



AISHA FLOW YOGA

"Healing From Within"

August-September 2015

Included:

- Focus of the Month: Devotion
- Charity Donations: CuddleCot and St David's Food Share
- Event: Vegan Potluck , Yoga Self Knowledge Workshop and Evolve festival
- Your Yoga Practice: 'Turning Up'
- Recommended Reading: No Ordinary Bloke
- Pose of the Month: Gomukhasana (Cow Face Pose)
- Recipe of the Month: Peanut Butter Chocolate Cheesecake (vegan and no-cook)
- 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.



Like us on
Facebook

Theme for this Sequence

Devotion – enthusiasm for a person or activity

Charity Donations for this Sequence

Cuddlecots Albury Wodonga will be our charity for this month as they aim to raise care packages for families dealing with the loss of a newborn. **Last month we donated \$800 to St David's Food Share**

Events

Vegan Potluck and Games

When: 5pm Saturday 5th September 2015 at Aisha Flow Yoga

Bring friends and family along for an evening by fire. Please bring a plate of food to share as well as a plate, cutlery and cup for each person. After dinner love you to join us for some games if you like. Kids welcome.

Yoga Self Knowledge Immersion

When: 2-6pm Sunday 27th September at Mt Beauty

Join senior yoga teachers Rachel Zinman and John Weddepohl in an afternoon immersion practicing asanas and pranayamas with Rachel, specifically tailored to build strength and stamina, followed by engaging and inspiring talks with John from the traditional teachings of the Upanishads. For details check out

<https://www.facebook.com/events/1863208323904907/>

Evolve Festival

When: Sunday 25th October in Melbourne

A beautiful full day immersion in yoga with close to 40 varied workshops across the day. For more details check out

<http://www.evolveyogafestival.com.au/>

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Focus of the Month – Devotion

When we are devoted to an activity, person or cause we find meaning in our lives – a reason to live and to do so with great passion.

Just think for a moment the devotion of a dog that is always pleased to see you – s/he is devoted to loving you and pleases at the very sight of you, your touch and of course going for walks or play. The pet dog is a most loyal companion and can bring great companionship and love to our lives. It is his / her devotion that creates this bonding, friendship and love between human and animal.

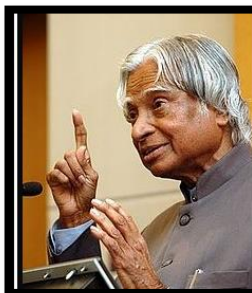


Devotion then is the commitment we make to a person, cause or activity that creates a relationship (with ourselves, others or a higher being) that brings us a sense of fulfilment, love, peace, and passion. As a yogi I devote myself to the practice of yoga in all its forms as a path to peace and joy. As a mother I devote myself to my children and husband building relationships filled with love, challenges, growth and happiness. A pianist may devote themselves to constant practice so they can create beautiful music, a runner may devote themselves to hitting the pavement each day to feel the freedom and joy in their stride and the volunteer devotes their time to bring assistance to others and a sense of purpose to themselves.

When we devote ourselves to something that is important to us we find we grow as a person, we build stronger relationships and we find strengths and kindness within ourselves. Devotion is not always easy. Practising hour after hour till your fingers hurt on the piano, or till your feet tire when hitting the road, or maybe staying during an argument with a loved one, is not always easy. Devotion means though that you will see it through, that you will stay when it is tough because you know that the love for the activity / person / cause outweighs any pain that may also occur. Devotion means you know that everything is worthy. **Devotion is a love for not only the destination but also for the journey.**

If you are devoted does that mean you can never stop / leave? NO. Sometimes we are devoted to something for a set time only (until we reach a certain goal) but once you find something that makes your heart sing or lets you feel 'at home' then devotion can become a lifetime loyalty.

How do you know you are devoted – because you do what it takes! Devotion is an act that creates a feeling of love in your soul, returns you to a sense of belonging to something greater than yourself. Devotion is a symbol of love. What are you devoted to and how does it feel in your heart?



To succeed in your mission, you must have single-minded devotion to your goal.

(Abdul Kalam)

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Your Yoga Practice Turning Up

My youngest daughter each week will wait for one of the regulars in the Thursday night class so she can say hello before going to bed (loves you Gary). One night my eldest daughter asked me "is he good at yoga?" I turned to look her in the eye and said "he is great at yoga – because he turns up each week". That is how simple it is – you don't need to be able to contort your body into circus freak positions (though some can), you don't need to be the most flexible or the strongest in the room – you just need to turn up and devote yourself to your practice – and let the magic happen.



The true goal of yoga is to realise that our individual consciousness is one with the universal consciousness. This though may seem like a lofty goal so many people practice physical (Hatha) yoga. The purpose of this is so that we can ensure a healthy body and mind that lives long enough to realise 'yoga' (union). In practising physical postures, breathing techniques, meditation etc we become to realise that our brain and body are one and we establish a more loving connection not only with ourselves but also with others, with the earth, with God.

