



# AISHA FLOW YOGA

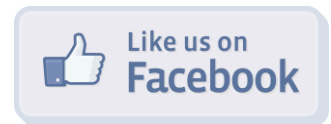
"Healing From Within"

## June 2016

### Included:

- Focus of the Month: Vulnerability
- Charity Donations: Wigs for Cancer and Ovens Valley Wildlife Shelter
- Event: Haitch at The Space
- Your Yoga Practice: Backbending into vulnerability
- Recommended Reading: Way of the Peaceful Warrior
- Pose of the Month: Salamba Bhujangasana (Sphinx Pose)
- Recipe of the Month: Apricot Bliss Balls
- 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 ..... Vulnerability

**Vulnerability** is seen as being susceptible to harm but being vulnerable is more than this – it is living with an open heart to all that life has to offer.

## Charity Donations for this Sequence

**This month we are donating \$445 to Marissa Ellis** who had the courage to cut off all her hair and donate it for the construction of wigs to help children with cancer (as well as raise money for the cause). We will also be donating **\$350 to Erin Whitford of the Ovens Valley Wildlife Shelter**. **Last month we donated \$700 to the "Thurgoona Pre-School"** to establish an outdoor talking circle

## Events

I am taking a break this month as have lots on with the family but remember there is much on around town at present so I will post any events I know about on my facebook page. One event you may like is Haitch Azimself playing at the Space on Tuesday June 7th - text Haitch on 0431633409 to make a booking.



## Last week of Term 2 ..... Please Read

In the final week of term I will need to run classes on the Monday instead of later in the week as I am traveling to Sydney. Classes for the week will be held on **Monday 27<sup>th</sup> at 6am, 9.30am and 7.30pm**. If you would like to attend one of these classes in place of the usual classes on Thursday / Friday please book in with me ASAP.

**Term 3** classes will recommence 12<sup>th</sup> July 2016 and run till 23 September (10 weeks). Bookings for term 3 are open NOW.

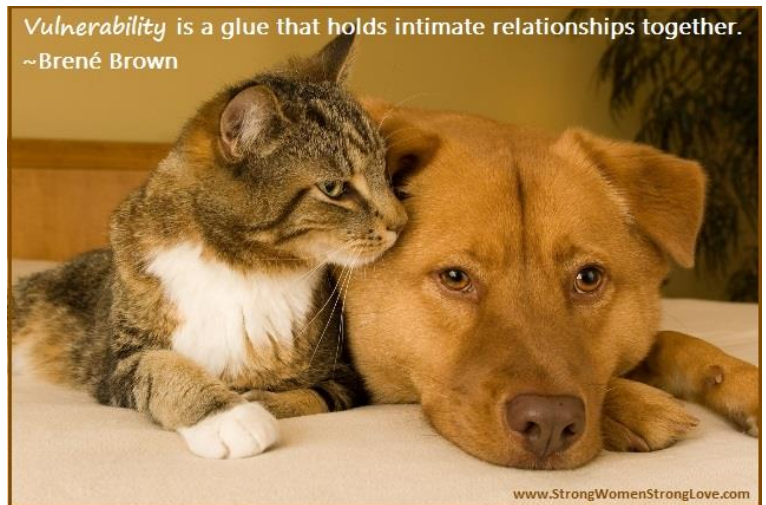
Contact: Bronwyn Wilmot  
Ph: 0409 240 574

email: [bronniewilmot@gmail.com](mailto:bronniewilmot@gmail.com)  
[www.aishaflowyoga.com](http://www.aishaflowyoga.com)

## Focus of the Month – Vulnerability

**“To share your weakness is to make yourself vulnerable; to make yourself vulnerable is to show your strength.” ~Criss Jami**

I remember when I was younger I had this motto in my head that said “don’t care, don’t get hurt”. Problem was I really did care and of course I did get hurt hence why I started saying this to myself in the first place. I had been hurt many times – my dad left when I was 4, I watched my stepfather beat up my mother, my first serious boyfriend went off with my best friend and I decided that the only way to stop the pain was to not care. Boy was I wrong but it would take me many years of soul searching, failed relationships and an understanding husband for me to learn that being vulnerable is actually a sign of strength and that really all my painful experiences made me a stronger person.



