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JANUARY - APRIL 2012

Welcome back to Yoga 2012! I hope that you all have had a restful time during the vacation and now, back at work ready to take the best care possible of yourself by continuing your yoga and meditation practice.

The Yoga School has some great opportunities for you to add to your yoga skills and this includes Meditation courses (see below) and our Balance Workshop that is back due to popular demand. We have other workshops that may interest you as the year progresses.

Melissa, Cathy, Amanda, Margaret and Myself look forward to helping you on your journey to better health and well being in 2012 and beyond. Don't forget to visit our website for updates and some interesting reading. Liz

5 tips for safe yoga.

1. Adopt a beginner's mind. Take care to really take it slowly if this is your first class or even if you have not done any Yoga for some weeks. Be really gentle with yourself so you do not feel over challenged.

2. Learn to listen to your body. In any yoga class, your body, not the teacher, is the real guide to what is best for you. Listening to your body and honouring its signals is key to a safe practice. If something doesn't feel right, ease out of the pose. If something feels like a strain, you're pushing too hard. If your body feels like it needs a break, relax back in child's pose.

3. Do your own pose, not your neighbor's. For most of us, the mind tends to overrule the body. So if the person next to you gets his/her face all the way down to her shins in Paschimottasana (seated forward bend), don't try to do the same. Yoga at its essence is about getting in tune with your body. The only right way to practice a pose is to practice it in the way that honors where your body is at, and not trying to force yourself into your neighbor's pose.

4. Look for your intelligent edge. Look for the sweet spot in every pose. That is challenge the body and yourself, but still stay completely within your comfort zone.

Your intelligent edge is that place in the posture where you are feeling a soothing stretch and your muscles are working, but there is no pain, strain or fatigue.

5. Pick the right teacher and approach. Try to discover what style of teaching and approach that suits you best. Not all teachers will have the same style and it is really important you are able to enjoy the class so you are encouraged to keep up your practice. If you have any injuries or physical limitations you're working with. Let your teacher know before the class, and don't be shy to ask if the class will still be suitable for you. Yoga Journal 2011



Remember the Kuring-gai Yoga School does allow you to move around to experience the different teaching styles so do take the opportunity to make up a missed class at another time or come to additional classes .



MEDITATION COURSES:

Refer to our website www.kuringgaiyoga.com.au. Email yogaschl@optusnet.com.au or telephone 9488 8532.

Meditation 1 Course

For EVERYONE! We all need to find the way to personal peace and harmony in our lives.

EIGHT Tuesday evenings 7:30-9pm **commencing 13th March**, (excl Easter)Held, in quietness and comfort, at 30 Marlborough Place, St Ives. \$195 cash/cheque/bank transfer to Margaret North

Meditation 2 (Extension Course)

FOUR Wednesday evenings, 7:30 - 9pm, during **March-April 2012**

For those who have completed Margaret's 8-week Meditation 1 Course

Held at 30 Marlborough Place, St. Ives. \$95 cash/cheque/transfer to Margaret North

Monthly Meditation Group

A continuing group meeting 7:30 - 9pm on the second and fourth Monday evenings of every month.

For those who have completed Margaret's 8-week Meditation 1 Course.

Ideal for maintaining your deepening meditation practice, including wisdom to discuss and ponder.

Held at 30 Marlborough Place, St. Ives. \$75 **ongoing from Monday 30th January.**

BALANCE WORKSHOP with Margaret North assisted by Mel Skjellerup.

How well do you balance on one leg? If your answer to that is "Could be better!" then you will benefit our Balance Workshop on **Saturday 24th March 2 – 4pm** at 'our' **Pymble Church Hall** (Gilmore Room downstairs). The older we become the more important is our ability to balance. All the more reason to pick up on tight muscles and poor postural habits as early as possible. You will come away from the Workshop having learned what is going on with the way you use the muscles of your feet and legs as well as poor postural habits. If the success of our Balance Workshop last July is any guide, you will find yourself balancing better than ever before! \$39 payable to Margaret North.



Mantras for Daily Living: *Judith Hanson Lasater* discusses in one of her book **Living your Yoga** that sometimes we just do not feel able to fit everything into our lives, 'life is a challenge' and 'life is difficult' !! Sometimes we need to put aside the 'to do' list and sit back for a while and catch up with ourselves and don't feel that we must achieve everything on our list. It is not a failing to not complete everything immediately. Discipline is not about ticking off the box and being pleased that people can see your achievements, it is also about doing things well. We make our lives even more difficult by putting so much pressure on ourselves to be achievement oriented. So do think about this when you next think you must be Super man or Super woman !!! . See the Mantras for Daily Living underneath the Clock!



***I give myself fully to each moment.**

***Discipline is quality, not quantity.**

***I can always make a choice**

***There is enough time.**

***My yoga practice is discipline in action.**

Go Back to the Basics: Sit on the Floor and see your body free up!

Chances are, when you think of sitting, you think of chairs and sofas before you think of the floor. But though this seems only natural to modern-day Westerners, who's to say this is the natural order of things? After all, humans were sitting long before the lounge and desk chairs were invented.

As it turns out, spending more time on the floor in your daily life can have some real benefits. People living in floor cultures have more supple joints and stronger backs, not to mention far better posture.

Try spending some time today on the floor—squatting, kneeling, or just sitting. It might seem uncomfortable and awkward at first, but if you spend a little time doing this each day (try a little reading or office work on the floor, watch the TV, Read the Newspaper), you'll find your joints begin to loosen, squatting will become more comfortable, and you'll see your yoga practice improve. Maybe some day you'll ditch the desk and chair altogether! Yoga journal



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

Dates for your Calendar

Term I 2012

Monday 30th January– Thursday 5th April. There will be make up classes for Easter.

YOGA FEES : **One** class p.w. for 10 consecutive weeks - \$180. Any additional class \$17. **Two** classes p.w. for 10 consecutive weeks - \$320. Additional class \$10, Unlimited Yoga Classes (NEW) \$380 per Term.

\$20 casual classes, Sticky Yoga mats \$40 .Thick mats \$50. Please remember to turn off your mobile Phone so you can feel totally avoid distractions to other class members. Thank



in the present moment and you.

Please note that we cannot carry unused classes make every effort to make up your missed classes

into the new year so please by end of term 2012.