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JULY 2013

Winter yoga

Winter has truly set in now and although we are having some beautiful sunny days the chill in the evenings can be a bit much to take, so this means a more energetic class or some postures that are going to create warmth are in order. So keep your sox on, wear some layers and keep coming to yoga classes during this time. We do have some things to tempt you over the next weeks and months which include Meditation 8 week course and our annual retreat held in September. Read these details below

Food for thought!

During our lives we form habits and ways of doing things, we create patterns or samskara. These habits are in all areas of our lives including the way we prepare food, cook and eat. We tend to stay with familiar foods and do not venture into the unknown.

As we live our lives we create habits because it feels familiar, safe and in some cases it is just so much easier to do and repeat what we know. Of course some habits are not very good for us eg., too many sweet cakes, but others such as a daily exercise regime are most useful habits to maintain. So being a creature of habit is not such a bad thing.

The problems arise when we continue to suffer the same issues that create challenges in our lives because we will not move away from a negative pattern of behaviour. There is

much to learn about Samskaras and making changes can open the door to many positive opportunities as new people enter our lives, new career paths create positive challenges and we simply get rid of the negative elements in various sectors of our lives simply by 'moving on' and starting 'a new'.



Please contact Liz for any info you need. Leave a message on the yoga phone

0405712125 or email
info@kuringgaiyoga.com.au



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

Our New updated Website

Please visit our updated website where you will find all the same information but with a fresher look and additional icons to view photos, FAQ, Retreat information. We will also be starting a blog too which will be a good forum for us to share with you some interesting stories, articles and wisdom that we have learnt at the various courses we attend to stay up to date and current in all things Yoga and Meditation. Watch out soon for this addition on the website. You can also now follow us on Twitter!!!

Dates for your Calendar

Term 3 2013: 15/07/13 - 21/09/13

YOGA FEES : One class p.w. for 10 consecutive weeks - \$180. Any additional class \$17. Two classes p.w. for 10 consecutive weeks - \$320. Additional class \$10, Unlimited Yoga Classes (NEW) \$380 per Term.

\$20 casual classes, Sticky Yoga mats \$40 .Thick 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.

Term 3 2013 Starting Monday July15th.

Can you believe we are almost ready for the next term of classes?

Term 3 is fortunately a 10 week term and our vacation of 2 weeks commences on Monday 1st July - Sunday 14th July

Vacation: 1/07/13 - 14/07/13

Please Join us again for another term of Yoga Classes.



Details of the next Meditation 1 course:

For all - beginner or experienced – invite your friends to join you.

Next Course: 8 Tuesdays starting 30th July to 17th September 2013 incl. (8 weeks)

7:30 - 9pm at 30 Marlborough Place, St. Ives (off Warrimoo Avenue)

Cost: \$225

Details of the next Meditation 2 course:

Prerequisite: Meditation 1

30 Marlborough Place, St. Ives

August 2013

Enquiries: yogaschl@optusnet.com.au

Cost: \$110



Kuring-gai Yoga School Retreat September 13 - 15

Quest for Life Foundation - Bundanoon



Join us again this year for another great get away retreat from Sydney and enjoy a weekend of yoga with us. You will enjoy yoga classes every day, special themed classes and workshops designed to inspire your development and interest in yoga philosophy.

The retreat centre in Bundanoon in the Southern Highlands is a wonderfully comfortable centre with accommodation offering all bed linen and doonas for warmth, ensuite bathrooms (towels provided), heating in rooms and vegetarian food that is plentiful and varied. Special diets as required.

We have the use of a great yoga room that is comfortable and carpeted. Don't let the Federal Election (falling on the same weekend) put you off coming, in fact we booked the retreat date long before the election date was set !! This offers another reason to escape perhaps !!

Last year we enjoyed a great time together and I know this year we will be just as memorable.

Cost: \$500 includes classes, accommodation, workshops, all meals.

Mantras for Daily Living:

Living your Yoga: Judith Lasater.

1. I am my own authority.
2. My life is a work in progress
3. All the answers are within me
4. Life is practice: practice is life
5. I commit to living my life fully in this moment.







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