

Term 1 2019

A New year again!

What does this mean for you? New ideas? Intentions? Taking action? Relaxing? De-stressing? Moving onward and upward? Letting go?

With a new year there can be a general consensus that we are to start something new, and yet reflection can be a potent little prescription for us to be able to gather information enabling us to not only continue to learn but also experience what has worked for us in the past or not, what has changed or what could be changed, what has healed and what could do with a little extra loving attention. Ranging from an injury to a heavy heart.

The feedback I received from last terms classes where we practiced and explored, "nothing is separate", were so interesting, eye opening and appreciated.

We explored releasing or igniting 2 parts of the body that we often or never think are connected and then we eye-witnessed and felt the beautiful residue it left.

So.... upon reflection, what did that time on the mat ignite, open or release for you?

Yes, when we honour our body in our 'own' yoga practice it is the **delicious recipe for;**

- Feeling more relaxed
- Wanting to choose food full of life force
- Sleeping better
- Awareness of daily posture
- More focused
- Able to listen to your body's needs
- Less aches and pains
- Breathe naturally without effort
- Lower blood pressure
- The ability to tune into your own energy system
- And It just goes on!

But what is your 'own' yoga practice? What does it exactly mean?

Did you know that when you come into balance poses there is the chance to be kinder with your inner self talk, and you actually come into the present moment?

When you practice backbends not matter how subtle, you stretch the front of the spine, release the diaphragm and open the heart centre?

When you are in strong energizing standing poses you not only build bone density you build confidence also?

And when you come into restorative and yin poses you not only release and hydrate fascia, changing your posture, you also unwind and de-stress? They are the perfect antidote to anxiety.

In our 'own' yoga practice we practice 'all of the above' within the grace and means of our own body, which means we will all look slightly different. Yoga is about effort **and** ease.

And you know what?

That's perfectly okay.

When you practice your 'own' yoga, not mine..... yours. You have the opportunity to tap into your inner physician, your inner teacher and your inner guidance system.

(Cont.)

As we continue to learn..... me too! We realize yoga can affect and effect our entire being and daily life and if we practice our 'own' yoga each time we step onto the mat we not only have that chance to unclench, unwind, unclog, and unplug inviting ourselves into the sweet nothingness, where we can step into 'our everything'

We can actually 'live our everything'.

Beautiful changes for the year ahead

Yoga tree on the coast will be starting an online yoga community!

Development for this is in progress for a yoga community membership that we are excited to bring to light.

So, you will be able to practice yoga anywhere, anytime. It is still in its infancy but Brett and I are working wholeheartedly to have this up and running by April.

These videos will be real yoga for real people and more. We are so excited to bring this to light and look forward to sharing it with you.

*"Yoga is a study of life, study of your body, breath, mind, intellect, memory and ego.
Study of your inner faculties"*

- Sri Sri Ravi Shankar

Vastu

Creating a sacred space

Vastu means a physical space, it literally means in Sanskrit "dwelling" or "site". While yoga is for the body and spirit. Vastu addresses a physical place. It is the extension of yoga just like Ayurveda.

This sacred space is designed to promote health, happiness, balance. Prosperity and complete wellbeing.

Just like feng shui there is an exact science to it and if you feel inclined, I encourage you to explore.

Even on the basic level though we can all create a sacred space within our home.

A reading nook, a quiet place for your yoga mat, a favourite spot under your favourite tree, a deck chair on your veranda, fresh flowers, essential oils in a vaporizer, an altar.

Create a space that is sacred for you no matter how small.

Namaste

Anna xxx

