

Yoga Tree on the Coast

NEWSLETTER TERM 2 2017

Yoga leads us into a deep journey of exploration. The view we see from our yoga mat is far and wide, profound and insightful.

We get to feel deep and look beyond what we see, we create the opportunity to 'check in' and notice the noise of our lives, and yet, we can bring into being the silence and peace that lies beneath the mental chaos.

We access that part of our-self that is real. We greet the fun and laughter at ourselves when we fall out of our pose or not look not so graceful. We feel the frustration in being human when our body doesn't quite move the way we would like it to. We learn to bend a little more on the mat and in life. We venture into acceptance and open ourselves to all things possible.

Yoga teaches us to stay curious. We start to realize that we were never meant to fit into a box. We learn to inquire into intuition over tradition. Tradition doesn't always mean healthy and nourishing. Intuition brings with it a flow, a curiosity to melt, bend, breathe and explore our way into different poses, rather than just mechanically moving in and out of a pose.

We recognize and understand we can journey into the world of creating on the mat. We can invent and shape our own poses, combine poses, therefor embarking on a whole new experience, not only on the mat but in our lives.

So, come on! Get creative! There are no rules. Just move, breathe, make up as you go along, even if you feel a little awkward, go with it, see what happens. Notice how you feel! and most of all, have fun!!!!

One of my favourite juices at the moment is fresh fennel, ginger, apple, celery and mint.

To make it extra creamy if you like, add avocado. Enjoy!



A gentle reminder, are you practicing 'Slow Living'? I know we all get swept along in life, or life seeps us along. It takes mindfulness and a willingness to let go a little. Busyness can become a habit. Choose to make 'slow living' a life habit. Start with even just half a day a week. It will be worth it!

*'To heal a wound, you need to stop
Touching it.'*

By 'Unknown'

Anna is back working closely with women in body work.

She is once again offering, ***Into the Heart of the Feminine*** body massages.

This is the ultimate treatment for you as a woman. This treatment is a combination of healing massage and energy work, inviting you to reconnect to

- your feminine energy,
- your heart centre
- the stillness that always lies within
- Leaving you feeling balanced, re-energized and renewed.

'Into the Heart of the Feminine' is a deeply nourishing experience for the woman wanting to reconnect to her divine heart centre or who simply wants or needs to rest in the stillness of the heart.

Each treatment includes-

The drawing of an oracle card, holding a personal message just for you.

Bush flower Essence drops before the massage to deepen your experience

1 hour body treatment

Bush Flower essence personally tailored just for you to take home.

\$115 to be paid with booking

***'Sometimes our lives have to be
Completely shaken up, changed, and
Re-arranged, to relocate us to the place
We are meant to be'***

by 'Inspirational quotes 968'



I am able to get more beautiful clothes for yoga from Tasmania. Please let me know if you are interested. If there is enough interest I will place an order. Beautiful tops, skirts, jumpers, pants and dresses!!