Bhakti yoga though is what many yogis think of when talking of devotional yoga and can be practised right along side Hatha (physical posture) yoga. Bhakti Yoga is a spiritual path focused on the cultivation of love and devotion toward 'God' (or universal Consciousness) solely motivated by the sincere, loving desire to please, rather than the hope of divine reward or the fear of divine punishment. It is a means toward a state of spiritual liberation or enlightenment through the "realisation", or the attainment of "oneness" with God.

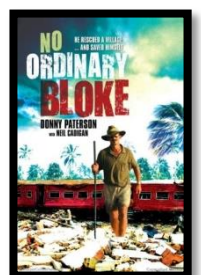
How does one practice Bhakti Yoga? The most common ways include:

- Listening / reading stories related to the God being worshipped
- Kirtan – ecstatic group singing focused on the worship of 'God' (or Consciousness / Love)
- Service – any kind of service that is of benefit to the world
- Worship - of an image (Jesus, Krishna, Shiva, Buddha etc)
- Friendships - Developing warm and loving relationships

Whatever your chosen way of practicing yoga, keep in mind that all paths are about love and devoting yourself to a life lived with LOVE (whether you believe in 'God' or not)

Recommended Reading – No Ordinary Bloke

The true story of Donny Patterson, a former army engineer with a history of injuries, depression and addiction who was so moved by the 2004 Tsunami that within days of its devastation he was on a plane to Sri Lanka to see how he could help. The events that followed would shape his life and be proof of what can occur when we tap into the extraordinary that lies within us – when we devote ourselves to a particular cause. Be inspired by him and know that you too can touch the lives of those around you when you devote yourself to a worthy cause.



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'Pose' of the Month – Gomukhasana (Cow Face Pose)

(go-moo-KAHS-anna)

go = cow (Sanskrit go is a distant relative of the English word "cow")

mukha = face

Benefits of the Pose

Stretches the ankles, hips and thighs, shoulders, armpits and triceps, and chest

Step by Step

- Sit in Dandasana (Staff Pose), then bend your knees and put your feet on the floor. Slide your left foot under the right knee to the outside of the right hip. Then cross your right leg over the left, stacking the right knee on top of the left, and bring the right foot to the outside of the left hip. Try to bring the heels equidistant from the hips: with the right leg on top you'll have to tug the right heel in closer to the left hip. Sit evenly on the sitting bones.
- Inhale and stretch your right arm straight out to the right, parallel to the floor. Rotate your arm inwardly; the thumb will turn first toward the floor, then point toward the wall behind you, with the palm facing the ceiling. This movement will roll your right shoulder slightly up and forward, and round your upper back. With a full exhalation, sweep the arm behind your torso and tuck the forearm in the hollow of your lower back, parallel to your waist, with the right elbow against the right side of your torso. Roll the shoulder back and down, then work the forearm up your back until it is parallel to your spine. The back of your hand will be between your shoulder blades. See that your right elbow doesn't slip away from the right side of your torso.
- Now inhale and stretch your left arm straight forward, pointing toward the opposite wall, parallel to the floor. Turn the palm up and, with another inhalation, stretch the arm straight up toward the ceiling, palm turned back. Lift actively through your left arm, then with an exhalation, bend the elbow and reach down for the right hand. If possible, hook the right and left fingers.
- Lift the left elbow toward the ceiling and, from the back armpit, descend the right elbow toward the floor. Firm your shoulder blades against your back ribs and lift your chest. Try to keep the left arm right beside the left side of your head.



Do not do if you have any serious neck or shoulder injuries

Recipe of the Month – Peanut Butter Chocolate Cheesecake

DEVOTED TO GREAT FOOD THAT CARES FOR THE ANIMALS 😊

Ingredients

For the Crust:

2 c. dry cookies
2-3 T. vegan butter

For the Filling:

- 1 large avocado (ripe)
- 1/2 c. pure maple syrup
- 1/2 c. non-dairy milk
- 2-3 tsp vanilla



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- 1/2 c. coconut oil, softened
- 1/2 c. nut butter (I used natural peanut butter. You could easily choose almond butter or cashew butter as well. For a nut-free option, you can use sunflower seed butter or chocolate tahini.)
- 1/2 c. unsweetened cocoa powder

Preparation

Grease an 8 inch spring form pan with coconut oil. Set it aside.

In your food processor, combine the cookies and vegan butter and pulse. You should end up with a fine meal. Press the crumbs/meal into the bottom of the spring form pan. Try to make the crust as even as possible.

For the filling:

- In your food processor, combine all of the filling ingredients – it's that easy! Puree the ingredients until they are nice and silky smooth.
- Pour the filling onto your prepared crust. Using a spatula, even out the filling. Refrigerate the cheesecake for at least an hour.
- After the hour has elapsed, you can make the ganache/sauce and pour it on.
- Refrigerate the cheesecake for another 30-60 minutes. Serve it cold and, remember, store it in the fridge when it's not being eaten. The filling will soften up to a pudding consistency and make it difficult to cut.

Note: If you are **gluten free** then use the filling as a chocolate mousse instead and add strawberries on top

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.

DATES FOR TERM 3

TERM 3 will run from **Thursday 23rd July – Friday 25th September break 28th September – 6th October 2015**

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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