

Yoga Tree on the Coast

Newsletter Term 3 2017



For many, yoga is about stretching, strengthening, bending in all directions, BUT yoga is about feeling deeper, it's about going deeper beyond the capabilities of the body. Yoga is about 'tuning in'.

We can come to the mat setting our intention. We can even just let things flow and create themselves.

We notice how loud our inner voices can be, and we can bask in the silence of stillness, even while moving. We can notice how resistant our body can be and yes, we can hear our body thank us, often during our practice and in the residue, that comes afterwards from our dedicated practice.

Words and inner knowings of wisdom often come through in yoga and meditation. They step into the light and spring to life. They can be words from your own heart, or that of another. We can come to the mat

with a quote in mind, or find one that resonates with you.

I personally love quotes, poems and readings. I can ponder on one for a practice or delve into and contemplate a quote for a week or more. They are a wonderful way to take your practice to a different level of awareness.

Practice coming to your mat with a quote in mind, a poem, an affirmation or simply a word.

Choose something that really speaks to you. Is it a song? A mantra? Spiritual text? As long as it resonates with you, as long as you are drawn to the words, the meaning, the feel.

“don't just don't do something.....Sit there!”

'unknown'

“silence is not silent. silence speaks.

It speaks most eloquently.

silence is not still. silence leads.

It leads most perfectly.”

'sri chinmay'

A BIG THANK YOU FOR ALL OF YOUR LOVELY SUPPORT WITH OUR BOOK RELEASE.

THE FEEDBACK HAS BEEN QUITE OVERWHELMING, IN A VERY BEAUTIFUL WAY!

Purchase at Yoga classes, or at www.yogatreeonthecoast.com or www.annahamilton.com.au

Or at Mega Health Victor Harbor



“Yoga is almost like music in a way;
There’s no end to it.”

‘Sting’

“We have never arrived.

We are in a constant state of becoming.”

‘Bob Dylan’

Bali Retreats

The first retreat 2018 is full - June 17th to 23rd 2018

Second retreat has 5 spaces left. – June 24th to 30th 2018

Contact Anna for more information

Complimentary
Friday “chillax’ class
Friday 4/8 at 5.00 -
6.30pm bookings
essential!

The beauty in growing older youthfully workshop.

Saturday 19th August at 10.00am - 2.30 pm

Cost - \$ 85.00 to be paid with booking

In this work-shop we will look at how we can grow older as youthfully as we can. How we can become even more beautiful, more powerful and have more body as we get older. Just like a fine wine!!!

We can change our beliefs, on how it is that society tells us we should age. As Metaphysical healer Edgar Cayce said, “ The spirit is the life, the mind is the builder, the physical is the result.”

Join Anna in this uplifting workshop, of gentle yoga, pranayama (breathwork) a mouth -watering lunch some laughs and a gentle meditation to finish.

Spaces are limited! Contact Anna to book! xxx

If there is one book that is to be read this winter, it is ‘Penguin Bloom’ by Cameron Bloom. So easy to read, however the impact it has is deeply moving.

If you feel like snuggling up on a cold winters day, a heart- felt true story movie to watch is ‘The Awakenings’.

Enjoy!!!