



AISHA FLOW YOGA

"Healing From Within"

May / June 2015

Included:

- Focus of the Month: Compassion
- Charity Donations: Knitted Knockers and Staghorn Wildlife Shelter
- Event: Vegan Potluck Afternoon tea
- Class dates April - June
- Your Yoga Practice: Chanting Om Mani Padme Hum
- Recommended Reading: Tattoos on the Heart
- Pose of the Month: Lizard Pose
- Recipe of the Month: Vegan Banoffee Pie
- Class punctuality, cancellations and bookings



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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

Compassion - a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.

Charity Donations for this Sequence

Knitted Knockers will be our charity for this sequence. Knitted Knockers™ are special handmade breast prosthesis for women who have undergone mastectomies or other procedures to the breast. Our donation this sequence will help volunteers at the Albury branch. Check out www.knittedknockers.org for further details.



Last month we **donated \$900 (70% takings) to the Staghorn Wildlife Shelter**

Events

Vegan Potluck Afternoon tea

When: SUNDAY 31st May at 3pm

Where: Aisha Flow Yoga

Bring friends and family along for afternoon tea by the outdoor fire if the weather is kind or by the indoor fire if raining. Please bring a plate of food to share (finger food is good), instrument if you play one and enjoy ☺

Dates for Classes April – June 2015

TERM 2 will run from 30th April – 3rd July There will be **No classes 4th July – 15th July** (possibly no class on Friday 9:30am class 3rd July)

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Focus of the Month – Compassion

The Lion & the Mouse

A Lion lay asleep in the forest, his great head resting on his paws. A timid little Mouse came upon him unexpectedly, and in her fright and haste to get away, ran across the Lion's nose. Roused from his nap, the Lion laid his huge paw angrily on the tiny creature to kill her.

"Spare me!" begged the poor Mouse. "Please let me go and some day I will surely repay you."

The Lion was much amused to think that a Mouse could ever help him. But he was generous and finally let the Mouse go.

Some days later, while stalking his prey in the forest, the Lion was caught in the toils of a hunter's net. Unable to free himself, he filled the forest with his angry roaring. The Mouse knew the voice and quickly found the Lion struggling in the net. Running to one of the great ropes that bound him, she gnawed it until it parted, and soon the Lion was free.

"You laughed when I said I would repay you," said the Mouse. "Now you see that even a Mouse can help a Lion."



..... In reading this story you may think that it teaches a lesson of expecting something in return for any kindness we give. This is not the case. What it does teach is that kindness and compassion is never wasted. When we are compassionate to another being we are saying that their life and happiness is just as important as another's. Is this not true? Every being on earth be it human or another animal wants to feel safe, loved and happy. Yet we live in a world where we feel the need to compete for resources instead of sharing them, where we cage and slaughter innocent animals for food instead of living on the fruits of the earth (incl. veg, nut, seeds etc) , where we walk past the homeless instead of asking "how can I help". Compassion begins with the realisation that ALL beings deserve to be safe, loved and happy. When we harm each other whether it be directly through angry words / deeds or indirectly through a lack of empathy, not sharing, and turning a blind eye we are in reality harming ourselves too. All the beings of the universe are like the cells of a body and when one hurts the entire body is impacted upon.

It is time to ask "how can I serve, what can I do to show kindness and compassion to another being" Some ideas follow for you but of course there are soooooo many ways to show compassion:

- Lend an ear to a friend in need – even if you have heard it all before
- Help at a working bee or organise one for someone in need
- Smile at a stranger – you just might make their day
- Write a letter of thanks / love or the like to a colleague / friend / family member
- Volunteer your time at an organisation you feel strongly about
- Adopt a rescue animal
- Eat vegetarian and save thousands of animals in your lifetime (better still vegan to help end animal cruelty)

Your Yoga Practice Chanting 'Om Mani Padme Hum'

This sequence we will be chanting the Buddhist prayer **Om Mani Padme Hum** in class. Tibetan Buddhists believe that saying the mantra (prayer) out loud or silently to oneself, invokes the powerful benevolent attention and blessings of Chenrezig, the embodiment of compassion.

In the Buddhist tradition, special words are repeated over and over again until they begin to gather a certain "emptiness". This is not "emptiness" in the traditional sense where we imagine an experience of nothing...rather it is experiencing ourselves in the moment without the usual attachment of ego. **We become free or "empty" of everything but an inner awareness.**

This mantra is said to contain all the teachings of the Buddha. The Buddha taught that in our lifetime we all suffer and that the most powerful method to remove suffering is the practice of compassion. It is known as the Mahayana, or Great Vehicle, because practicing it benefits all beings, without partiality.

In this mantra each of the 6 syllables have certain Sanskrit meanings that are important. These oppose certain internal forces that are the root cause of our suffering.

