



AISHA FLOW YOGA

"Healing From Within"

October / November 2015

Included:

- Focus of the Month: Flow
- Charity Donations: Aspire (for a modified vehicle)
- Event: Vegan Potluck andEvolve Festival
- Your Yoga Practice: Why Vinyasa (flow) yoga?
- Recommended Reading: "Flow: The Psychology of Optimal Experience"
- Pose of the Month: Skandasana
- Recipe of the Month: Japanese Savoury Pancakes (thanks to 'haha')
- Class punctuality, cancellations and bookings

Remember if you 'Like' Aisha Flow Yoga on facebook (and check 'get notifications' under the Like button) you can receive up to date information and inspirational words based on our theme of the month.



Theme for this Sequence

Flow – that state of being where one is fully immersed in a feeling of energised focus and enjoyment while doing an activity (painting, running, yoga, meditating, conversing etc). When we are 'in the zone' and life feels great 😊

Charity Donations for this Sequence

This month our charity will be Aspire Early Intervention group to raise finances for a modified vehicle for a child in need. **Last sequence we gave \$700 to 'Cuddlecots' Albury Wodonga** to help them produce care packages for families who have sick babies or are grieving for the loss of their baby.

Events

Vegan Potluck

When: 5pm 31st October – Halloween Theme

Where: Aisha Flow Yoga

Dress up in your Halloween costume and join us for vegan potluck. Please bring a plate of food to share as well as a plate, cutlery and cup for each person. Kids welcome with prize for best costume

Guided Meditation with Dada Gunamuktananda

When: 6pm Tuesday 3rd November

Where: Aisha Flow Yoga

Come join us for a free introduction and guided meditation with yogic monk Dada Gunamuktananda. Please bring your favourite cushion and let me know if you will be joining us 😊

One day Self Care Retreat

When: 9:30—3:30 Sunday 8th November 2015

Where: Aisha Flow Yoga

A healing day of yoga, self-love and vision board workshops, vegan cooking and meditation. Numbers are limited so book early.

Contact: Bronwyn Wilmot
Ph: 0409 240 574

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

Focus of the Month – Flow

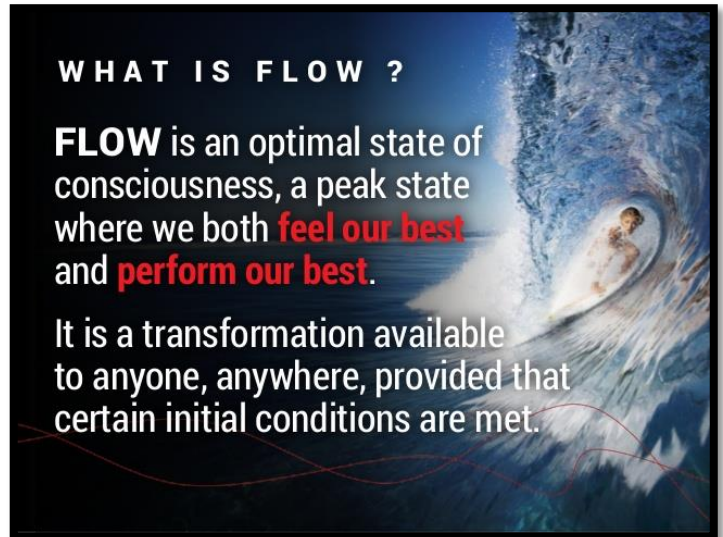
You will have heard about how a musician loses herself in her music, how a painter becomes one with the process of painting. In work, sport, conversation or hobby you may experienced for yourself, the suspension of time, or the freedom of complete absorption in an activity. This is "flow," an experience that is at once demanding and rewarding.

According to Mihaly Csikszentmihalyi, flow is completely focused motivation. It is a single-minded immersion and represents perhaps the ultimate experience in harnessing the emotions in the service of performing and learning. In flow, the emotions are not just contained and channeled, but positive, energised, and aligned with the task at hand. **The hallmark of flow is a feeling of spontaneous joy**, even rapture, while performing a task although flow is also described as a **deep focus on nothing but the activity** – not even oneself or one's emotions.

