



AISHA FLOW YOGA

"Healing From Within"

February 2018

Included:

- Term 1 Classes and Charity Donations
 - Events This Term
 - Food For Thought
 - Your Yoga Practice
 - Recommended Reading:
 - Pose of the Month:
 - Recipe of the Month:
 - Class punctuality, cancellations and bookings
- Vegan Potluck, Matt the Gong Guru and Sound Healing
Feel to Heal
Feeling into the Challenge
"Inside Out"
Flying Pigeon Variations
Thai Layered Dip

2018 Bookings and Charity Donations

Class Bookings: Classes will **start back on Thursday 1st February 2018** for a 11 week term (\$132) if in Thursday class and 10 week term (\$120) if in Friday class (as no classes Good Friday – only PH mu husband gets off ☺).

Donations: In 2018 we have committed to being the **major financial supporter for Tots2Teens** Albury Wodonga who do such a great job of helping children who are displaced from their homes due to hardship, domestic violence or entering the foster system. If you want to learn more about them check out <http://www.tots2teensalburywodonga.com/>. We are also continuing our sponsorship program with **Albury United Soccer Club** to assist disadvantaged children play soccer. Additionally we will focus on **animal rescue organisations**. We will also support special cases that arise where possible.

Events This Term

Vegan Potluck, Swim and Discussion

When: 5:30 pm Saturday 10th February (Free)

Where: Aisha Flow Yoga

Come join us for a swim and dinner (serving dinner at 6pm so please arrive by then). Everyone is asked to bring a meal to share (enough to feed the amount of people joining you) Everyone welcome. For those who are interested we will be having a discussion after dinner regarding how we can begin some animal rights activism in town

Matt the Gong Guru

When: 7pm Friday 16th February (\$50)

Where: Aisha Flow Yoga

Come enjoy the beautiful sounds of Matt the Gong Guru including drums, chanting, singing bowls, didgeridoo and more. For more information and tickets go to <https://www.eventbrite.com.au/e/soul-vibing-with-matt-the-gong-guru-tickets-41334574826?aff=ebdssbcitybrowse> or search for Matt the Gong Guru on Eventbrite if link does not work.

Sound Healing with Claire Clifford

When: 4-6pm Sunday 25th March (\$30 and book with me to secure your spot)

Where: Aisha Flow Yoga

Reconnect to your Divine Authentic Self - Surrender to what is and allow yourself to simply BE through the gentle practice of Restorative Yoga and Sound Healing

Contact: Bronwyn Wilmot
Ph: 0409 240 574

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

Food For Thought: Feel to Heal

“Don’t care, don’t get hurt” that was my motto in my teens and twenties. My dad left when I was 4 and up until this time I had been an extremely sick child due to a blood disorder which led to my spleen and gall bladder being removed at 8 years of age – during my stay in hospital my stepfather was beating up my mum which I knew was not the first as I had seen him do this in front of me as I sat on the lounge room floor crying. My first ‘love’ in my teenage years went off with my best friend, I was hospitalized at 18 for partial (and very painful) kidney failure and just like anyone else I could go on but you get the picture. My answer to all the pain was to shut down and numb myself with food so I would not have to feel the pain so much and so began a painful addiction to food and unwillingness to feel as deeply as I could – and therefore to also live as deeply as I could.

feelings are
like waves,
we can't stop them
from coming, but we
can choose which
one to surf

We live in a society that is great at numbing feelings – we do it every day by zoning out to the TV, with food, cigarettes, shopping, over exercising, work, facebook or whatever your vice is. How often do you really stop and get INTO the feeling instead of running from it. When you are craving something such as another piece of cake, a new dress or a specific activity do you stop and sit with the feeling – exploring the sensation, the vibration, the intensity, the temperature, the depth or do you just give into the craving. When you are running from something that you feel aversion to such as that heated discussion, that same old meal again, that annoying co-worker or whatever else it may be do you pause and really take notice of what you are feeling and then deal with the issue at hand in a calm manner or do you bury yourself in work, the gym, the food or whatever your vice is.

We have become so good at hiding and running from intimacy with ourselves – of truly knowing what makes us who we are. We have all experienced pain and most of us avoid it. Pain is inevitable but suffering is optional. Pain is something that happens as we experience earthly life but suffering results when we are unwilling to be with the pain, to process it and to let it go – trust me I know this from experience. To heal from our hurts and to stop the suffering **we must be willing to go INTO the feeling rather than run from it.** We must be willing to pause, become aware of the sensations that arise, to be with it and then as we acknowledge the presence of this energy and truly be with it intensely we will also notice that then, and only then, can it be dissolved and released from the body. If emotions are not acknowledged and felt then it is like the child who keeps nagging you until it gets what it wants. That energy, that emotion will stay in your body and scream at you as an aching joint, sore back, tight hamstring, illness or more until one day you fall apart as your soul and body cry in pain.

