



AISHA FLOW YOGA

"Healing From Within"

November 2016

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- Charity Donations
- Event:
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"Touch of Kindness"
no more till next year
Improving the Moment
Keeping Your Practice Going
Movie "Ground Hog Day"
Parivrtta Anjaneyasana
Biscuit Christmas Puddings



Charity Donations for this Sequence

This month we will be donating \$700 to Shanaluke Therapies to kickstart the "Touch of Kindness" program for **cancer patients**. The "Touch of Kindness" program is currently running as a pay it forward program to help both supplement and also offer a no cost treatment for cancer patients locally who are in need and may require a little assistance financially so they can incorporate complimentary treatment. Oncology massage is safe for anyone in treatment or recovering from a cancer diagnosis and has been shown to improve, pain, sleep, anxiety, depression, nausea etc. If you would like to nominate someone or offer a donation please contact Samantha Lowe at Shanaluke Therapies on 0407686838



Events – Dates for Your Diaries

No more events from me for the rest of the term but stay tuned for new things to come next year as well as the continuation of YogaFit classes and regular Vegan Potlucks. Check out other studios for events though especially the GreenRoom and Orana in Wodonga as well as The Space in Albury who had regular various yogic events.

Term 4 10 October – 23 December 2016

Term 4 ends on the 23rd December (if there are low numbers in the last week we may consolidate classes). Remember there is **no Yoga Fit or Thursday morning class the week of 13th December**.

From 23rd December I am taking an extended break with my children, hubby and dogs and then **we will return late January**.

If you wish to ensure you spot next term please book in now but I will be in touch late mid January.



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Food For Thought: Improving the Moment

Have you ever said “if only I could do that again” or wanted to relive a day so you could do it ‘better’. What if you began asking yourself “how could I improve this moment?”. When I ask this some may think I mean that you need to be better or achieving more but this is not the case at all. Improving this moment may mean putting the phone down while talking to your spouse, turning off the TV while your child asks to talk to you, going for a walk in the sunshine instead of eating that 2nd (3rd, 4th, 5th) cookie etc. Improving the moment means that you live each moment to its fullest and at times this will also mean going to bed and resting instead of staying up to watch another TV show so that you can recharge and be the best version of yourself tomorrow. Improving the moment may mean that you pay more attention, listen instead of speak, eat the salad instead of the chips - or some days eating the chips instead of the salad 😊.



I don't want to get to the end of my life and wish I had done it better. I want to get to the end of my life and say damn that was good! To do that you have to truly be living your life and not just repeating each day – going through the motions again as if you were on autopilot. It is like each time I come to the mat and I have done let's say warrior 2 pose thousands of times so I can come back and just do it again OR I can ask “how can I improve this moment?”. Maybe I sink a little deeper, soften a little more in my efforts, focus more on my breath or tweak my alignment – the point is I pay attention to that moment and make it the best I can with what I have within me that day – rather than just going through the motions and at the end of my practice realising I have just wandered aimlessly through my practice.

This week (or month or lifetime) ask “How can I Improve this Moment” and listen for the wisdom that comes from within 😊 Live a life that you want to revisit because it was great not because you think you could have done it better and remember every day every person is doing the best they can with the resources they have at that moment in time – think about it xx

Your Yoga Practice Keeping your Practice Going

As we come to the end of another year everyone finds themselves busy in the lead up to Christmas and school holidays (for those with kids). It is easy amongst all the busyness to let your yoga practice slip but is that really what is best for you and those around you? My practice on the mat is like cleaning my teeth – something I do every day (ok so I have Sundays off 😊). If I miss a day that is ok but when I miss 2,3,4 days I start to feel yuck just like if I had not cleaned my teeth. Coming to my mat each day even if for only 10 minutes (though I prefer 1 hour) helps me focus, recharge and remind myself of my intentions for my day and my life. In doing this I am a better mother, friend, wife and more. I remind myself that **my practice is not just for me but also affects those around me** and so even if I think I am too tired, busy etc I get on my mat and make an effort so that I am showing up in this world as the best person I can be today. So even if you only have 10 minutes come to the mat – stop and just breathe. Then do 4-10 rounds of sun salutations. Now sit and contemplate your breath, set your intention for the day and then go and make the most of every moment. Make yoga a way of life not something you do once a week and soon you will notice that you really reap the benefits.



