



AISHA FLOW YOGA

"Healing From Within"

February 2017

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2017 Bookings and Charity Donations

Class Bookings: Classes will **start back on Tuesday 31st January (YogaFit) for a 10 week term.**

Donations: This year we will make our donations monthly with a minimum of \$600 (more if classes are filled). In 2016 we donated over \$6000 to a number of local causes. In 2017 we aim to donate more so **if you know of any causes or charities in need please let me know** as donations will start in February and occur at the end of each month

Events This Term

Vegan Potluck and Swim

When: 2pm Sunday 12th February

Come join us for a summer's swim and afternoon tea. Everyone is asked to bring a summer plate of food to share (enough to feed the amount of people joining you) and don't forget your swimmers. Children are welcome as are friends and family.

Vegan Potluck and Movie "Embrace"

When: 5pm Saturday 25th March

Another lovely evening of great food, company and conversation. Please bring a vegan meal to share (enough to feed the amount of people joining you). Children, family and friends welcome. If you have not seen the movie Embrace or want to see it again then do come along.

Date for Your Diary – 22 and 23rd July

I am bringing a guest presenter to Albury who I have trained with recently and is not only a beautiful person but a knowledgeable and articulate presenter. She will present 2 separate day courses on 22nd and 23rd June so put the date in your diary and more details will follow.

New Venture

I am very excited to be embarking on a new venture this year as of February which will follow along the same principles of Aisha Flow Yoga – generosity and helping people have great experiences. The clue is in the picture - more details will follow soon ☺

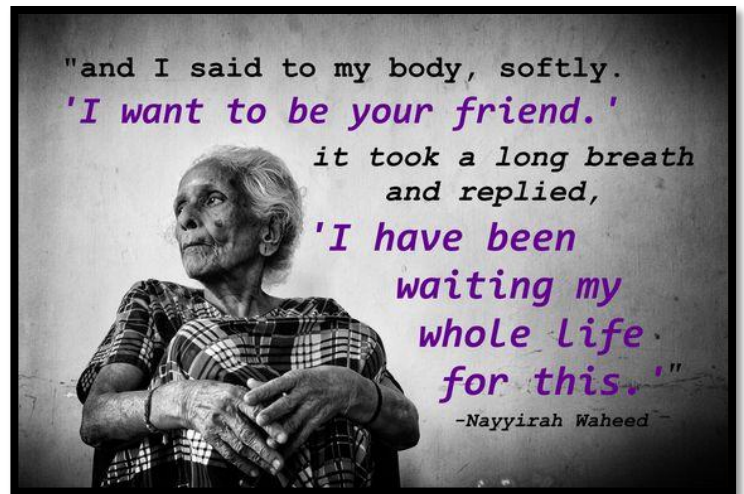
Contact: Bronwyn Wilmot
Ph: 0409 240 574

email: bronniewilmot@gmail.com
www.aishaflowyoga.com



Food For Thought: Befriend yourself

The new year is often a time when people make many resolutions as to how things are going to be different – and very often all the resolutions have fallen by the way side by the end of January. Instead of making promises to yourself why not let this new beginning be a vision – a focus you have for yourself that guides your path in so many ways. For me this year is the year **“I will be(st)friend my body”**. I have spent years judging, criticizing, hiding, abusing my body instead of realizing it is my best friend and not my enemy. Your body is a constant in your life – when your body dies you are no longer able to manifest yourself here on this earth so wouldn't it be better to be your body's best friend? For those of you that struggle with liking or loving your body let me tell you it is not your body that needs to change but rather your mind that needs to see you differently. You are not your body – it is a vehicle you occupy and it allows you to express yourself in this life time. Every minute you spend on judging and criticizing your body is a minute you are not living fully. You cannot be berating your body and at the same time living your life to its full potential and purpose.



Every person is here on this planet for a reason – we each have a destiny to fulfil. You are like a thread in the spider's web and each thread is needed to keep the web strong. You have a role in this world whether to you it seems big or small it is an important role and it is time that you saw that. The role you play is so much more important that you believe and when your energy is wasted on judging, criticizing or hiding then your destiny is not being realised. So let's begin by starting with ourselves and befriending the body you inhabit. This is how you start.....

