

KURING-GAI YOGA SCHOOL

NEWSLETTER

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APRIL—JUNE 2010

Welcome back after our Easter Break. We hope to provide you again with another term of yoga classes that help you to find peacefulness and a strong, healthy and flexible body.

Don't forget to attend an additional class this Autumn. Thursday evening is still on Special for additional classes. At only \$10 it is well worth make the trip out.

Don't forget to take a look at our website: www.kuringgaiyoga.com.au

77 SURPRISING HEALTH BENEFITS OF YOGA

Over the next months I thought to share with you 77 benefits to health. Many we are all familiar with, however there are some that I am sure you have not heard of before.

In recent years Yoga has become so popular in the west and yoga is now thought of as more main stream and less alternate. There is much research and literature about yoga, this information comes from a Nursing website. (NursingDegree.net).

So here we go:

Health Benefits Within.

1. Blood Pressure - consistent yoga practice decreases blood pressure through better circulation and oxygenation of the body.
2. Pulse Rate - a slower pulse rate indicates that your heart is strong enough to pump more blood with fewer beats. Regular yoga provides you with a lower pulse rate.
3. Circulation-Yoga improves the

transportation of nutrients and oxygen throughout your body resulting in healthier organs, skin and brain.

4. Respiration—Through yoga breathing techniques lowering of respiratory rates indicate the lungs are working efficiently.
5. Cardiovascular endurance - Lowering of the heart rate and improved oxygenation indicate greater fitness.
6. Organs—Internal organs are massaged and this improves your ability to fight or even prevent disease.
7. Gastrointestinal functions - have been shown to improve with yoga.
8. Immunity—Frequent yoga has been linked with a stronger immune function.
9. Pain—tolerance to pain is improved with regular yoga.
10. Metabolism—Increased.



MARTIN SCONDUTO

Savasana. Try this pose to take 10 mins of stillness.

Your yoga to do list.

Take time to have a relaxed breakfast.

Take 10 yogic breaths to calm down and relax.

Smile as often as possible during the day.

Do a good deed and enjoy the moment.

Feeling stressed take 10 minutes deep relaxation

Remember yoga class

Take an extra yoga class as often as possible.

YOGA RETREAT: 2010 LEURA 7-9 AUGUST 2010

Have you not ever been on our annual yoga retreat? Make this the year to join in and experience a wonderful weekend of yoga. You will return to Sydney relaxed and at peace.

Date: Fri 7- Sun 9 August 2010

We enjoy the hospitality and facilities at the *Brahma Kumaris Centre for Spiritual Learning* at Leura who have been our hosts for many years.

You will love the natural surroundings of

the blue mountains and our ensuite rooms are totally within the bushland setting.

Use of the Stone Cottage for all our yoga classes and sessions is a fantastic venue and the heated floor is a bonus. Liz assembles a varied program of yoga related topics and time to also connect with your yoga friends is such fun. Last year we had such a beautiful time and the weather was magical.

Do Join us and remember the dates for your diary. More details to follow.

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MODIFYING POSTURES

We should always be mindful of the changes that occur with in our body as a result of weather, illness, stress, injuries. All postures can be modified so please always inform your teacher if you have any problems that you feel may restrict you in class. This example shows that we can all kneel if we take the time to collect some extra blankets.

Virasana (Hero Pose), modification

Avoid pain in your knees by elevating your pelvis as high as is necessary with folded blankets. Align your heels directly under your outer hips (this is less stressful for the knees than the standard alignment of having your heels outside of your hips). Keep your knees slightly apart, with your thighbones parallel. Place your feet in line with your shins. Sit for several minutes daily. Gradually lower the props over a period of weeks or months.



Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.

A mature mind is one who understands the impossibility of knowing the ultimate, and with the understanding there is a new dimension: the dimension of being....Osho

USE YOUR VOICE TO CREATE AND PROMOTE CALM.



In Indian Belief, the "om" is the mula mantra, the "root" syllable. The vibration of its sound are thought to have created gods.

A pleasant, well modulated sound might be imagined as resonating through the air to create waves of relaxation that wash over anyone who is listening. Such invisible waves of calm may also be used to dispel our own anxiety.

The Sanskrit word 'Mantra' means 'speech'. During Meditation a mantra can be used to focus the mind, allowing ripples of sound gently to wash away external anxiety and encircle the meditator in a profound state of relaxation. A Mantra is also useful for cleansing away a specific anxiety.

Think about the factors that tend to make your voice lose its resonance—particular situations, perhaps, that have made you feel nervous in the past. By controlling your voice in one resonant sound, you can visualize this stress trigger dissolve as the gentle wave of your voice dissolve the tension away.

Exercise: Take a long, slow inhalation (close the eyes and relax) and feel the lungs expand.

As you exhale take the sound 'OM' and let the sound disperse the anxiety. Repeat, repeat.....

YOGA DATE: FOR YOUR CALENDARS



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

Term 2 2010

Monday 26th April – Saturday 3rd July 10 week term.

Anzac day Public Holiday classes as usual. **Queens birthday** Public Holiday 14/06/10 classes as usual.

Vacation time: 5/7/10 – 18/7/10 NO Classes held during these dates.

YOGA FEES for 2010: One class p.w. for 10 consecutive weeks - \$175.

Any additional class \$16. **Two classes p.w. for 10 consecutive weeks - \$310.**

Any additional class \$10. all include 10% GST Casual class (by special arrangement only)

... ..\$20 Private Lessons ... \$80 Yoga mats \$50ea.