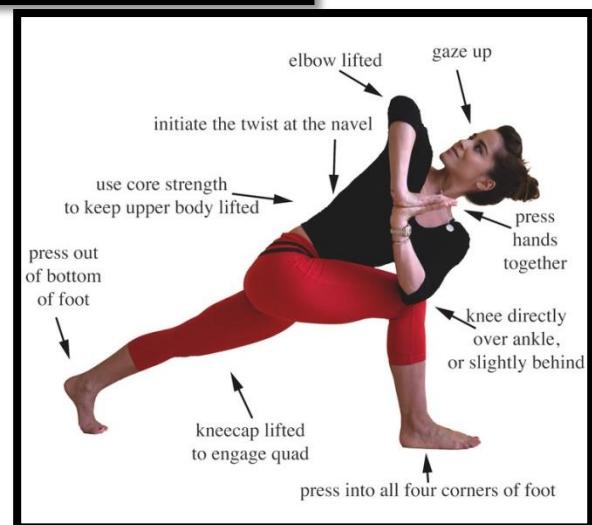
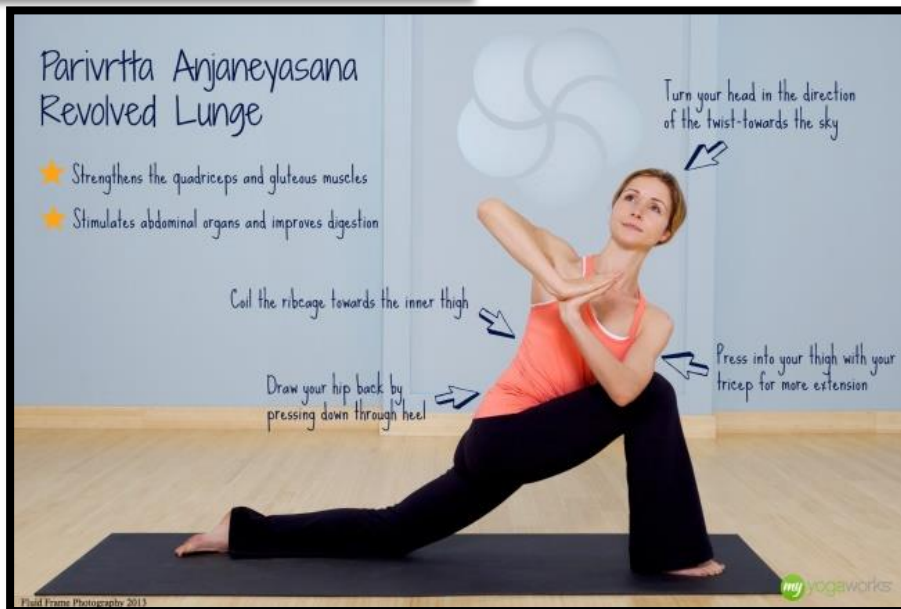
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'Pose' of the Month – Parivrtta Anjaneyasana (Twisted Lunge)

The twisted lunge is great for strengthening the thighs, ankles and gluts while wringing out the digestive organs and flushing fresh blood into the spinal column. It also stretches the hip flexors on the extended leg. Shown here are low to more advanced options and correct alignment of the body – note that the knee NEVER passes in front of the ankle as this places too much stress on the knee joint. If you cannot place the elbow on the outside of the leg then ground the bottom hand on the floor (as shown below) and you can also place the top hand either on the bent leg or the lower back for a more gentle version. You can also look down to take strain out of the neck.

Twisted lunges are great for spinal health and strengthening of the legs

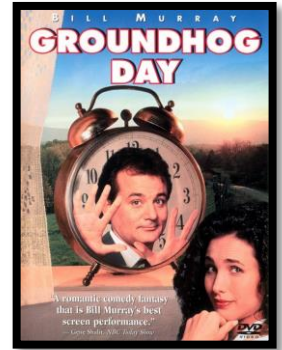


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Recommended Reading - Movie "GroundHog Day"

Most of you have probably seen this and funnily enough this was never a movie I liked but now I see the importance of the message in this movie. Unlike Bill Murray we only get to live each day once but what if we could go back and live each day again – what would you do differently to improve your day. If you have seen this movie then watch it again with a different outlook and if you have not seen it then check it out and be reminded that in each moment we have a choice as to how we live that moment and that day.