- **Om** (ohm) -Om is the sound or "vibration" of the universe. This sound is the most important of all; but in the context of chanting and mantras, it is meant to destroy attachments to ego and establish **generosity**.
- **Ma** (mah) -Removes the attachment to jealousy and establishes **ethics**.
- **Ni** (nee) - Removes the attachment to desire and establishes **patience**.
- **Pad** (pahd) - Removes the attachment to prejudice and establishes **perseverance**.
- **Me** (meh) - Removes the attachment to possessiveness and establishes **concentration**.
- **Hum** (hum) - Removes the attachment to hatred and establishes **wisdom**.

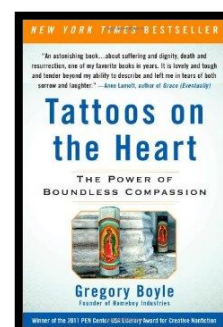
As we chant together in class let go of all your long held beliefs, let go of the thinking mind. Chanting is all about singing from the depths of your heart – allow yourself to fill up with love and chant 'as if no one was listening' – because no one is 😊 Let the chant open your heart and guide you inside so as you can become aware of the wonderful qualities that reside naturally within you. Everyone has the Buddha within.



Recommended Reading – Tattoos on the Heart

For twenty years, Gregory Boyle has run Homeboy Industries, a gang-intervention program located in the Boyle Heights neighbourhood of Los Angeles, the gang capital of the world. In *Tattoos on the Heart*, he distills his experience working in the ghetto into a breathtaking series of parables inspired by faith.

Arranged by theme and filled with sparkling humour and glowing generosity, these essays offer a stirring look at how full our lives could be if we could find the joy in loving others and in being loved unconditionally. In this book we learn the importance of feeling worthy, acknowledged, and about patience. We learn about kinship, redemption and unconditional love. *Tattoos on the Heart* reminds us that **no life is less valuable than another**.



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Pose of the Month – Utthan Pristhasana / Lizard Pose

Benefits

Lizard Pose is a versatile pose with many benefits:

- Opens the hips, hamstrings, groins and hip flexors
- Strengthens the inner thigh muscles on the front leg
- Opens and releases the chest, shoulders and neck
- Prepares the body for deeper hip openers such as Pigeon Pose and Hanuman Pose



How to Do the Pose

1. Begin in Downward-Facing Dog (Adho Mukha Svanasana). On an exhale, step your right foot forward to the outside (pinky finger) edge of your right hand. Both arms should be to the left of the right leg.
2. Lower your left knee down onto the ground and release the top of your left foot. Take a look down to ensure that the right knee isn't moving past the right ankle, and distribute the weight evenly across both hips.
3. Sink your weight down into your hips and check in with your body. If you feel comfortable, lower down onto both forearms. Keep the chin lifted and the chest open.
4. To move even deeper into the pose, curl your left toes under and press up into the ball of the left foot. Actively lift the inner left thigh and press the left heel back while reaching the chest forward.
5. Remain in your expression of the pose for 5 to 10 breaths. To come out, plant your palms down on the mat and step your right foot back to Downward-Facing Dog, resting there for several breaths before repeating on the other side.

Recipe of the Month – Vegan Banoffe Pie

This recipe is awesome and gets a big thumbs up every time I serve it.

Ingredients

- 285 gms dairy free (and if you like gluten-free) biscuits (or make a base by mixing almonds and dates together - see below)
- 85 grams dairy-free butter
- 14 dates (pitted)
- 1 heaped tsp almond butter
- 1/2 cup almond milk (or soy if that is what you have)
- splash vanilla essence / paste
- 2 large bananas
- 1 can coconut cream (this will need to be refrigerated overnight)
- vegan chocolate sprinkles or grated dark chocolate



Preparation

- Put your can of coconut cream in the fridge over night

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- In a food processor blitz the biscuits until they resemble a fine crumb. Alternatively grind down 150 grams almonds and process with about 10-12 dates
- Melt the butter then pour it into the processor and mix with the biscuits.
- Tip the now wet biscuit crumb into a greased cake tin or pie dish and press down to line the bottom of the tin.
- Blend together the dates, almond butter, almond milk and vanilla until smooth (caramel). It should be thick and gooey and not too runny.
- Pour the caramel onto the biscuit base and spread out for an even covering.
- Peel and slice your bananas into coins and put a layer of sliced banana evenly over the caramel.
- Take your can of coconut milk out of the fridge and open it up. Scoop the firm cream out of the top and put it in a bowl (keep the water for another recipe), add a splash of vanilla to the bowl and then whisk it until it is soft and forms peaks.
- Spoon the coconut cream on top of the banana layer and smooth down gently with the back of a spoon or a spatula.
- Sprinkle over grated dark chocolate or chocolate sprinkles and serve chilled!

CLASS PUNCTUALITY AND CANCELLATIONS

Punctuality is about respecting the time and space of other participants in the class. Can I please ask that you 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 / \$110 (\$10 each class)...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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