



Yoga Tree on the Coast



Newsletter Term 1 2015

Well here it is, a new year, 2015!! It is often a time of reflection, looking at what we have done, where we have been, and then enjoying the actual moment of the new year springing into existence, (if you are awake!) AND then there is the New Year's Resolution!

We so often start with enthusiasm and then it starts to dissolve, or we just plain give up because it's all too hard or completely unattainable.

The practice of yoga teaches us and encourages us to reflect, be still, set goals, yet embrace the present moment. To open our minds and bodies and build strength in both, open ourselves to new possibilities, yet accept and respect what is.

We can look at our new year like a yoga practice. Come into our year with love, respect, openness, enthusiasm. Here are some ideas for a new year's resolution that you can turn into a deep and meaningful practice for life.

JANUARY – Spend quality time with friends and family.

FEBRUARY – Unplug from electronics, no phones or Ipods while in social situations.

MARCH - write in a journal or diary every day for this month.

APRIL – practice yoga everyday even if only for 5 minutes.

MAY – Positivity, no complaining

JUNE – Read a self empowering, spiritual, uplifting book.

JULY – Self reflection, spend time in silence or meditation, everyday, even if only for 10 minutes.

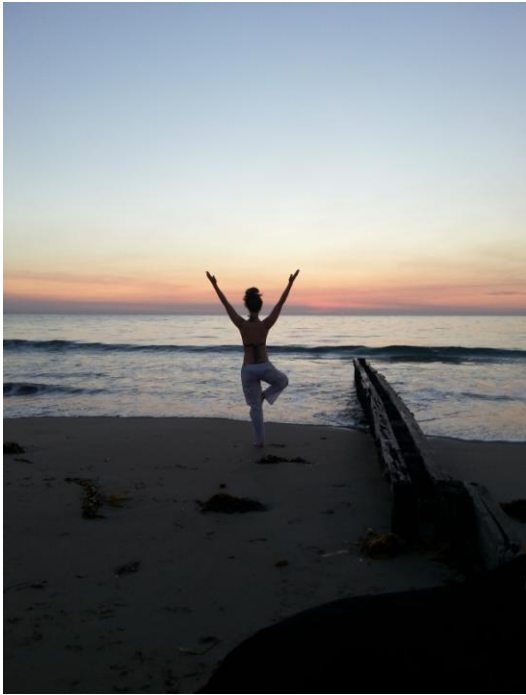
AUGUST – Kindness, practice 5 acts of kindness every day, open a door for a stranger, smile , complement someone.

SEPTEMBER - Sugar Free, no refined sugar of any kind.

OCTOBER – Home Retreat – set up ahead of time, scrubs, candles, books, magazines. Spend time on yourself, give yourself facials, have a relaxing bath, treat yourself! YES even you men need to treat yourself!!!

NOVEMBER – Free of gossip, practice kind and loving conversation.

DECEMBER – The month of ' Giving and Receiving', (one of the Seven Spiritual Laws of Yoga) Practice giving and receiving everyday- buy a cuppa for a friend, give anonymously to someone who needs some TLC, and give a complement every day.



“Yoga practice is like life,
Each circumstance in which we find ourselves is like a pose
Some poses are hard to hold, others are pleasant
It is how we hold the pose that determines whether
Or not we will suffer or grow
And whether or not we will listen to the drama of the ego
Or the wisdom of the spirit”
(Unknown)

Up coming events

‘Free from stress programme’

for the community, gold coin donation for a family in much needed T.L.C. this programme will go beyond just yoga , and will incorporate many aspects of life, conscious choice and lifestyle tips that can be put into practice straight away. Tell friends or anyone who you feel could benefit.

Starts: 9.00 – 10.30 am Saturday 31/1/2015, 7/2/2015, 14/2/2015, 21/2/2015.

‘Morning Detox’

Yoga for detoxing and cleansing our bodies, followed by us making beautiful food to incorporate into your life of eating clean.

Saturday 28th of February 9.00am – 12.30am \$55.00 payment required with booking.

‘Raw Yoga/ Raw Food’

We will explore how the simplest of yoga techniques can enrich us and teach us to become ‘body aware’ to really be in our bodies, not walk along side of it. We will then look at and make delicious food, to not only tickle your tastebuds, but to lift and nourish your moods. We will look at how food can either add to our stresses or nourish us so we can lower inflammation, sleep better and have more energy.

Saturday 21/3/15 9.00am – 12.30am \$55.00 payment required with booking