1. **Begin to notice the way you talk to yourself.** Do you call yourself names, judge or criticize yourself or your body. Can you look in the mirror and say “I love you” and really mean it. DO you speak to yourself the way you would your best friend. Just notice.
2. **Now you are noticing CHOOSE to change any negative self-talk** and instead find ways to accept, appreciate and to forgive yourself. Gain a new perspective and see the good in you, the great in you. Give thanks for your feet that stand you up each day, your hands that give and receive, your lips that smile. Decide now to stop the negative self-talk and reboot your programming
3. **Decide on your vision that will guide you this year.** What is it that you want from this year? DO you want to live with passion, befriend your body, connect deeply with others? Create a vision and make a picture of this vision and stick it somewhere that you will see often. Live by this vision – let it be a new beginning for you just like each sunrise and each breath you take. With the path to befriending your body you can now appreciate the vehicle you live in and allow it to drive you along the path / vision you have chosen.

This year you will notice an emphasis on getting into our bodies, on embracing who we are. We will begin with foundational classes getting back to some basics and also exploring yogic philosophy in term 1. In term 2 there will be a stronger emphasis on yoga as a tool to ‘embrace’ ourselves including two workshops looking at yoga for anxiety and depression as well as a workshop on body love.

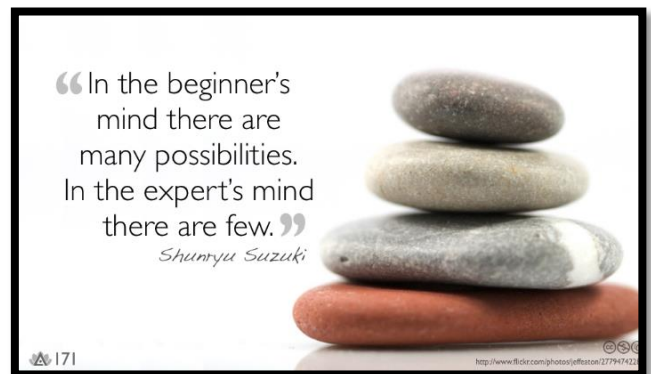
Your Yoga Practice: Beginners Mind

This year let us return to class with a beginner's mind no matter how long you have been practicing yoga. When we come to each class with a beginner's mind we are open to all possibilities. It is like a cup that is empty where knowledge is able to pour in but if the cup is full (whether it be with knowledge or garbage) then anything else will just pour over the edges and not be able to enter the cup. Let us return to yoga as a beginner exploring our own mind, breath and body in a new way.

With a beginners mind we will start the term with foundational flows that are simple and purposeful. We will also explore the foundations of yoga being the Yamas and Niyamas exploring a new one each week. The Yamas and Niyamas are the first 2 limbs of the 8 fold path of yoga and include

Raja Yoga has 8 limbs as follows:

1. **Yama** – big picture and how we treat others
2. **Niyama** – personal picture – self controls
3. **Asana** – physical poses
4. **Pranayama** – breath control
5. **Pratyahara** – sense withdrawal
6. **Dharana** – concentration
7. **Dhyana** – meditation
8. **Samadhi** – enlightenment



It is the underlying philosophy of yoga that takes it from an exercise class to a way of living, that takes your practice on the mat into a way of being in the world. These philosophical principles that we will explore in term 1 are as follows:

The Yama's or guidelines for how to treat others in the world and include:

1. **Ahimsa** – non-violence or more still to act in a way that does not cause harm be in in thought, speech and action. It is about kindness, friendliness, respectfulness for all beings including ourselves.
“Always come from a place of love”
2. **Satya** – truthfulness in thought, words and action. Being honest, open and in no way trying to deceive either through lies, miscommunication, avoidance or deception.
“Am I being honest?”
3. **Asteya** – non stealing meaning to not take that which is not ours be it possessions or someone's time, trust, respect etc. It means to not cheat or be envious but instead to only take that which is ours and to live with consideration.
‘Was it offered and do I need it?’
4. **Aparigraha** – greediness or non-possessiveness. It means to take only what we need from the earth be it possessions, food, time etc It also includes grasping onto the familiar because we are comfortable there e.g. poses we find easy
“Do I need it or am I being greedy”
5. **Brahmacharya** – sensual purity meaning to treat ourselves and others with honesty, compassion and love in all sexual matters. To act with restrain and control developing warm, loving and appropriate relationships. Sensual energy can be restrained and redirected into that other limbs of Raja Yoga.

