

KURING-GAI YOGA SCHOOL

1 Livingstone Ave, Pymble. 2073 ph: 91447622.
www.kuringgaiyoga.com.au

JULY—OCTOBER 2010

It is too late now to say welcome to the new term! Time has slipped away and I now reflect on the wonderful time we had at our retreat. Crisp mornings and chilli evenings were balanced out by warming sunshine during the day. Thanks to Cathy and Amanda for wonderful sessions and all our students who trusted our program and embraced all our yoga classes and philosophy.

Wendy Coggins from Wednesday evening class has sent me a photo of her in Vrksasana (Tree Balance), in Switzerland... this is yoga really 'off the mat' and with altitude issues !!!

77 SURPRISING HEALTH BENEFITS OF YOGA— ANOTHER 10!

1. Aging :Yoga stimulates the detoxification process within the body and so is thought to slow down the aging process.
 2. Posture: Yoga teaches us how to hold and control one's body in a more healthy position.
 3. Strength: We use in yoga the weight of our own body to build overall-strength. No need at all to use the weights in the gym!
 4. Energy: Regular practice provides consistent energy. Most yogis feel energized rather than tired after a class.
 5. Weight: Better metabolism along with the yoga asanas and stretches keep the muscles long and lean. Less cellulite collects around the muscles.
 6. Sleep: Body, mind and improved breathing all help in our quest for a better sleep. Some yoga asana are useful to induce sleep too.
 7. Balance: Classes include a balance asana which challenges the balance. And helps to take control over the body. Over time yogis will improve balance outside the yoga class too.
 8. Integrated function of the body: joining together the body, mind, breath allow the body, the whole body to work more efficiently. Body movement becomes more graceful.
 9. Body Awareness: You learn so much about your body through yoga practice. Often the fine tuning during different moves or asanas help us to become more 'in touch' with your body resulting in many individual improvements.
 10. Core Strength: As strong core will improve your spines health, your posture and helps to reduce injuries.
- Another 10 benefits in the next Newsletter.

Meditation 1 Course

For EVERYONE!

Eight Thursday nights 7:30-9pm commencing 23rd September at 'our' Uniting Church.

Monthly Meditation Group

A continuing group meeting **7:30 – 9pm on the first Monday evening of every month.**

For those who have completed Margaret's 8-week Meditation 1 Course.Held at 30 Marlborough Place, St.Ives. \$75 for Mondays 2nd August – 6th December incl.

Our Website:

We are working now on a new page of the yoga school website that we would like you to contribute to. Your yoga photos taken on holidays (like the one above), good news stories, your personal yoga journey or any thing of interest and yoga related will be considered. Perhaps it is even a yoga class taken by your teacher that you would like to share with others. Send to lkraefft2@bigpond.com.au



Wendy Coggins outdoors.

Yoga off the mat.

Take a pose to the park with you next time you have a walk or a picnic.

Find a tree, hug it like you are a hippy, feel its texture

Take some deep yogic breaths at the beach.

Feel the grains of rice in your hands before cooking

Be mindful of the people who brought the food to your plate before enjoying.

Savor every moment and be in the present ...always.

Be yourself,

TAKING YOUR YOGA OUTSIDE.

WALKING MEDITATION

An opportunity to practice yoga off the mat and away from class is in walking meditation. This is an opportunity to sharpen awareness and train the mind to concentrate whilst enjoying being outdoors.

You pay close attention to the physical act of walking, the way you take one step after another. If, while walking, you become aware that your mind has wandered away gently but firmly bring your attention back to your steps.

Experiencing the simplicity and peace of being with one step at a time—with nothing else to do and nowhere to go—can be liberating.

Walking meditation is a great way to develop mindfulness in ordinary daily life. We can apply this mindfulness to other activities, such as eating, washing dishes, driving, or, of course, practicing yoga.

From the Yoga Journal | August 2009



**Linda Davies and
Helen Wilson**
Partner Tree pose ..



Our Yoga Retreat: Report .

This year 28 of us attended the weekend. There were regular attendees of the retreat: Carolyn and Tony Oesterheld, who have not missed a retreat in at least 5 years and first time attendees, like Sandy Bacon, Jo Hill and Melissa and Tony Smith, just to name a few.

We all felt the chill in the air on Friday night and on Saturday morning as we took our gentle warming yoga session before meditation & breakfast we knew we were in for sunny days but freezing nights and mornings.

After breakfast; outside yoga, a silly and fun juggling session (Peter Davies is the true juggling champion) and then a sensible and grounding yoga class with Amanda. Philosophy in the afternoon with Cathy and Amanda and we all had to think deeply about our core values... quite a challenge for some of us. Vegetarian meals broke up our sessions and we weaved our way to Saturday night where the mala beads were introduced. Helen Malcher made us laugh as she reflected later about how 28 adults can get so engrossed in stringing beads onto thread. For others the experience was pure frustration... Sandy!! This brief sample of Saturday sessions may tempt you to joins us.

If you have never taken a yoga retreat let next year be your first !!!



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

Dates for your Calendar

Term 3 2010

Monday 19th July – Saturday 25th September - 10 week term.

Vacation: No classes from 26th September - 10th October.

Term 4 2010 : 11th October-18th December

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.

WALKING MEDITATION



[]