Why wait until you fall apart? **What if you made a commitment today to feel more?** To slow down and become aware of sensations – do it now. What parts of your body are touching the chair as you read this and what parts of your body are not? Is the thing you sit on hard or soft? Is it cold or warm? What is the texture? Are your muscles feeling tight or relaxed? Do you feel tension anywhere or soreness – scan your body? Go deeper – how is the pit of your stomach feeling? Your head? Your hands? What are your fingertips touching? Go deeper – what is the state of your being? Are you content, frustrated, impatient, loving. We could go on but you get the picture. Stop and really feel what is going on in this moment starting with physical sensation. Practice doing this while it is easy as you sit here reading this and then begin to pause during the day and do the same. Maybe as you enter the phase of internal feelings you can compare them to the weather – clear like the blue sky, dampened like a showery day, bright like the rainbow, angry like a brewing storm. Be aware of the sensations and the feelings that arise in you as frequently as you can.

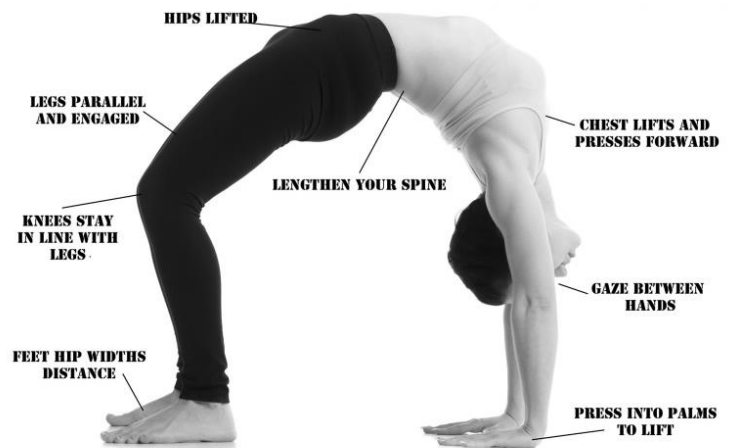
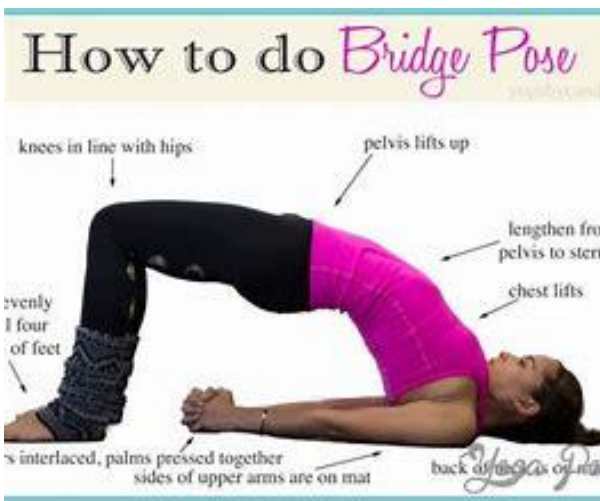
When you choose to shut down hurt / pain you choose to shut down a whole gamut of emotions as you cannot just partially close off. Shutting down emotions means shutting down on life so **this term lets open back up to feeling and move along the path to healing. Let's become Alive again!**

Contact: Bronwyn Wilmot
Ph: 0409 240 574

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

Your Yoga Practice: Feeling into the Challenge

With our focus on feelings this term I have chosen for us to build up to 3 challenging poses – you (and I) may never make it to the final pose but that is OK as it is all aimed **learning about yourself when faced with challenges**. The sequence this term will include preparatory poses that helps us find strength and flexibility for the 3 chosen poses which are **bridge (wheel** for those who desire) to open the heart into feeling, **crow pose** to help you take off and **flying pigeon** to teach you to fly (see picture for flying pigeon in next section). You **DO NOT** have to get the pose but rather learn to feel your body and how you respond to the various shapes that lead into these poses. The aim is to **BE IN** the shape that your body is ready for and truly experience sensation. To become aware of external sensation, internal feelings, stories you tell yourself, how the breath responds and all in all the way you think, feel and behave when you are faced with challenges. See you on the mat for the journey together ☺



Common Mistakes in Crow Pose

yogabycandace.com

Do this:

Not this:

back rounded as intercostal muscles lift and hold legs up

knees as high up the arms as you can get them

elbows in line with wrists

fingers, particularly the tips and roots of the fingers, are firmly plugged into the ground

gaze is about 3 feet out in front



back flat, core not engaged

legs rest on arms

elbows should never look like this! Very dangerous for the wrists! weight is collapsing onto the outside of the wrist.

