

# Yoga Tree on the Coast



Newsletter term 4 2015

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Yoga is an invitation to come out of your head.

When we first begin yoga, we are concerned with 'Am I doing it right?', 'are people looking at me?', 'does my pose look like hers?', 'I don't think I am flexible enough for this', 'Is my foot in the right place?' It's natural to begin with, to listen to the teacher with eager ears and such concentration to the point that sometimes you forget to breathe.

Yes it's important to learn the mechanics and alignment of a pose, but you can through concentrating so much, lose your flow. Your brain takes over and before you know it, your breathing is shallow, you're strained and you're just not having fun!

To learn yoga, come out of your head! Drop your brain and start to *feel*. Feel the pose, *feel* your breath, just move and let go. Go with the flow of your breath. When we soften our brain, mentally let go, a big shift happens physically. That's when the magic starts to happen. That's when your body, breath and mind start to play as a team.

The more we learn to let go in Yoga, the more fluid we move, the stronger we feel and the lighter we become. Yoga, just like life, is actually about letting go! Not holding on. As Krishna Das says 'The hardest muscle to cultivate is the 'letting go muscle'. Yoga teaches us to think less and be more.

When we stop trying to control everything, the universal life force just flows in, and our life will take us places our brain cannot even imagine.

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*"Do not think that love, in order to be genuine, has to be extraordinary. What we need is to love without getting tired.*

*How does a lamp burn?*

*Through the continuous input of small drops of oil.*

*...My daughters, what are these drops of oil in our lamps? They are the small*

*Things of daily life: faithfulness, punctuality, small words of kindness, a thought*

*For others, our way of being silent, of looking, of speaking and of acting*

*These are the true drops of love.....*

*Be faithful in small things because it is in them that your strength lies".*

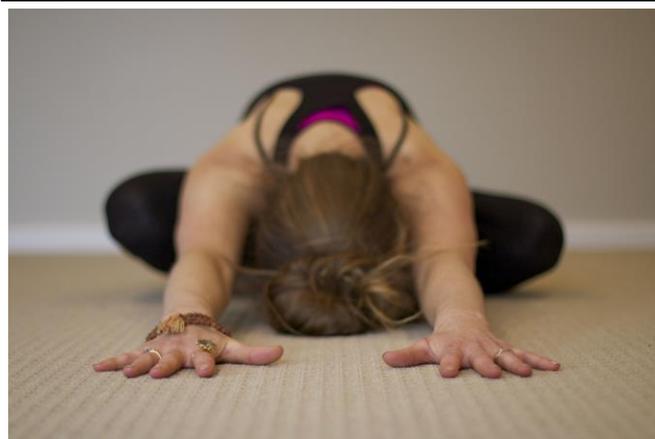
MOTHER TERESA

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## **BUSHFLOWER ESSENCE REMEDIES**

**AVAILABLE - \$18.00 bottle personally tailored just for you.**

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# 2016 Bali Retreat Dates



## MARCH

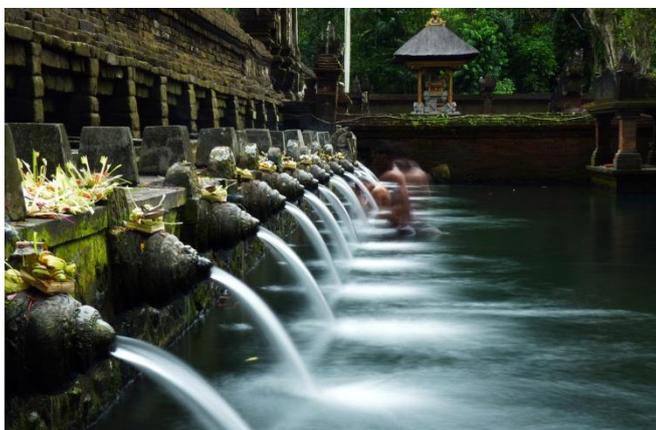
**Sunday 20<sup>th</sup> March – Saturday  
26<sup>th</sup> March (Full)**

## APRIL

**Sunday 24<sup>th</sup> April 2016 - 30<sup>th</sup>  
April (only 7 spots left)**

## JULY

**Sunday 3<sup>rd</sup> July 2016 - 9<sup>th</sup> July**



These Bali Retreats will be held in the beautiful art village of Ubud is the ultimate rejuvenation experience. For further information go to the web site [www.yogatreeonthecoast.com](http://www.yogatreeonthecoast.com) or ring Anna on 0449256008.

As we come into the busy season, keep up your practice, even just for 10 minutes a day, we can all afford 10 minutes a day! To invite inspiration into your practice

- Take your mat outside into the sunshine
- Practice down at the beach
- Make up your own inspirational playlist of music and practice your own vinyasa (flow) yoga, most of all have fun!!

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Now we are coming into the warmer months, juicing is such a yummy way of satisfying your sweet tooth and getting all the goodness you need. Here is one of my favourite juices I love for the summer. Enjoy!

- A few pieces of pineapple
- Slice of ginger
- Slice of fresh turmeric
- ½ an apple
- A few leaves of fresh mint
- ½ fresh beetroot
- ½ banana
- A few cashews or almonds
- Add water if you have a nutri- bullet
- Cheers!

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### DYNAMIC STILLNESS SUNDAY

Sunday 15/11 15 & 29/11/15

1.30 - 4.00pm

\$50.00 p/p or \$85 for both Sunday's paid in advance. 6 places only, bookings essential

Bush flower essences and space clearing sprays will be intuitively given to deepen your experience.

A perfect way to recharge your batteries before the busy season.