

*Spring is in the air and gardens are full of wonderful colour and fragrances. As I walk up my path each morning to the car I breath deeply and feel alive with the smell of the nector. The warmer mornings always inspire my personal yoga practice and it is a time to shake out the blankets of winter and start afresh. It's also great to know that the evenings are longer, now we are in summer time , and this may mean for you an additional class after a long day at work . There is nothing quite like completing your day with a yoga deep relaxation. Enjoy the warmer days ahead and join us for another term of yoga, were we are committed to helping you find better health and wellbeing - Liz*

## 77 SURPRISING HEALTH BENEFITS OF YOGA— ANOTHER 10!

1. **Mood:** overall wellbeing improves with yoga practice. Strong mind / body connections help to improve ones moods.
  2. **Stress reduction:** Concentrating our mind during yoga takes our focus way from daily stessors and we think only of the present moment.
  3. **Anxiety:** Controlling the breath during our class reduces anxiety.
  4. **Depression:** Regular yoga practice helps us to release negative feelings and thoughts that often manifest as depression.
  5. **Self –acceptance:** Perfection is not the goal in yoga and this helps us to be less inclined to self judge and we are more able to accept ourselves.
  6. **Self control:** Learning to control movements and breathing can help us keep control of many aspects of our daily life.
  7. **Mind / Body connection:** Matching movements with breath awareness will allow your mind to find a place of calm and peace that long time yogis know.
  8. **Positive Outlook:** Continued yoga practice results in balance of hormones and nervous system that brings a more stable and positive outlook to life.
  9. **Hostility:** Yogis report to feeling less anger and hostilities. This is largely due to the relaxation and meditation that is incorporated into a yoga class. Less hostility means lower blood pressure. Yeay!!
  10. **Concentration:** research has shown that eight weeks of yoga can result in better concentration to task and increased motivation.
  - 11.
- Another 10 health Benefits in the next newsletter.**

### OUR MEDITATION COURSES 2011

With Margaret North IYTA, 25 years a meditator and teacher.

Give yourself the gift of peacefulness whenever and wherever you need it in your busy life. Gain quality of living, a richness and an understanding that brings joy into your life.

#### 8-week Meditation 1

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

Thursdays 17<sup>th</sup> February – 7<sup>th</sup> April incl.  
7:30–9pm at Uniting Church Hall. \$185

#### 4-week Meditation 2 (Prerequisite – Meditation 1)

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

#### Meditation Monthly Group (Prerequisite – Meditation 1)

First Monday of each of 5 months, February– June  
7:30–9pm at 30 Marlborough Place, St. Ives. \$75



### Living Life Fully

I have made a great discovery.

What I love belongs to

Not the chairs and tables in my house, but

But the masterpieces of the world.

It is only a question of loving them enough.

Elizabeth Asquith Bibesco



## DO YOU HAVE BACK PAIN?

According to Health experts, eight out of 10 people will experience back pain at some point in their lives. The types of pain and the causes vary widely from person to person. Different issues will of course require different approaches and treatments. If you're in the midst of a flare-up, it's important that you see your healthcare practitioner. But it can also be helpful to see an experienced yoga teacher who can suggest a simple regimen for you to do until you're pain-free and beyond. So many of the postures we do in a yoga class provide endless benefits to the spine. Here are a few examples:

**Matseyendrasana (seated spinal twist)** This gentle twist is a tonic for the spine and the abdominal organs

**Marjariasana (cat pose)** This pose provides a gentle massage to the spine and belly organs.

**Svanasana (Dog Pose)** One of the most widely recognized yoga poses... an all-over, rejuvenating stretch.

**Nitambasana (standing side stretch)** - Stretches the side body and ribs and helps to realign the vertebra

### **A thought for you to consider:** **The Banana Bread Recipe:**

#### **Inner Peace:**

*There is a gentleness  
That follows suffering,  
turmoil, Struggle,  
wherein there is peace  
and Strength and one  
can be very gentle, very  
strong.*

*Not all who suffer reach  
this place.  
I wonder why?*

*Marg North.*

Banana Bread seems to be so popular in cafes these days. Have you thought of making your own?

450g Ripe Banana

50g Chopped Walnuts, almonds, or pecans

100mls Cold Pressed sunflower oil

100g Raisins or Sultanas

75g Rolled Oat Flakes

150g Whole Wheat flour (SR if possible)

1 tsp vanilla Essence, pinch Sea salt.

Preheat oven to 190 degrees C. Mix all ingredients together, the consistency should be moist and soft. Grease the 500g loaf tin and bake for 50 minutes approx.

It could not be easier than that and it is a very healthy option to the sugar and fat filled varieties we are used to. - Recipe from Dr Sandra Cabot (Liver cleansing Diet)



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

### **Dates for your Calendar**

#### **Term 4 2010**

Monday 11th October – Saturday 18th December - 10 week term.

**January Classes:** Starting Wednesday 5th, 12th, 19, 26th January.

**Please make your bookings early so as not to be disappointed.**

**See the separate sheet.**

Term 1 2011 : Dates to be advised: See Bulletin coming soon.

**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. Additional class \$10, \$20 casual classes, Yoga mats \$50