

# Yoga Tree on the Coast



Newsletter term 3 2015

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## FINDING FREEDOM IN PRACTICING 'YOUR YOGA'

*Yoga is practiced for many reasons as I have often said. It is very much a personal journey and practice.*

*No matter why we have decided to step onto the mat, we are often surprised at the 'how' we are often affected, how our body feels, the changes, the challenges, the liberation, and the residue that is yoga.*

*We open and close our bodies, we twist, fold, extend and rotate, we lengthen and lift, we ground and breathe, we hold and surrender, and how do we feel after our practice? Even if we don't understand what we have just done and why, we feel different.*

*After many months of wanting to get 'back' to where I was pre-injury and surgery on the mat, when I did 'step back on'. I allowed my brain to takeover, forcing my body into positions it wasn't ready for or happy to be in, sometimes it wasn't so bad in the asana at the time(although if I had been truly honest with myself, IT WASN'T) My body did let me know the following days that it really wasn't happy.*

*One of the most liberating experiences for me was the moment I stepped onto the mat for one of my practices, something changed inside of me, a shift if you like, a very strong message to let me know what I was practicing clearly wasn't working for me. In that one moment I let go of the 'ideal /perfect asana' I decided to find the perfect pose FOR ME for my body for that particular time. My heart exploded and a freedom engulfed me. I laughed with excitement and cried with joy. A new found freedom was just born. Liberating!*

*You too can enjoy the freedom of 'finding your yoga' While, yes we still need to check alignment to keep us safe, to enrich our stability and strength in an asana,*

*we can learn to embrace modifications, we can learn and except that we all have a 'good' and 'bad' side. We can come to the mat for 'exercise' and a 'stretch' but find our spirit in the process, to make friends with our body and the props! Let go of anything that no longer serves you, and to choose intuition over tradition.*

*Yoga is a challenge at times, it can push our buttons, take us out of our comfort zone, enrich us, open us to new possibilities, release emotions, we can laugh and cry! It can teach us that we are stronger than what we think, it is humbling, uplifting and fun! It's worth celebrating. A lot like life really!*

### Dynamic Stillness Sundays

2/8 1.30 – 4.00 pm

16/8 1.30 -4.00pm

\$50.00 p/p or \$85 for 2 Sundays paid in advance

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### Funky Yoga (Get yours relaxed groove on)

Thursday 30<sup>th</sup> of July and Thurs 6<sup>th</sup> of August at 6pm

\$15 per person, Booking essential.



Yoga Tree on the Coast is now on facebook with regular yoga moments.

Search "Yoga Tree on the Coast" and like us.



# *\*Bali Retreat\**



***These kind of retreats go beyond a luxury, they are a necessity, and can be life changing.***

***“Only 4 spaces left”***

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*Yes, it is better to practice yoga barefoot, I don't know about you but on these cold mornings, standing on my COLD yoga mat is a little challenge for my tootsies! So why not start in your fluffy socks, Woolley jumper or P.J's, it won't be long and you will feel warm, those socks will just naturally come off!*

*To warm yourself beautifully start with the good old figure 8's. Not only will this movement warm you, it will encourage you to yield, and to get that synovial fluid moving through the joints.*

*Start by moving your hips in a figure 8, it can help by placing one hand on the opposite hip, draw circles with the hips. Start to let your arms move in little figure 8's, gradually let the movement become larger so the arms move above your head, let them swing!*

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***SURYA BHEDAN - Right nostril breathing   Revitalizing breath***

*This pranayama improves efficiency of the digestive system*

*-boots the nervous system, especially the sympathetic nervous system*

*Prana increases in the body, increasing vitality*

*Helps reduce anxiety and depression and low energy*

*Our right nostril is energetically associated with our body's heating energy*

*Sit in a comfortable position, gently close your eyes, rest your index and middle finger on the eyebrow centre, using your thumb and ring finger for closing and opening the nostrils.*

*Inhale, exhale, coming into your breath, when you're ready inhale, close off left nostril, inhale through right nostril, exhale through the right nostril, you can also exhale through the left.*

*To start with practice for a minute or so and gradually increase as you feel comfortable.*

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***'The best feeling in the world***

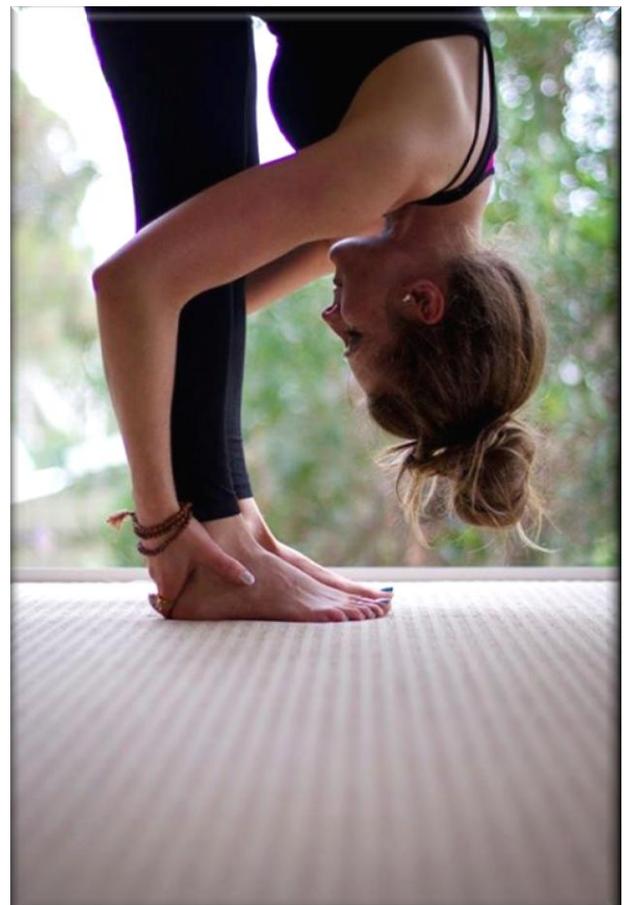
***Is realizing you are 'perfectly happy'***

***Without the things you thought you***

***Needed most' .....***

*Namaste*

*Anna xxx*



*Photo by Cassie Jade Photography.*