

Yoga Tree on the Coast

TERM 4 NEWSLETTER 2017

Does this sound familiar? You come to your yoga practice sometimes wanting to, and sometimes not wanting to, but you do anyway, knowing that you will feel better for it afterward?

And we have all been here..... when the teacher says “tap into the flow of the breath”, or “let the breath move you”, or “invite the mind to rest on the breath”. Occasionally you think to yourself, “Are you kidding me?”

The more we practice the more we are able to bring awareness to our practice and the more awareness we bring to our practice, the more we are then able to bring awareness into our daily lives. And yet, when the teacher guides us and invites our mind to rest on the breath. There are times where our mind is so loud with mindless but gripping chatter, we can barely hear the breath!

Sometimes our thoughts are so chaotic and loud they could rival a heavy metal band. The harder you try to quieten and silence the mind the more it seems to protest. So how about not trying!

While we all come to the mat for various reasons. Whether it's physical, mental, emotional, or spiritual, we can often find the challenges of quietening the mind frustrating, challenging and impossible. Sometimes even to the point we feel we can't even sit/lie there and do “nothing” right!!

So, what if we stopped forcing ourselves to be quiet, peaceful, creative, or spiritual? What if we use that time for Intentional Thinking. This can be a time where you are mindfully with yourself. as you are in yoga. A perfect time for Intentional Thinking.

So, while you may be practicing yoga to become more peaceful, spiritual, focused, balanced or strong, and occasionally you feel as though you are not getting “there”, and your mind keeps ranting and you keep ‘shhhing’. Simply stop trying to hush it. we can use this time for intentional thinking. As you spend time with yourself and you sit with yourself, you may start to understand what actions you want to take to create, an easier day, week or month for yourself.

It maybe to write a letter you have meaning to write to your Aunt or ex, it could be to re – arrange the time you shop to create more scheduled space in your day, it maybe cleaning out ‘that’ cupboard, so every time you open it, everything doesn't come out to meet you. A whole bunch of things that come out of practical matter that can create a shift for you.

So, while your mind may not have been “quiet”. You have still created space internally. When you consciously spend time for intentional thinking you open yourself to spacious possibilities, new understanding, and fluidity within yourself. this is where you can intentionally find out what your body, mind or that deeper part of you has to say.

So next time you are trying to meditate or sit quietly, try not to ‘shhh’ the mind. Come into intentional communication with yourself. let what -ever is there to come in. Allow the thinking to speak with you. Honour what you are hearing, ask questions and wait for the answers.

INSPIRATION CIRCLES

\$5.00 donation 5.30 - 6.30 pm

Victor Gospel Centre, George Main Road Victor Harbor, in the down stairs room.

Looking at **Anxiety Differently and Two Strategies to Move On**

19/10

2/11

16/11

30/11

Bali Retreats!

June 17th to 23rd 2018 **FULL**

June 24th to 30th 2018 **5 spaces left!**

Further details on the website www.yogatreeonthecoast.com or contact Anna

Christmas Yoga Class!!!

Start your Christmas break with a chilled yoga Class.

Join Anna for a delicious Christmas juice after class and receive your gift!

Saturday 23/12/17

9.00 - 10.30 am

\$20.00 payment with booking

Contact Anna 044 925 6008