

Yoga Tree on the Coast



Term 1 newsletter 2017

Where did 2016 go? We ask this question every year about the previous year. However, I feel 2016 literally disappeared, well for me anyway. It was an amazing year, fun, energetic, chaotic and a lot of the time there seemed to be Monday and Friday and no days in between.

I don't know about you but I don't want to feel as though my life can go this fast! While I feel I live a life of mindfulness more and more, I also felt I just got swept along by life last year. Even my mindfulness practices seemed fast paced.

If you were the same – please don't tell me I was the only one! How can we change this feeling of being swept along in a canoe down a river, where the river current dictates the pace we move down the river of life?

Well this practice started for me a few weeks before Christmas. I decided 2017 was going to be a year of slow living. Even just making the decision I felt lighter, my mind quieter. Does this sound inviting to you? Does the thought of a year of slow living just do something to your insides where it feels they instantly have a little more room, not as knotted?

This is what a year of slow living is looking like for me, how about you?

Here a few things you can do to also have a year of slow living.

The first couple of things may sound like opposites, they are and yet they can marry beautifully.

Say a Big Yes! Say yes to putting yourself first. Say yes to getting fit, yes to wholesome life nurturing food, yes to reading more, yes to having quiet time and NOT feeling guilty, yes to moving your body, yes to family and friend time, yes to alone time, yes to meditating, yes to just' mooching' around, a giant YES to yourself!

While this one may seem odd as this is the complete opposite. Say NO. There can be great power in saying no. We associate yes with being positive and no as being negative, but this is where it gets interesting.

They can both create more space in our lives and they can both cause more chaos.

Say no to late nights, no to putting your hand up to go on yet another committee, no to that extra serving of pancakes, no that Christmas party where no one will really take much notice if you are there or not. There is no need to be rude or make anyone feel uncomfortable, we can say no with love.

Do less - do what is really important and see if you can let go of the rest, see if you can find pauses in between tasks, this invites us to slow down because we simply are not crowding our time with a crazy pace.

Disconnect - if you carry your phone where ever you go or rush for it every time it beeps at you, then leave it home every now and then when you go out for a walk. Put it on silent so you can at least have a couple of hours of peace. If your work depends on you being on your computer or phone, still find even just an hour or two where you turn it off. You will find when you do re-connect you feel more refreshed and calmer. It is hard to create space when you are constantly glued to your devices.



Lose the pedal to the metal – drive slower

Leave 5 mins earlier for work or commitments, take a scenic route, or just pop on some cruizy music and enjoy your surroundings, you will not feel as though

you are pushing against the traffic and you will use less fuel!

Eat slower - personally I have had to really focus on this one, as a hairdresser for over 25 years I became very accustomed to inhaling my food! You may be the same. Slow down! Breathe, chew and taste the beautiful abundance of food we have on offer. When we eat fast we tend to over eat as we haven't allowed things to gradually settle. And your digestion will thank you as well.

Watch a sunrise/sunset - go on, sit down and take in the colours. Set your intention for the day or reflect on your day. Stop and appreciate nature's gifts of beginnings and endings. Where ever you are, take in a moment to pause and watch, then keep going.

Remember we create a lot of the chaos and hurried feelings we have ourselves. We try and fit in just 'one more thing' which is often the straw that breaks the camels' back. Society it going at a break neck pace, doesn't mean you have to as well. If you are not careful another year will disappear, and this is exactly how we miss life.

Don't just enjoy your destinations, enjoy getting there as well.

A few inspiring **movies** and **documentaries** for you to watch, take a look, I loved these –

Food Choices

Cowspiracy

Happy

I'm not your Guru

Forks over knives

Minimalism

Queen Mimi

The Best of Men

**'If you practice gratitude'
There is never any room for fear or
resentment'**

Two new empowering and inspiring

workshops for the new year

Releasing Chronic Pain

This workshop will run for two consecutive mornings so you can integrate everything you have learned and felt. This workshop will guide you into your own body and healing practices, in which you will be able to treat yourself in a very powerful and practical way. Whether it be shoulder pain, back pain, knee pain, neck pain we will look at all of these.

Saturday 4th and Sunday 5th March
9.30 am - 12.00 pm

\$115.00 you will receive your own myofascial ball so you will be able to implement everything you have learned

Payment with booking. Booking necessary as spaces are limited

Be fit and Love the Skin you're in

When we feel physically fit, emotionally fit, spiritually fit we are unstoppable.

We feel strong, empowered, healthy, wealthy and wise. This workshop is empowering, fun, inspiring and heart opening.

We will move through VERY gentle yoga, restorative yoga, guided meditation, breathing practices, self-inquiry. Anna shares openly her own struggles with body image that plagued her for a lot of her life and how she not only moved past them but soared in every way, as you can too.

Saturday 11th February 9.00 am - 1.00pm

\$120.00 payment with booking. Bookings essential as spaces are limited.

Nourishing morning tea included as well as a beautiful gift bag filled with beautiful goodies for you to take home.

Bali Retreats 2017

**1 space left- Pause, Breathe, Revive and Restore.
May 7th – May 13th 2017**

**4 spaces left – Nurture the Divine Goddess
May 14th – May 20th 2017**