her first miracle baby: Olivier. Of course we know that Yoga has many benefits and I am so sure that the stress relieving aspects of yoga contributed to the successful conception of baby Olivier. This is a great success story and one I think you will all find fascinating.

**Share with us any of your personal Yoga successes and I would be pleased to tell include in Newsletters in the future. Email : [info@kuringgaiyoga.com.au](mailto:info@kuringgaiyoga.com.au)**



*Yoga can lead us to a healthier body mind and a more calm and peaceful life.*

**Dates for your Calendar****Term 4 2011**

Monday 10th October - Sat 17th December

**YOGA FEES :** **One** class p.w. for 10 consecutive weeks - \$175. Any additional class \$16. **Two** classes p.w. for 10 consecutive weeks - \$310. Additional class \$10, \$20 casual classes, Yoga mats \$40 Please remember to turn off your mobile Phone so you can feel totally in the present moment and avoid distractions to other class members. Thank you.

Please note that we cannot carry unused classes into the new year so please make every effort to make up your missed classes by end of term 2011.

