

Yoga to Health Newsletter

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SUMMER -2011-12



YOGA with Louise; Diary Dates & News

For details please see website

Class Times



Seaford Yoga Studio

(233 Seaford Rd. Seaford)

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

Fullarton Park Centre

(Corner Fullarton Rd & Fisher St.)

Thursday 7-8.30pm

Class Fees 2012

CASUAL RATES:

\$11 \$10 conc **\$9** age pension

TERM RATES

Based on 9 week term

\$80 \$70 conc **\$60** pension

Term Dates

FOURTH TERM 2011

18th Oct. -2nd Dec (7 weeks)

FIRST TERM 2012

Jan 31st- March 30th (9 Weeks)

SECOND TERM 2012

1st May- 22nd June (8 weeks)

For workshops, retreats, product details and news please see

www.yogatohealth.com.au

Dear friends in yoga,
Geoff and I would like to thank you for your support and friendship throughout the year. It is an absolute pleasure for us to share our yoga journey with you. We thank you for your company and your presence. We would like to take this opportunity wish you and your loved ones a safe, peaceful and joyous festive season in this wonderful country. May this season of giving, help us to find **GIVE** in everything we experience.

G for gratitude for all we have and all we are and all we may be. There is so much to be grateful for.

I for intention to continue to give, grow and thrive each day of our life.

V for vision, that we may see the truth and express it freely with love from the heart.

E for effortless ease that allows us to enjoy our journey through life without anxiety and stress and affirming that, *...silence is my natural way of being. I am saturated with peace knowing that I already have, all that I need to become all that I may be.*

With love in yoga

MANTRA..... Namaste

These are the words we share with each other at the end of class to express to each other, the essence of yoga.

*I honour the place within you
where the universe resides,
in love, in peace in truth.*

*For if you are in that place in you,
and I am in that place in me,
there is only one of us.*

Namaste



YOGA HOME PRACTICE

Time for Meditation... JAM

At www.just-a-minute.org

You will find a 'meditate now' button. Enjoy! Below is an example of what you may find. You will find both the written script and a beautiful vocal, to help you relax.

Freedom by Anthony Strano.

Taking just a minute,
I imagine myself like a bird taking flight;
Totally free.

I am free.

Free from the past, from complaint,
blame and desire for revenge.

Gliding high above, I create space, to
gain a new perspective, an opportunity to
learn from whatever has happened.

Seeing clearly, I can let go of all fear.

I can trust who I am.

I can trust life.

I am free.

Only the true me remains.

Harmonious, flying high

Flying free.



YOGA TEACHES

If you want to know
what your thoughts were like yesterday,
Look at your body today.

If you want to know
what your body will be like tomorrow,
Look at your thoughts today.



4 DVDs Home Practice Series Set
\$20each 2 for \$30 all 4 for \$56.95

Great Gift
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or others!
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lots more goodies



Yoga for Your Back 1 & 2 Set
\$20 each 2 for \$30

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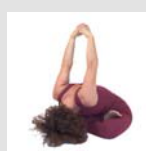


ALL 6 for special price of \$82 and receive
a bonus CD when you mention this offer.

Also available at COSMIC PAGES in King William St. (next to Trims) and other stores, as well as online from many different sites.

Yoga Teaches Surrender in **"YOGA MUDRA"** (as practised in class)

From simply sitting pose, clasp the hands behind your back and feeling the chest lifting as the arms lengthen behind and rise up as you reach forward into yoga mudra, the seal of yoga;*surrendering the knowledge of the head to the wisdom of the heart and the strength of the earth.*



For more on yoga gems, please view the website. There are many yoga teachings, sayings and stories within the site.

See you there!

www.yogatohealth.com.au