Maybe you don't feel you experience such moments of flow and as such miss out on the joy of feeling connected and at one with a person or activity. If you think maybe you are one of these people who don't experience real flow then ask yourself why. Is it that you have not found something that you truly love and can devote yourself to heart and soul? Do you find yourself caring for others all the time and not allowing time for yourself? Do you busy yourself with the sand of life instead of the pebbles (all the small stuff that fills the gaps instead of the important stuff that builds the foundation)? Whatever the reason is for you maybe it is time to re-asses your life and discover again what it is for you that allows you to feel that sense of immersion and joy – reading, walking, music, scrapbooking, drawing, colouring or anything else your heart desires. What is it for you?

What if also though we could feel flow when undertaking any activity – how divine would it be to feel spontaneous joy in any moment of the day? That too, we can do with practice. When we practice mindfulness we pay attention to the task at hand and only the task at hand (deep focus as mentioned above). We can then practice turning this mindfulness into joy by positively charging the energy of the task to something greater than ourselves – love – and in turn our actions become joyous and a celebration. So what do I mean? Imagine for a moment you are groaning about having to do the dishes again or wash the clothes or clean the house – the repetitive stuff. Now imagine that you saw these repetitive tasks as an act of giving love – the dishes are a celebration of food to nourish ourselves and others, the washing a lovely reminder that we are clothed and warm, the dirty house a reminder that we are lucky to have a roof over our head and place to share with family and friends. When we take these acts and dedicate energies of love and gratitude towards them we can enjoy the process and enter a state of flow

So whether you have found your true passion or are undertaking mundane acts do them with love, choose to feel your best and do your best then let the results take care of themselves.



Your Yoga Practice Why Vinyasa (flow) Yoga

Vinyasa yoga means to step or place your body in a particular way for a desired result. Vinyasa / flow yoga differs from other physical yoga practices in that there is as much emphasis on the transitions in and out poses as there is on the poses themselves. In vinyasa yoga the breath fuels this dance and becomes the focal point of the practice. The breath creates a focal point for the mind and links the flow into one whole.



Our practice on the mat is a reflection of our life and vinyasa / flow yoga teaches us to live within the flow of life – it becomes a mirror for our life because the manner in which we practice will also be the manner in which we live our life. Flow yoga teaches us to let go of what has gone before us knowing that even the most turbulent and wild days are followed by days of stillness and calm.

We know that all of nature dances to an underlying rhythm, a wave and flow such as seasons that come and go, waves that roll in and out the sun rising and then setting, the moon waxing and waning. Life is meant to follow undulating rhythms – ups and downs, pleasure and pain, learning and failures. Life is not meant to be static and neither should our practice be.

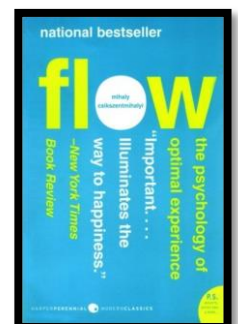
Your own life is a vinyasa wave flow just like that of our yoga practice. From the time you are born, grow into a young child, teenager, adult, old age and death –each part of life with its own waves of up / downs, pleasure / pain etc. Learning to transition into, through and then out of these phases means we learn to live with a greater sense of ease, joy and adventure.

So next time you step onto the mat embrace the flow of your practice enjoying each moment for what it is and then letting it go so as to fully embrace the next pose and the next moment. Then remember your practice is a lesson for your life – and go with the flow.

Recommended Reading – “Flow: The Psychology of Optimal Experience”

Aristotle observed 2300 years ago that **more than anything men and women seek happiness.**

Csikszentmihalyi (psychology, Univ. of Chicago) has for 25 years made similar observations regarding examining connections between satisfaction and daily activities. In his book “*Flow: The Psychology of Optimal Experience*”, Mihaly Csikszentmihalyi reveals that what makes an experience genuinely satisfying is a state of consciousness called *flow*. A flow state ensues when one is engaged in self-controlled, goal-related, meaningful actions. During flow, people typically experience deep enjoyment, creativity, and a total involvement with life. Csikszentmihalyi demonstrates the ways this positive state can be controlled, and not just left to chance. *Flow: The Psychology of Optimal Experience* teaches how, by ordering the information that enters our consciousness, we can discover true happiness and greatly improve the quality of our lives.