The **Niyama's** are about the relationship with one's self - personal self -controls and they include:

1. **Saucha** – purity of body and mind through an array of actions including the food we eat, the environment we live in, actions we take. A clean mind and body so as we vibrate at a level that can receive divine consciousness.
“Purify my mind and body so as my soul can reconnect”
2. **Santosa** – contentment of where we are at in the world knowing that in every moment were are where we should be
“ In every moment things are as they should be – say yes to life”
3. **Tapas** – a burning desire or self-discipline meaning a commitment to live a yogic life being of service, devoting one's self towards enlightenment – committing 100%
“Commit 100% to all that I do”
4. **Ishvaraipranidhana** – surrender to life instead of grasping. Shifting identification from the individual to the universal self and surrendering to that life force knowing all we need is within us and available.
“Trust and surrender to the cosmic life force”
5. **Svadyaya** – self-study through sacred texts and self-awareness so as to allow growth. It is remembering who we really are and feeding ourselves higher vibrations through self-study.
“If I am not growing I am dying”

So even if you are aware of the above principles come to practice this term from a beginners mind – exploring how you can LIVE these principles both on and off the mat as if seeing with new eyes.

Book recommendation: “Jivamukti Yoga”

I love this book as unlike many books about yoga, *Jivamukti Yoga* focuses not only on the physical postures but also on how they evolved looking at yoga's ancient sacred texts and traditions as well as the psychotherapeutic benefits that accrue with a steady practice, and the spiritual power that is set free when energy flows throughout the mind and body. Jivamukti Yoga, which means “soul liberation,” and this book is about guiding your body and soul into spiritual freedom, physical strength, peace of mind, better health, and Self-realization—the ultimate goal of any practice. The book encompasses

AHIMSA—*The Way of Compassion*: choosing nonviolence, respecting all life, practicing vegetarianism, living free of prejudice

ASANA—*The Way of Connection to the Earth*: postures and sequences, breathing, transforming energy, understanding the bandhas

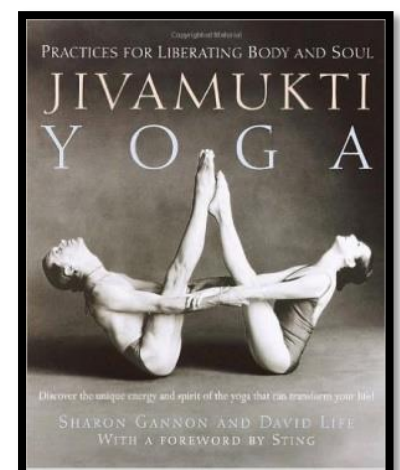
KARMA—*The Way of Action*: creating good karma, giving thanks

NADAM—*The Way of Sacred Music*: appreciating the sacred sounds of yoga

MEDITATION—*The Way of the Witness*: how to sit still and move inward

BHAKTI—*The Way of Devotion to God*: living with love, grace, and peace

I highly recommend reading this book and I have a copy if you would like to borrow it.



Contact: Bronwyn Wilmot
Ph: 0409 240 574

email: bronniewilmot@gmail.com
www.aishaflowyoga.com

Pose of the Month: Virabhadra's Pose Warrior 1

Virabhadra's Pose is also known as the Warrior Pose (there are three variations of Warrior, of which this is customarily numbered 1). It may seem strange to name a yoga pose after a warrior; after all, aren't yogis known for their non-violent ways? But one of the most revered of all the yoga texts, the Bhagavad-Gita, is the dialog between two famous and feared warriors, Krishna and Arjuna, set on a battlefield between two great armies spoiling for a fight. In this pose what is really being commemorated in this pose's name, and held up as an ideal for all practitioners, is the "spiritual warrior," who bravely does battle with the universal enemy, self-ignorance (*avidya*), the ultimate source of all our suffering.



