

Greetings to all . I hope you all enjoy the term of yoga classes before us and start the count down to warmer days. We all spend much time thinking about the weather and hoping for clearer warmer times. Perhaps we should be more contented and thankful for the day that is sent us. As you read this I will be enjoying some warmer days in the Northern Hemisphere holidaying with my Mother and Sister. We plan to walk the Cinque Terre in Italy and take a driving holiday in Scotland, where I am told the weather in summer now is as cold as Our winter.... So I will be packing some warmer layers. Please do check the website as I intend to send some photos to add to the yoga Postures in nature. Liz



Breath of Life.

To get the best out of living in our high tech, high achievement, focuses world, we have to counteract the effects of excesses of stress by creating for ourselves a place of refuge. That place can be as simple as a practice of deep conscious breathing.

In Eastern philosophies, mastery of the breath is the key to controlling the body's life force energy. Accessing and balancing this subtle energy, is understood as being essential to good health and wellbeing. Mastery of your breath is also seen as being the gateway to higher levels of consciousness.

The yoga tradition offers many time-honoured breathing techniques. For example, classic abdominal breathing, and alternate nostril breathing, to name a few. Each have different benefits and when properly taught are very safe.

Breathing exercises are an important part of Western medicine too. Remember the breathing into the brown paper bag to balance the levels of CO2 in the lungs to help such conditions as asthma.?

Breathing exercises can also help if you have stress, anxiety, insomnia or chronic pain. Slowing down your breathing short circuits the stress response, giving your brain the message that all is well and your body can return to normal, for a while anyway.

This is why we always start our yoga classes with a breath awareness focus. Allowing us to become focused centred and de stressed. 'Remember to Breathe.'.. Now takes on a new dimension.



. Being aware of your breath forces you into the present moment – the key to all inner transformation. –Eckhart Tolle



While Liz is away on vacation her classes will be taken by Cathy on

Monday evenings, Amanda on Wednesday Evenings and on Saturday morning by Melissa and Rita.

The Ladies in the Naughty Corner will still be able to have their Saturday morning giggle

On-line Yoga and Meditation Registration Now Available

As an added convenience you now have the option to register and pay for yoga and meditation classes, as well as retreats on the Kuring-gai Yoga School website (www.kuringgaiyoga.com.au). Payments are handled through PayPal. You can use your PayPal account or if you don't have an account, you have the option of paying by credit card on their website. When registering on-line please bring your PayPal receipt with you to your first class. We will still have a table set up before class at the beginning of each term for those of you who prefer to register and pay offline.

NEXT 8-WEEK MEDITATION COURSE commencing Thursday 4th August 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.

Monthly Meditation Group Prerequisite : Meditation I Course.

Commencing Monday 8th August 2011 Second Monday of each of the five months (August - December 2011). A continuing group meeting 7:30 - 9pm 30 Marlborough Place, St Ives. Cost: \$75

BALANCE WORKSHOP on Saturday 25th June: A report from Margaret North.

After a swiftly passing two hours what a happy buzz went around as students held their one-legged balance for far longer than they expected to! Marg, with Mel's critical eye assisting, led everyone into understanding how subtle changes in foot pressure, knee and general body alignment over time cause a reduction in ability to balance. Each student assiduously took notes on their own particular muscle and alignment changes. We hear, much to our delight, that 'homework' is being practised and one-legged balance poses are now approached with the pleasure of achievement! As Nancy Sibtain says "*The Workshop was a great help to me. Although I am still wobbly, I can balance (at least on my left leg) for longer than before. Knowing the theory, I plan to improve!*"

This workshop was such a success and so useful for everyone that we will repeat it next February.

Thanks to Margaret and Melissa for leading this workshop and we look forward to offering it again in the new year.



5 Things to Share with Your Teacher:

Our teachers give us so much. They guide us through the asanas, share snippets of yoga wisdom and support us through our class. So how can we give back to our teachers?

1. **Injuries, medical conditions, or other special needs**—always let your teacher know of your special needs and personal injuries that will assist in the modifying or elimination of certain practices to make your class safe and enjoyable.
2. **Questions** Do ask any questions about yoga that you are not sure about. If you have forgotten what you should be doing in a certain pose...Please ask for a reminder.
3. **Requests** Most teachers plan their classes in advance but your teacher will be very pleased if you made a suggestion of a pose or technique that you love and has not been included in the class for a while. If your teacher asks for a request... Speak up!
4. **Courtesy Laughs.** Teachers are not trained as comics but a light hearted fun environment makes for good learning. Now and again laugh along with your fellow students and your teacher . Smile and be happy.
5. **Appreciation** Your teacher is giving and sharing in every class. Giving their heart and soul in the hope that the student will gain wisdom, strength and clarity. At the end of class give a smile and a salutation: **Namaste!**



<http://www.abc.net.au/health/default.htm>
ABC Health and Wellbeing.

If you like to read new and interesting yoga/health/fitness and lifestyle articles on the www. Then I suggest you take a look at this ABC website that I have stumbled across most recently.

You will I am sure find some interesting reading. The only problem is finding your way out of the ever expanding universe inside our computers.



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

Dates for your Calendar

Term 3 2011

Monday 18th July - Sat 24th September

Holiday Dates: 26th September— 9th October.

Classes for term 4 commence on Monday 10th October.

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 \$40

Please remember to turn off your mobile Phone present moment and avoid distractions to other



so you can feel totally in the class members. Thank you.