

# Yoga to Health Newsletter

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SPRING -2009



## YOGA with Louise; Diary Dates & News

For details please see website

### Class Times

#### Seaford Yoga Studio

Tues 10-11.30am  
Wednesday 6.30-8pm  
Friday 11am-12.30pm

#### Pt.Noarlunga Surf Life Savings Club

Tuesday 6.30-8pm

#### Fullarton Park Centre

Thursday 7-8.30pm

### Class Fees

#### CASUAL RATES:

\$10 \$9 conc \$8 age pension

#### TERM RATES

Based on 10 week terms:

\$70 \$65 conc \$55 pension

### Term Dates

#### THIRD TERM 2009

Tues 21st July – Fri 18th Sept (9 weeks)

#### FOURTH TERM 2009

October 12th - Nov 27th (7 weeks)

#### FIRST TERM 2010

Tues Feb 2nd – Fri 23rd March (8 weeks)

#### SECOND TERM 2010

Tues 19th April – Fri 25th June (10 weeks)

For workshops, retreats, products details  
and news please see

[www.yogatohealth.com.au](http://www.yogatohealth.com.au)



Dear friends in yoga,

### HAPPY HOLI !!!!!

In India, spring is celebrated in early March as a festival of colours to throw off the gloom of winter. It is celebrated as a glorious riot of colour where participants throw coloured powders and waters over each other! This festival of colour is called "HOLI" .... So a very **Happy Holi** everyone!

So a warm **welcome to spring!** What a wonderful reminder that no matter how long our personal winter darkness or gloom, the spring will surely follow! As the darkness slowly lifts let us awaken to newness, hope, freshness, aliveness, colour and renewal,

Just as we plant new seedlings in the garden, let's view this as the perfect time to sow some seeds of our own. It is now the time to spring forth and begin new undertakings, new ventures, new loving relationships and new resolves knowing that there is so much energy around us now.

So as we find life, alive in everything around us, let's allow it to rejuvenate our yoga practice letting it spring forth with renewed vigour and enthusiasm. It is such a wonderful time of the year; one that slowly dawns as the days lengthen and the garden burst into bloom in exquisite silence and colour.

May I suggest that for your spring yoga practice you include **a meditation on stillness**. It need not be very long. Simply stop and listen to the stillness that supports all the sounds around you.

Begin by softly focussing on the natural breath and listening to its sound. Now listen to the sounds around you moving effortlessly from sound to sound; then stop and observe the stillness between and beneath the sounds. The sounds on the stillness are like the clouds against the blue sky. And feeling embraced by the great silence that holds us all.

Namaste,

With love in yoga,

I have  
the  
strength  
to  
shield  
my  
stillness  
within.

NEVER  
NEVER  
NEVER  
GIVE UP



YOGA

HOME PRACTICE

## **Let's Invert and Strengthen..... Your ANTI-GRAVITY Practice!**

Include these sections in your daily practice.

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### DOG POSE

Feet hip width apart. Arms shoulder width apart.

Finding and equal weight distribution on all 4 limbs.



### THREE LEGGED DOG

As you stretch one leg straight up, experience your opening to strength. As the shoulders broaden, let the heart move towards the floor.



The dog poses are beautiful inversions to align and straighten the spine as the upper body, stretch the hamstrings whilst offering you the gift of anti-gravity.

Thought is action  
in rehearsal  
(Freud)

.....In Life.....

**PAIN is  
inevitable  
but ...  
SUFFERING is  
optional !**

### **Workshop Sun. 25th**

**Oct. A day of  
yoga at the  
Seaford Studio.  
\$49 includes  
bonus CD**



If spring came but once a century instead of once a year, or burst forth with the sound of an earthquake and not in silence, what wonder and expectation there would be in all hearts to behold the miraculous change.

(Henry Wadworth Longfellow)

### Yoga Teaches .....

We don't come to practice yoga to become perfect.

We come to practice yoga, to make peace with our imperfections.

### EMAIL LIST

Would you like to receive monthly Om Bytes by email? simply send a message to [louise@yogatohealth.com.au](mailto:louise@yogatohealth.com.au)