

Yoga Tree on the Coast

Term 2 Newsletter 2019

What does taking care of yourself look like to you?

Is it something you already do? Is it something you only contemplate doing or does it seem too self-indulgent?

As we have said before, the yoga mat is the perfect laboratory for life. It is here we come face to face with our challenges. Mental, emotional, physical and spiritual. Whatever we try to push down or push to one side in daily life rises up to meet us when we are on the mat.

We come head on with our fears, our judgements, our inner dialogue (AKA the ego, inner voice) our habits. E.g. with our need to push through a pose even when there is pain present, could it be that we push through life creating discomfort and resulting in 'dis – ease'?

Even when we all come together to practice yoga in a class YOU are being invited to a party for one, a practice for one. YOU venture into YOUR own inner world. It is here you are being asked "how can learn the art of self-care".

Practicing yoga in a class with mindful movement sometimes challenging, sometimes gentle practices (which can also be challenging to some) meditation, pranayama all help to loosen a stiff body and tired mind and take some time out of a crazy world to just be.

It's interesting that from going to a regular class the invitation of self-care lovingly extends and calls us onto the mat at home. So often I hear someone has purchased a bolster or blocks for home or made a space in a spare room for their own home practice.

This is where the treasure is. The tools you learn and the residue your practice leaves starts to flow into you day. The art of self-care starts to trickle into your day. Instead of just 'managing' your stress, you begin to notice what triggers it. where it starts and even begin to see how your ego (inner voice) creates so much drama. Your yoga practice invites you to allow all this muck to fall away to reveal the real peaceful you.

Remember flexibility does not just relate to the physical. We all need flexibility and fluidity of the mind emotions and body.

So, allow yourself to sit with this question, not only when you are on your yoga mat but anytime during your day. "what does taking care of myself look like?"

"Taking care of yourself doesn't mean me first, it means me too."

By *L.R.Knost*

Our gift to you!

With love from Yoga Tree on the Coast, a complementary vinyasa/yin yoga class. Free!

Friday 7/6/19 5.00pm – 6.30pm bookings essential

Contact Anna for bookings.

“Practicing yoga is like being on a body holiday”

By *Vanda Scaravelli*



“An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.”

By *Caroline Myss and Peter Occhiogrosso*

“Taking Care of You” Herbal Tea Recipe

- Tea spoon of fennel seeds
- 2cm of sliced fresh ginger
- Tea spoon of licorice root powder
- Half a tea spoon of cinnamon

Put all ingredients into a tea pot of boiling water, let it steep for a few minutes then enjoy!