

Yoga Tree on the Coast



Term 2 newsletter 2016

Autumn is one of my favourite times of year. With beautiful days and cooler mornings and evenings. It is a particularly favourite time for my own yoga practice.

The special thing about yoga is that it creates a residue long after we have stepped off the mat, but what is also lovely while you are on the mat is for you to create an experience for yourself.

Yoga is an experience. You don't 'do' yoga, you experience it. A lovely way to deepen your practice and experience is to practice with the seasons. For me Autumn is all about finding the balance of yin/yang, warm/cool, strong/gentle.

On the cooler days you might like to explore practicing the power of yoga, stoking your inner fire, warming the body. A beautiful yet powerful warming vinyasa (flow), or a few rounds of Surya Namaskar (Salutes to the Sun).

On warmer days you might like to explore practicing some restorative yoga or yin yoga, slow, deeply relaxing and gentle. Both of these practices are deeply nourishing in very different ways.

There is power in movement, there is also great power in stillness. Have fun in exploring finding your balance in this season, and most of all, tune into your body, mind and spirit to feel the gift of the residue.

"I CAN AND I WILL"

Carol and Robin Scott shared this quote with me while on retreat.

So many thanks for this one, it is now a mantra I personally practice daily.

You are both so inspiring! Xxx

Bali Retreats 2016

Yoga Tree has just finished our two beautiful retreats in Bali.

We were surrounded by a deep and spiritual culture, we ate life giving organic food, we immersed ourselves in opening our bodies and minds, reconnecting to our spirit, and cultivated a new awareness into our lives.

A cherished time for me to share and hold this sacred space for you all. Such an honour.

A loving thank you. A xx



Off the Mat

As you have heard me say on many occasions yoga is so much more than being on the mat. It is the ultimate journey of self- discovery. Self- discovery is such an interesting road to venture. There is a certain power in self- discovery and once we feel that power within us it cannot be taken away, and there is definitely no going back.

From the food choices we make as we become more body aware, we WANT to feed our amazing earthly vehicle nourishing fuel, we become aware of our subtler energies within, we become hungry for more healing information. We actually become fully aware that our bodies follow our minds. We make conscious choices as we journey into a fuller life. This is the power and gift of yoga.

Travel far and deep within!

Exciting new classes coming!

Dynamic Stillness Healing Circle

Thurs 2nd June 5pm – 7pm

Fri 24th June 5.30pm – 7.30pm

Experience the practice of deep stillness within and the healing energy of a sacred circle.

In these classes Anna will invite you to experience the deeper part of yourself, healing energy practices and feel a spiritual connection to others. You will not only soak in the practice of giving to yourself but you will also receive healing energy from Anna throughout the class.

Many practices will be introduced to these classes that Anna has worked with over many years and continues to practice.

Anna will hold the healing sacred space for 2 hours limited to 8 people for \$30. (payment with booking)

- 1 ½ hours in healing practices within the dynamic stillness healing circle
- ½ hour of reflection/ sharing.



Anna will also have her favourite foodie workshops!

"It will make your mouth water"!

11/6 Saturday 10.00am – 1.00 pm

\$60.00 per person, to be paid with booking.

Contact Anna on 0449256008

'IF IT'S MEANT TO BE IT UP TO ME' not sure where I saw this quote but I loved it and it too has been interesting to practice these last few weeks!

Bali 2017

Yoga tree goes back to Bali next year for:

Finding Sanctuary retreat

March 2017 (details to follow)



Nurture the Divine Goddess retreat

May 2017 (details on website)

The goddess retreat is a deeply moving and empowering experience.

