

Yoga Tree on the Coast



Newsletter term 1 2016

My practice was 'not to practice'

Christmas, New Year, is so busy, festive, challenging and fun. Beach weather, family and friends, get togethers, long walks, bike rides, and more.

For me personally, this is the time of year where I feel it is a great opportunity to put my yoga practice into practice. Breath awareness, finding my centre in any challenging times, practicing patience, compassion and openness.

It is a time too, for me to completely indulge myself, in longer yoga practice on the mat, delicious! As I have a little time away from working hours.

A daily yoga practice has been a part of my life for many years and I know it works for me in every way. The last week and a half I decided it was time to put my yoga practice to the test.

This week, my practice.....was NOT to practice! Yep, you read this right. I decided not to practice on my mat at all.

How do I feel? Well to be brutally honest, I feel very average. My body feels so stiff and heavy. My body hurts in places I haven't hurt for a very long time, I even feel stiff on my early morning walks and runs. My digestion is not what it should be, I don't have my usual energy, I found myself even leaning toward the less nurturing food choices, overall, I just don't feel quite right. I am literally 'aching' to get back onto the mat.

So for me, this was the proof in the pudding.

I invite you to make 2016 the year of movement and of self- study. Invite your body to open along with your mind. Step onto your mat and just move! Your body will thank you.

Yoga is an opportunity to change your life in so many ways.

"The human body tends to move in the direction of its expectations"

Norman Cousins,

"Whatever you do, SOMEONE won't approve. SOMEONE will resist your changes. Don't let that stop you. Your life is YOURS."

"I Want to Change, But I Don't Know How"

Book by, Read and Rusk

Retreats

The "Rejuvenation Sanctuary" Retreat in magical Bali only has two amazing spaces left. This is the ultimate rejuvenation experience. *April 24th - April 30th*

The "Finding Sanctuary" retreat in the Tasmanian Wilderness, now only has 8 spaces left. *10th to September - 14th September.*

Please contact Anna for further inquiries.



A Nurturing list for 2016

Another new year is upon us, make it an opportunity to do things you might not normally do. Make a list of some things you have often thought of or have always wanted to do but haven't made the time. Nothing is too small, remember if it nurtures something within you it is very much worth doing.

As the Nike slogan said "Just Do It"



Here are a few ideas that may kick start you along your way.

- Put on an old CD or album that you haven't listened to for a long time that you used to just love, or was important to you.
- Surround yourself with candles and take the longest bath you have ever taken before in your life! Indulge!
- Take your yoga mat and practice yoga or meditate in a park near a beautiful big tree.
- Play a board game with a friend, child or grandchild
- Cook a special meal for a loved one
- Tell your best friend you love them
- Sit under a tree and really study it, it's features, its energy, everything about it.
- Make shapes in the clouds
- Make note and count how many rainbows you see this year
- Clean out that cupboard that annoys you each time you open it.

I love this one, I saw it in a little book and thought I would share it with you as It is now on my list for this year,

DO SOMETHING YOU HATE.....FIND A WAY OF DOING IT SO YOU LIKE IT.....EVEN LOVE IT!!!

*Something on **my** list for this year is something that I have playfully toyed with in my mind only occasionally. I am writing a little book, the words seem to be dancing across the pages and it is creatively unfolding in ways that I hope is uplifting and inspiring yet real in its simplicity. I will keep you posted!*

Bush Flower essences tailored just for you available from Anna, ring or email to order.

\$18 per bottle

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Remember, the simplest of mantras can be very powerful

"I breathe in..... I breath out"

This is all we need to reestablish a connection deep within.