Being vulnerable is challenging because it means that we are open to being hurt but it also means we are open to deep feelings of love, appreciation and joy. If you do not give your life or those around you 100% then nor will you get it back. Everything outside ‘there’ is a reflection of all that is in ‘here’. If you hold back, shield your heart and only give a little then people sense that and in return will do the same. You cannot truly receive what you are unwilling to give because you are closed off to it. Sometimes it takes others to begin the giving and the believing for us so that we too begin to believe and then we can also receive.

When I met my husband now I told him I never wanted to get married again and he said sure but if I ever changed my mind he would love to. He knew of my fear and I told him I didn’t believe that any relationship was forever so why bother (not sure why he stayed 😊). Anyway his response, that I remember to this day was - “just because you have never seen a black swan it does not mean that don’t exist”. That stuck in my head. His belief and willingness to be open with me broke down my walls and allowed me once again to be vulnerable and put myself out there. Sometimes we need someone else to lead the way and sometimes we need to lead the way for another. The point is if we do not allow ourselves to be open, vulnerable and giving of our heart then in return we will not experience the true beautiful depths of our being. Sure I still have times when I close down in fear but I do my best to not stay there and instead remind myself that had I not been willing to believe that love really does win over then I would have missed out not only on a wonderful family including another beautiful daughter.

Why are you holding back? What are you missing out on? Sure you may have felt pain and had your heart broken but if you never put yourself out there then you will miss out on all the joy life has to offer whether it be with a lover, friend, family member, child etc. I have often used the example in class of when we chant ‘Om’. When you hold back then you and everyone else in the room feels it but if you have been in a class when everyone sings with their heart open then the sound, the sharing, the vibration and connection is truly beautiful (come to a Thursday night class). I am sure you have had at some time the feeling of deep surrender to a moment where you just melt into your very being and felt such joy - ahhh. These moments of connection where we realise we are all wanting the same thing – to be happy, to be free and to be loved. When you give yourself to the world with open arms you give a gift not only to the world but also to yourself – the gift of love.

Show your strength – be vulnerable because the world never gives you more than you can handle and what you receive in return will be worth it. xx

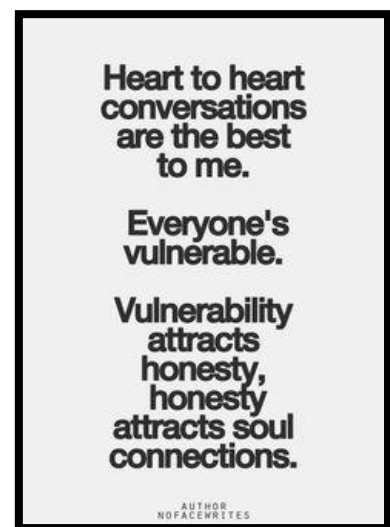
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## Your Yoga Practice ..... Backbending into Vulnerability

Backbends in yoga are deemed to be one of the most vulnerable poses as the heart is exposed and completely open. In this sequence we will practice a number of backbends to practice the art of vulnerability including *natarajasana* (dancers pose), *salamba bhujangasana* (sphinx), *shalabsana* (locust), *ustrasana* (camel), *setu bhandasana* (bridge) and *bhujangasana* (cobra). Some of these poses may challenge you not only because you may have physical limitations but because they ask us to be open to the world.

As we move through the backbends I invite you to notice what comes up for you. Are you tight in the chest or shoulders? Do you find it difficult to find strength in the back? Do you find yourself wanting to come out of the pose quickly and revert to protecting the heart with a forward bend or closed chest? I know for me having my stomach cut open at age eight, spending many years at a computer desk and experiencing a couple of broken hearts I am very tight in the front body as I have spent many years protecting myself by physically shaping my body to protect the front area. Allow yourself to open gently in this sequence as if you were a flower slowly unfolding its petals to exhibit your full bloom, your full colour, your full beauty. **When completely open you may be at your most vulnerable but you are also at your most beautiful** and isn't that then a risk worth taking?