Recipe of the Month – Vegan Christmas Puddings (mint slice)

Ingredients

- Vegan Mint slice biscuits by "Leda" (in Coles or health food shop)
- Vegan white chocolate (Sweet Williams in Coles or health food shop)
- Red fresh raspberries or red skittles
- Real Green leaves or lolly spearmint leaf lollies cut in half (ones with no gelatin – Black and Gold are vegan) cut in half.



Method

Simply spread out your biscuits. Melt the white chocolate and place a small dollop on the biscuit. Before it sets place on your red raspberry and leaves then put in the fridge to set. So easy and the kids love it. You can do this with any kind of chocolate biscuit you like of course

P.S. the Santa hats are just strawberries dipped in white chocolate and then in desiccated coconut and left to set. Kids love these.

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.

NO SHOWS

If you are booked in for the term and are a no show (miss class without any notice) twice in a term then your guaranteed spot will be forfeited to someone on the waiting list and you will need to book and pay as a casual booking instead. If you are a casual and no show twice in a term you will no longer be able to have priority casual booking (top of the waiting list).

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LATE CANCELLATIONS

I understand that there are emergencies at times but if you cancel within a few hours of class twice within the term you spot may also be forfeited (depending on the circumstances) to someone on the waiting list and you can attend instead in a casual position. All cancellations need to be made 24 hours prior to class please so as those on the waiting list have a chance to attend.

Classes and Bookings

Classes Times:

- Alternating Monday / Tuesday 6-7pm (YogaFit)
- Thursday 9:30am – 10.45am (beginners flow)
- 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.

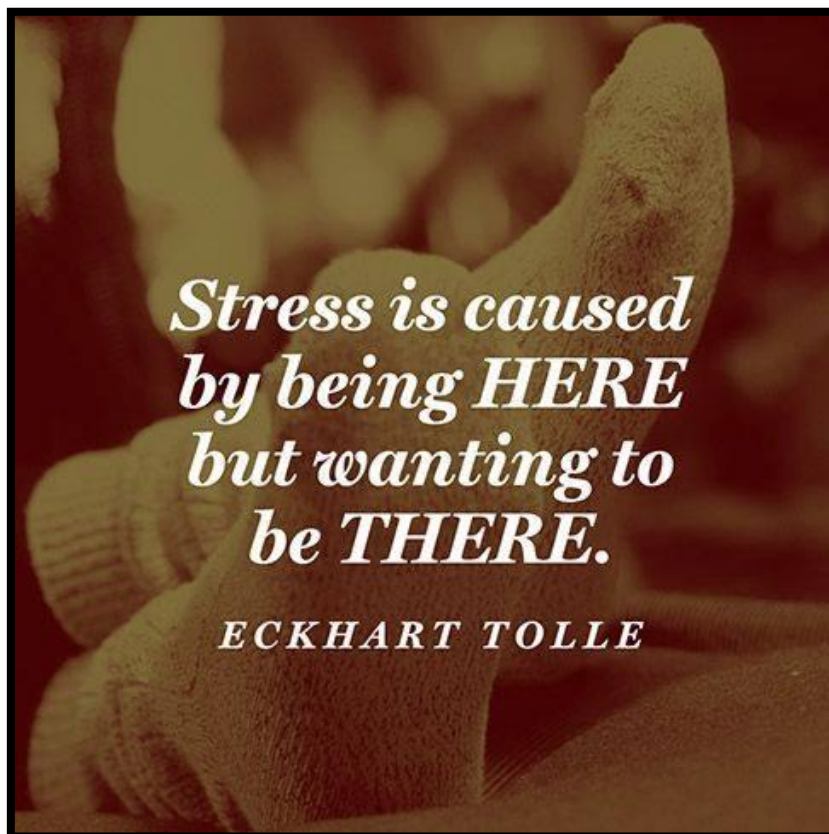
Costs and Booking System (**50-100% of ALL takings go to charity**)

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.

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.



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