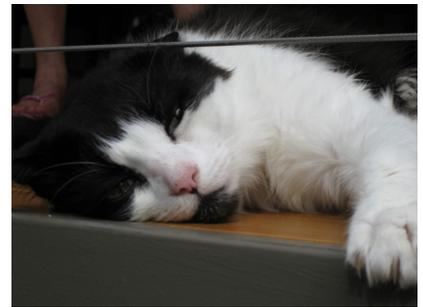


Welcome one and all to 2011 Yoga Year. We are already into our new year of Yoga classes and a big thank you again for returning to our happy classes. It is really wonderful to see some new students join our classes too this year and I extend a very warm welcome on behalf of all the teachers: Melissa, Cathy, Amanda, Rita and Marg. I was thrilled to see all the familiar faces returning to classes this month to register during that extreme heat wave we have just experienced and it was then that I realized how devoted to your yoga practice you all are and I congratulate you on your commitment. Happy days ahead and all the very best to everyone for a successful and healthy 2011.

77 SURPRISING HEALTH BENEFITS OF YOGA— ANOTHER 10!

1. **Memory:** Improved blood circulation to the brain the reduction in stress levels and improved focus result in better memory.
2. **Attention:** Structured breathing during yoga postures sharpens the ability to keep focused on tasks.
3. **Social skills:** Often our personal yoga journey evolves into the wider community where social skills improve as we connect with other like minded yogis.
4. **Calmness:** concentrating on what your body is doing has the effect of bringing calmness. Yoga also introduces meditation techniques, such as breath awareness and disengagement from your thoughts. The result a calm mind. Bliss!
5. **Cholesterol:** Can be lowered through increased blood circulation and fat burning.
6. **Lymphatic system:** Your lymphatic system boost immunity and reduces toxins in the body. Movement helps to stimulate the Lymphatic system and yoga postures are ideal .
7. **Glucose:** There is evidence that Yoga may help to lower blood glucose levels.
8. **Sodium:** The healthy food alternatives encouraged in yoga lifestyles is wonderful to reduce sodium as we stay away from processed foods.
9. **Endocrine functions:** Practicing yoga helps to regulate and control hormone secretions. Creating balance and promotes overall better health.
10. **Red blood cells:** Yoga has been shown to increase the level of red blood cells in the body which carry oxygen through the body.

Wow! We never think about the benefits specifically a yoga routine can bring us but we all feel so much better after our class! Don't we?



The Relaxed Cat:

The peaceful Cat is in tune with his being. The long breath that

Purrs contentment with every exhalation. The total one pointedness as he attends to his need to be at peace.

The sound of his purring and the movement of his fur covered belly his only focus. No Distractions.

The occasional glimpse he gives as you look on . He has the skill to detach, to be one focused and to be in complete peace. My Relaxed Cat!

Meet Robert Kraefft
Yoga Cat extraordinaire.



What s Happening?

Retreat at Leura:

We are returning this year to Leura for our retreat. Please join us on the weekend of May 6-8.

This is the Mothers Day weekend and no better an opportunity to reward yourself and join us for a weekend of fantastic yoga. You can still be home for Mothers day dinner, so need to miss out !

Don't for get to check out the website to see a selection of photos from last years retreat. You can see the fun we had in a most wonderful

4-week Meditation 2 (Prerequisite – Meditation 1)

**Tuesdays 15th March – 5th April. \$90
7:30–9pm at
30 Marlborough Place, St. Ives.**

Meditation Monthly Group

**(Prerequisite – Meditation 1)
First Monday of each of 5 months,
7th February– June
7:30–9pm at 30 Marlborough Place,
St. Ives. \$75**

LEARN TO SAY KIND THINGS— NOBODY EVER RESENTS THEM!

Depressed? Anxious? Yoga Works!

The latest [Harvard Mental Health Letter](#) touts yoga as a tool to help people manage both [anxiety and depression](#).

In the past, studies evaluating yoga as a therapeutic tool have been too small and poorly designed to be scientifically sound, says the study. However, a 2004 analysis found that, in recent decades, an increasing number met more rigorous standards. "Available reviews of a wide range of yoga practices suggest they can reduce the impact of exaggerated stress responses and may be helpful for both anxiety and depression. In this respect, yoga functions like other self-soothing techniques, such as meditation, relaxation, exercise, or even socializing with friends."

Isn't it nice to see that science is starting to come around to something yoga practitioners have known for thousands of years? Have any of you seen an improvement in anxiety and depression symptoms because of your yoga practice? *Yoga Journal*



Virabhadra

The next time your thighs are feeling the effort in Virabhadrasana II (Warrior Pose II)—or anytime life demands a great deal of you—you might want to invoke the spirit of the great warrior for whom this pose is named.

When we practice one of the three versions of Virabhadrasana, we cultivate the mind of the warrior, who must go into battle unattached to the fruits of his actions—one who has 360-degree vision and can see all things. Look to all sides in the poses, try to hold to your centre and not be pulled every which way, Virabhadrasana teaches us to go into the field of life and stay in the centre of our being. If you can imagine yourself as a fearless warrior sent on a divine mission, you just might find renewed strength and vigour in the poses as well as the courage and determination to face life's challenging moments. *Yoga journal.*



Of course these postures look so familiar to you as you may remember practicing them in a class recently. Maybe even last week. Many of the classical postures are named after ancient warriors or gods of traditional cultures and religions.

Many of the Yoga Postures are called after a variety of animals.

- Svanasana –dog Pose
 - Bhujangasana - Cobra
 - Kapotasana-Pigeon Pose
 - Ustrasana - Camel Pose
 - Matsyasana– Fish Pose
- The animals can bring a fun element of play when practiced with Children.



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

Dates for your Calendar

Term I 2011

Monday 31st January – Saturday 9th April - 10 week term.

Vacation : Monday 11th April - Monday 26th April. No classes held on Easter Monday or Anzac Day.

See Bulletin for public holiday class advice.

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