## 'Pose' of the Month – Salamba Bhujangasana or Sphinx Pose

### Benefits

- Strengthens the spine
- Stretches chest and lungs, shoulders, and abdomen
- Firms the buttocks
- Stimulates abdominal organs
- Helps relieve stress

### How to do the Pose

Lie on your belly, legs side by side. Lift one leg and lengthen it out long before landing and then the other leg. Now draw the tailbone towards the heels of your feet and rotate your thighs inwardly by rolling your outer thighs toward the floor. This helps broaden and lengthen your lower back and sacrum. Ensure you reach actively through your toes to the wall behind you and continue to lengthen your tail toward your heels to protect your lower back.



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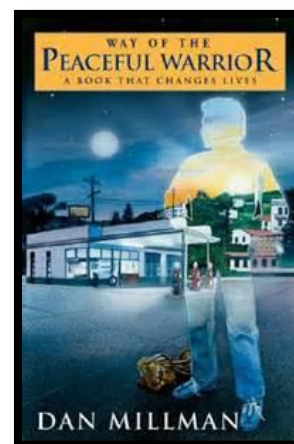
Now set your elbows under your shoulders and your forearms on the floor parallel to each other. Inhale and lift your upper torso as if you are peeling it from the base of the spine and up to the chest with the chest drawing through the arms. Allow the head to follow the natural contour of the spine (do not hang it back). Push down into the hips and draw the elbows back as you pull the chest forward (remember tailbone to heels and inner thighs spinning up).

Bring awareness to your lower belly, the area just above the pubic bone and below the navel. Lightly draw it away from the floor to create a dome that rounds up toward your lower back. This is very subtle—no sucking in, hardening, or rigidity required. This belly lift supports and distributes the curvature of your backbend more evenly along the length of the spine, soothing your lower back and awakening your upper back.

Stay for five to 10 breaths, then exhale and slowly release your belly and lower your torso and head to the floor. Turn your head to one side and rock the hips gently side to side then lie quietly for a while, broadening your back with each inhale, and releasing any tension with each exhale. Repeat once or twice more if you like.

## Recommended Reading – “The Way of the Peaceful Warrior”

I love this book – easy to read and through provoking. This is a true story from Dan Millman who in his junior years of school stumbled upon his mentor (nicknamed Socrates) at an all-night gas station. At the time, Millman hoped to become a world-champion gymnast. "To survive the lessons ahead, you're going to need far more energy than ever before," Socrates warned him that night. "You must cleanse your body of tension, free your mind of stagnant knowledge, and open your heart to the energy of true emotion." From there, the unpredictable Socrates proceeded to teach Millman the "way of the peaceful warrior." At first Socrates shattered every preconceived notion that Millman had about academics, athletics, and achievement. But eventually Millman stopped resisting the lessons, and began to try on a whole new ideology--one that valued being conscious over being smart, and strength in spirit over strength in body. Once again I love novels that have a moral and take home message 😊



## Recipe of the Month – Apricot Bliss Balls

### Ingredients

- 1 cup (500g) dried apricots
- 1 cup (85 grams) coconut
- ½ cup (65 grams) cashews or almonds (ground down)
- Zest of 1 orange
- 1 tablespoon coconut oil
- 1-2 tablespoons fresh orange juice (if needed)



### Method

Process nuts until ground (can add zest into this if you don't like it in chunks). Set aside and then process the apricots until small. Add everything except oil and juice. Then add the oil and the juice if needed.

## 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 9:30am – 10:45am (day)
- Thursday 7:30pm – 8:45pm (night)
- Friday 6:00am – 7:15am (early morning)
- Friday 9:30am – 10:45am (day)

**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.*

*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.*