

# Yoga Tree on the Coast

Term 3 2016 Newsletter



## Warm up in winter

I remember seeing a glass blower as a child at a show and marvelling at how he could blow this glass! I was fascinated. How they could mould and shape glass which normally shatters, but when you heat it you can mould it into a completely different shape. Remember the Redskin lollies? You could snap one in half or you could heat it in your mouth and you could create and lengthen it into an entirely new shape.

We are the same. Feeling cold we are stiff and not very pliable. It is important to practice yoga in a warm room in the cooler months. When we practice in a cold room we are less fluid in our movements, and we can cause injury. Pick a sunny room, the warmest room in the house to practice your yoga.



Our bodies are the same as the glass and the Redskins, heat it and it becomes pliable. Our inner furnace is fuelled when we practice yoga. As we consciously breathe throughout our practice, our breath fans the furnace within, melting away tension which is just stuck energy, enabling us to melt resistance and move with more fluidity. We can get a sweat up. This is great and a natural detox for the body AND the mind. The skin is the largest eliminating organ of the body, so let those toxins release!

This healing heat is powerful, it is where we can create real change, the heat softens our muscles and tissue in the body. We breathe, we move, creating new length and movement within the muscles and

joints. We begin to shed and release the habitual tension, releasing stuck energy lightening our mental and physical load. Enjoy the warmth and heat even in these cooler months, practice near the fire! How beautiful. Let this warmth set you free.

## Springmount Detox Retreat

Friday 16/9 16 - Sunday 18/9 16

Lighten up and find your spring in your step this spring with a Detox weekend at the Springmount Retreat at Inman Valley with Anna.

Why detox? The toxicity of our body is the root cause of many ailments and much anxiety we suffer. Your health and wellbeing is worth a weekend timeout. Aren't you worth giving yourself a weekend to have more energy and walk a little lighter? This retreat is a wonderful way to clean our physical house. Our body has an amazing ability to restore itself, freeing up energy flow enabling us to move into a new state of aliveness, if just given the chance to do so. When we 'clean house' we feel lighter physically, clearer mentally, more in tune spiritually and more courageous emotionally.

This retreat will be relaxing and insightful, inviting you to soak in the wisdom of nature and 'just be.'

Retreat starts 5.00 pm Friday 16/9/16 and concludes 11.30 am Sunday 18/9/16

\$395 p/p payment with booking, Spaces limited

Dorm sleeping arrangements and BYO sleeping bag or doona and pillow.



'let thy food be thy medicine and medicine be thy food'

*Hippocrates.*

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# Bali Retreats

## 2017 Bali retreats are now Back to Back

This is an opportunity for absolute bliss as our two Bali retreats are going to be held on May 7<sup>th</sup> to May 13<sup>th</sup> and the second retreat will be May 14<sup>th</sup> to May 20<sup>th</sup> 2017.

**8 spaces** remain for the Pause, Breathe, Revive, Restore Retreat and only **7 spaces** remain on our Nurture the Divine Goddess Retreat. These retreats are lovely to do on your own, with your spouse or with a friend.

Flights to Bali have recently come down in price for next year so keep an eye out. Book these retreats now to avoid disappointment. For more details, contact Anna on 0449256008 or go the web site [www.yogatreeonthecoast.com](http://www.yogatreeonthecoast.com)



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'May the talk you talk on your yoga mat, Be the walk you walk in the world'

*"Unknown"*

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## COMPLIMENTARY LADIES NIGHT Friday 12/8/16 5.30 – 7.00 pm

Anna is giving a complimentary yoga class for the ladies. We will explore safe and powerful yoga poses that are safe for women, helping build core and mental strength safely. We will look at how posture and restrictions in the body create undue stress on our pelvic system, and how we can relieve that tension with new awareness and practices.

Please book early as numbers will be limited.

This class is complimentary and given with love.

Ring Anna on... 0449256008 or [yogatree5211@gmail.com](mailto:yogatree5211@gmail.com)