



Yoga Tree on the Coast Newsletter



Term 2 - 2015

When speaking to some about yoga, often the response is 'I couldn't do yoga', 'I am not flexible enough', 'I'll get fit, then I'll try yoga', 'I'll lose weight first, then I could do yoga', 'I don't have time to do yoga', 'I wish I could do yoga more'. What is lovely about yoga is 'We don't DO YOGA', we practice yoga, we live yoga, we are yoga! Yoga is all around us and we can practice it many ways.

It is not just 'done' on the mat. It can be practiced washing the dishes with complete awareness of stance, breath and movement.

Gardening, finding the beauty in the plants, the scents, the colours, the appreciation for abundance your garden gives you.

Sitting down at the beach with your feet in the sand, letting the sand run through your fingers, pondering just how many grains of sand there are just on your beach alone, and realizing that you, yourself are a part of a greater whole, just like that grain of sand!

Sitting on the grass and contemplating the life that is beneath you, rugging up for a refreshing walk in the rain, biting into a piece of chocolate and not just chewing it, but really tasting it, being in that moment with 100% awareness. I could go on... You see, Yoga is a gift, an appreciation for life itself, life everywhere, not just your own, but for others, all creatures great and small.

So you see, stepping onto the mat is just part of the practice of yoga. The asanas are just one part of the practice of yoga. When you are 90 years old and your body has changed dramatically, and it will! You will still be able to practice yoga! You will still have the breath, contemplation, gratitude, and awareness, yoga is more than just folding yourself into all different positions on the mat!

Yoga invites you to find the beauty in everything, even when it doesn't seem so beautiful.

Yoga Tree on the Coast is going to Magical Bali !

Life beyond stress retreat

5 days 6 nights

March 20th – 25th March 2016

More information on web page or contact Anna



Wednesday night Winter Warmers

13/5 6.00 – 7.30 yoga then dinner!

24/6 6.00 – 7.30 yoga/dinner!

\$24.00 payment required with booking

Contact Anna 0449 256 008



Don't compare
Yourself to others,
Compare yourself to
THE PERSON FROM
YESTERDAY *unknown*

*'To change your mind
Is to change your body
To function differently'*

Stanley Keleman

As the seasons start to change and the days become cooler and shorter keep yourself healthy and invigorated, body mind and spirit .This is a wonderful routine to practice in the mornings when you first wake up. Oil pulling (more information on web site or in class)

Tongue scraping

Cup of Lemon/lime in hot water

Dry brushing of your skin just before you pop into the shower

This is the routine I follow myself every morning .You will feel great starting this every day , if this seems a little daunting , just practice one of these and gradually add another when you are ready.

Sometimes the most challenging thing about your own yoga practice is stepping onto the mat!

Step on anyway, and just start to move! See what happens, see where the movement takes you, you may be pleasantly surprised!

Namaste

Anna xxx

Mantra - SAT NAM

I am truth or Truth is my name