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APRIL - JUNE 2011

*We move ahead into the year and our lives interconnect with others on so many levels. Think about this **Bridging the Gap—A Bridge to an Island** Imagine yourself as a floating island. Around you are other islands - all the people whose lives come close to yours, by chance or by choice. Pick an island that has only recently swum into view. Imagine throwing out a bridge and walking over to this new land. Who is the person? What is the bridge? Answer these questions. Make your connection.....*

Don't forget to reach out to your inner self and make deep connections close to home. Liz xxx

MARGARET NORTH: ROTARY AWARD

Congratulations to Marg! For her Rotary Club Award that acknowledged her contribution to the community for bringing Yoga and Meditation to many residents in the Upper North Shore.

The presentation evening at the Warawee Bowling Club was also acknowledging so many other worthy people who like Marg have given in so many ways to the community.

Our Student Janet Grundy nominated Margaret some time ago and the rest as they say is history and I am sure you have by now seen the article in the North Shore Times. If not, it is available for you to see in class.

Marg is an inspiration to us all and shows us that a dedication to keeping a healthy mind and body are some of the best things you can do for yourself.

Best Wishes Marg: from all of us!

Vrksasana: Tree Pose.

Balance Tip.

Always start in Tadasana and learn to feel confident standing still on two feet. If you are challenged with your balance you can stand with your back braced against a wall if you feel unsteady.

If your raised foot tends to slide down the inner standing thigh, put a folded sticky mat between the raised-foot sole and the standing inner thigh or lower you foot to below the knee until you strengthen inner thigh muscles.



Changes to the website:

Shortly you will have the ability to register and pay For classes online.

A registration form will Be available and visa card or EFT payments will be an option. This new system is hoped to streamline the

registration procedure and provide options for you to join the class that suits you. Cash or Cheque payments

Will always remain an option as many of you may still prefer this method.



NEXT 8-WEEK MEDITATION COURSE commencing Thursday 23rd June 7:30-9pm at St. Ives:

Give yourself the gift of peacefulness amidst life's complexities. Meditation has been renowned for centuries as offering personal serenity and comfort. Many have benefitted greatly from this Course which Margaret has been presenting continuously since 2005. Join us. \$185, limit 12 participants.

BALANCE WORKSHOP Saturday 25th June 2 – 4pm

Have you wondered why you find Balance Poses difficult? Margaret, assisted by Mel, will scrutinize the way in which you use your feet, legs and hips so that not only may you improve your balance but you will also use your body with less strain and walk more freely. This is such essential knowledge that we are charging \$35 only and have a limit of 16 Participants. Please join us.

AYURVEDIC APPROACH TO MINDFUL EATING.

In our busy lives we get so caught up in the hectic 'hurley burley' we often realise that we did not have breakfast or lunch. It is common then to begin to snack and even eat food that is not nutritious or healthy. The Ayurvedic practice of food sadhana (a mindful approach to procuring, preparing, and eating food), encouraged sticking to regular mealtimes. Ayurveda, literally translated as "the science of life," emphasizes the importance of rhythm and awareness when it comes to food, to keep the agni or "digestive fire" burning. According to Pratima Raichur, digestion is at its peak between noon and 1 p.m. As the sun begins to set, our digestive fire cools, so it's best to eat lighter meals in the evening, and not after 7 p.m. if possible. Eating according to our body's rhythms keeps us feeling strong and healthy and can help us sleep better, too. Summer, with its bounty of fresh produce, is the perfect time to make regular meals a priority rather than squeezing them in or skipping them entirely. Combine fresh vegetables with a quick-cooking grain like quinoa for a wholesome meal that leaves you plenty of time to savor it.

Yoga Journal: 2011



We are all Princesses

With my tiara on my head that was made many years ago by Minky (our yoga student), I watched with joy the Royal wedding. It was so wonderful to see happiness everywhere and all enjoying the spectral. We do not need to be a member of the Royal family to be a princess. Just reminding yourself that you are special, unique and loved by others . Be a Princess every day!

The Sacred number : 108

Did you know that 108 is considered a sacred number in Hinduism and yoga. Traditionally, malas, or garlands of prayer beads, come as a string of 108 beads (plus one for the "guru bead," around which the other 108 beads turn like the planets around the sun). A mala is used for counting as you repeat a mantra—much like the Catholic rosary. Renowned mathematicians of Vedic culture viewed 108 as a number of the wholeness of existence. This number also connects the Sun, Moon, and Earth: The average distance of the Sun and the Moon to Earth is 108 times their respective diameters. Such phenomena have given rise to many examples of ritual significance. According to yogic tradition, there are 108 pithas, or sacred sites, throughout India. And there are also 108 Upanishads and 108 marma points, or sacred places of the body.

And, yes, one can offer a yoga mala of 108 Sun Salutations... But perhaps we might leave that for another life time!!



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

Dates for your Calendar

Term 2 2011

Wednesday 27th April - Sat 2nd July.

Classes will be held on Queens Birthday Monday 13th June. Bring a Friend, no charge.

Holiday Dates: 4/7/11—17/7/11 Classes recommence Monday 18th July

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 \$50

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.





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