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Ph: 0409 240 574

email: bronniewilmot@gmail.com
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'Pose' of the Month – Skandasana

Skandasana is a deep hip opening pose - a sideways lunge that strengthens the bent leg and stretches the inner thigh muscles of the straight leg. Skandasana activates both adductor (inner thigh) muscles and hamstrings intensely. The pose can be entered in many ways including from lunge or goddess pose (wide squat)

From goddess squat (wide legs) the body weight is shifted over one leg. As the knee deeply bends press into the foot of the bent leg and draw up the pelvic floor so as the torso feels buoyant and strong - while keeping both feet planted firmly on the ground. Arms are generally on the floor but can be lifted out to the side (for a stronger practice) . The spine remains suspended and extended straight maintaining its dignity without resting over the bent knee. The weight can then be shifted back and forth between the legs shifting from one leg to the other or else settling into one side for a strong hold.

Note the knee should not track past the ankle as this places excess pressure on the knee and the foot should remain grounded on the bent leg to keep integrity in the ankle joint. Pressing into the toes will assist in stabilising the knee joint



Recipe of the Month – Okonomiyaka (Japanese Pancakes)

(thanks to 'haha' cookery)

Ingredients

Batter

- 100 grams chickpea flour
- 200 grams COLD water
- ½ teaspoon baking powder
- 1 teaspoon salt

Filling

- Large handful shredded wombok / Chinese cabbage
- Your choice of vegetables finely cut or shredded – carrots, mushrooms, broccoli, tomato, cauliflower, peas, corn etc
- Finely cut firm tofu if you like (can be marinated)

Preparation method

Place the chickpea flour in a bowl and along with baking powder and salt. Gradually add the water whisking the batter until smooth.

Now add the wombok and vegetables ensuring you add only enough that the batter binds the vegetables together but is not runny



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Oil a frypan or bbq top or try a non-stickpan. Scoop spoonfuls of the mixture into the hot pan / bbq and allow to cook. Press the sides of the mix together with a spatula and flip once the bottom is sealed. Continue to press sides and lip until cooked through (no juice coming out)

Set aside and keep warm and repeat for the remaining pancakes.

Drizzle each pancake with homemade mayonnaise / tamari / sweet chilli or other desired sauce.

Note: can also pour the veggie / batter mix over 1/ 2 other veggies and cook such as ½ tomato, portabello mushroom, slice of cauliflower etc.

Term 4 Dates and 2016 start dates

Term 4 will run from **5 October – 18 December** being 11 week . There will be no class Thursday 17th December (my wedding anniversary) but will reschedule class that week for Tuesday 15th December. If you want a guaranteed spot next term **BOOK NOW**.



2016 classes will recommence on the 7th January 2016 (with a break the week of 16th Jan)

CLASS PUNCTUALITY AND CANCELLATIONS

Punctuality is about respecting the time and space of other participants in the class. Can I please ask that you **please arrive at least 5 MINUTES BEFORE CLASS starts**. This will give you a chance to say hello and get settled so as we can begin on time. ☺ Remember too please that if you **cannot attend a class please can you give me a minimum 24 hours notice** so as I can give those on the waiting list a chance to attend class.

CLASSES AND BOOKINGS

Classes Times:

- Thursday 7:30pm – 8:45pm
- Friday 6:00am – 7:15am (term packs only for this class)
- Friday 9:30am – 10:45am

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

Costs are as follows:

- Casual: \$13 (\$10 for students)
- Term Pack: \$100 (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.

Note:

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' (that is without notifying me) MORE THAN TWICE IN THE TERM then your spot may be given to another person.

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