How to DO the Pose

Stand in Tadasana (Mountain Pose). With an exhale, step 3 ½ to 4 feet apart. Turn your left foot in 45 to 60 degrees to the right and your right foot out 90 degrees to the right. Align the right heel with the left heel (if this creates pain in the lower back then take the feet wider so you may have the feet more like shoulder width. As you exhale rotate your torso to the right, squaring the front of your pelvis as much as possible with the front edge of your mat. As the left hip point turns forward, press the head of the left upper leg back to ground the heel.

Lengthen your tailbone toward the floor and Raise your arms overhead parallel to each other, and reach actively through the little-finger sides of the hands toward the ceiling. Draw your shoulder blades against your back and down toward the tailbone.

With your left heel firmly anchored to the floor, exhale and bend your right knee over the right ankle so the shin is perpendicular to the floor (never let the knee move pass the ankle).

Reach strongly through your arms, lifting the ribcage away from the pelvis. As you ground down through the back foot, feel a lift that runs up the back leg, across the belly and chest, and up into the arms. If possible, bring the palms together. Spread the palms against each other and reach a little higher through the pinky-sides of the hands.

Keep your head in a neutral position, gazing forward, or tilt it back and look up at your thumbs.

Stay for 30 seconds to a minute. To come up, inhale, press the back heel firmly into the floor and reach up through the arms, straightening the right knee. Turn the feet forward and release the arms with an exhalation, or keep them extended upward for more challenge. Take a few breaths, then turn the feet to the left and repeat for the same length. When you're finished return to Tadasana.

Cautions

- High blood pressure and heart problems
- If you have shoulder problems keep hands at the heart in prayer or keep arms parallel overhead (not in prayer overhead)
- If you have neck problems keep your head neutral

Recipe of the Month: Curried Chickpea and Veggie 'Noodle' Salad

Author: Angela @ Vegangela.com

Ingredients

- 1 cup green cabbage, cut into thin strips
- 1 capsicum, cut into thin strips
- 2 carrots, spiralized or peeled into slices
- 2 medium zucchinis, spiralized or julienned
- ¼ cup green onions (or 1 clove garlic), chopped
- ¼ cup coriander (or mint), chopped
- 1 can chickpeas, drained and rinsed (optional)

Dressing

- ½ cup tahini (or other nut butter)
- 2 tbsp lime juice
- 3 tbsp maple syrup
- 1 tbsp curry powder
- 1 tbsp fresh grated ginger (or 1 tsp dried ginger)
- 2-3 tbsp water (as needed)

Instructions

1. In a large bowl, mix all dressing ingredients, adding just enough water to thin it out to a thick dressing consistency.
2. Add veggies and chickpeas and mix until well-coated with the dressing. Season with salt and pepper, and red chili flakes (if using).



Classes and Bookings

Classes Times:

- | | |
|--------------------------------|--------------------------------|
| • Alternating Monday / Tuesday | 6-7:10pm (YogaFit) |
| • Thursday | 9:30am – 10.45am (mixed level) |
| • Thursday | 7:30pm – 8:45pm (mixed level) |
| • Friday | 6:00am – 7:15am (wake up flow) |
| • Friday | 9:30am – 10:45am (mixed level) |

Special additional classes and workshops throughout the year will also be added so keep an eye on facebook for details or talk to me.

Contact: Bronwyn Wilmot
Ph: 0409 240 574

email: bronniewilmot@gmail.com
www.aishaflowyoga.com

Costs and Booking System (50-100% of ALL takings go to charity)

Costs are as follows:

- Casual: \$14 (\$10 for students)
- Term Pack: \$120 (for 10 week terms)...guaranteed place each class of the term but no carry overs

Preference for bookings will be given to those with term packs.

Term packs - if the term is longer than 10 weeks then you pay \$10 for each subsequent class or if shorter than 10 weeks then you pay the corresponding amount (e.g. 9 weeks = \$90). If there is no class for any reason your pack will be extended. If you join us midway into a term you can pay \$10 per week for remainder of the term if paid up front.

Please note that if you are a no show more than twice in a term your spot may be forfeited. Any cancellations need to be 24 hours in advance so as to allow those on the waiting list a chance.