gaze is straight down which makes it more likely you'll tip over



Contact: Bronwyn Wilmot
Ph: 0409 240 574

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

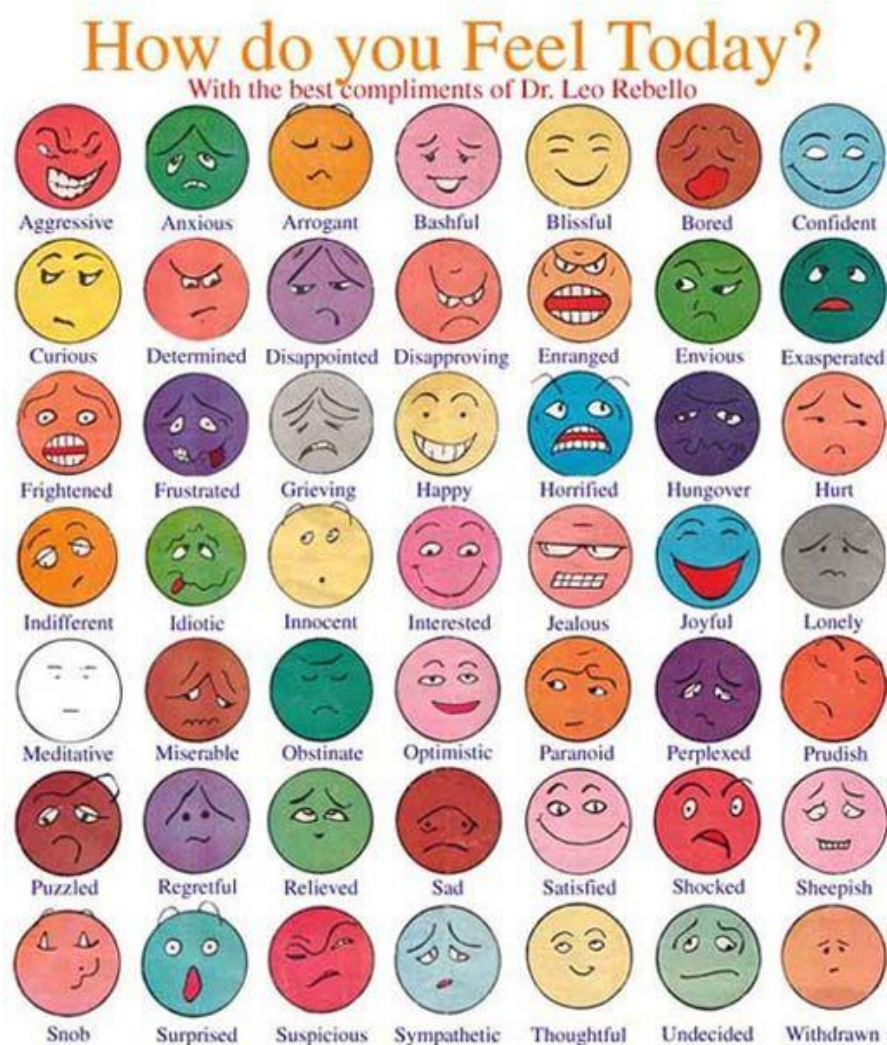
Book Recommendation: Inside Out

OK so it is not a book recommendation but rather a movie – and not even an adults movie BUT I invite you to bring out the child inside you (which is where much of the damage is done that needs healing) and watch this movie. So what is this movie about? Here is a blurb I found for you



“Emotions run wild in the mind of a little girl who is uprooted from her peaceful life in the Midwest and forced to move to San Francisco in this Pixar adventure. Young Riley was perfectly content with her life when her father landed a new job in San Francisco, and the family moved across the country. Now, as Riley prepares to navigate a new city and attend a new school, her emotional headquarters becomes a hot bed of activity. As Joy (voice of Amy Poehler) attempts to keep Riley feeling happy and positive about the move, other emotions like Fear (voice of Bill Hader), Anger (voice of Lewis Black), Disgust (voice of Mindy Kaling) and Sadness (Phyllis Smith) make the transition a bit more complicated.”

Even if you have seen it – watch again this time with new eyes knowing that **to truly experience all your feelings is to truly live a life fully ALIVE**



Contact: Bronwyn Wilmot
Ph: 0409 240 574

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

Pose of the Month: Flying Pigeon Variations

Flying pigeon is a pose that has challenged and intrigued me for some time and a pose I am determined to work on this year (not necessarily achieve 😊). If you too would like a challenge then check out this link <https://www.yogajournal.com/practice/3-flying-pigeon-pose-modifications> for ways to build and modify flying pigeon. We will work on poses in class this first term to build strength and flexibility for this pose such as plank, crow, pigeon pose and more. There are many **BENEFITS** to practicing this pose and its variations (there are many others – more than shown here). The full version of the pose and modified version will help strengthen the shoulders, wrists, arms and core, as well as stretch the hips and legs. The pose can also help to improve balance and stimulate the digestive organs. Approach this pose with caution if you have any hip, knee or wrist injuries..... and remember it is all a bit of fun so just play with the preparatory poses I will introduce you to – you don't actually have to get the pose – we can just enjoy the sensation of having a go.

Modification 1



Modification 2

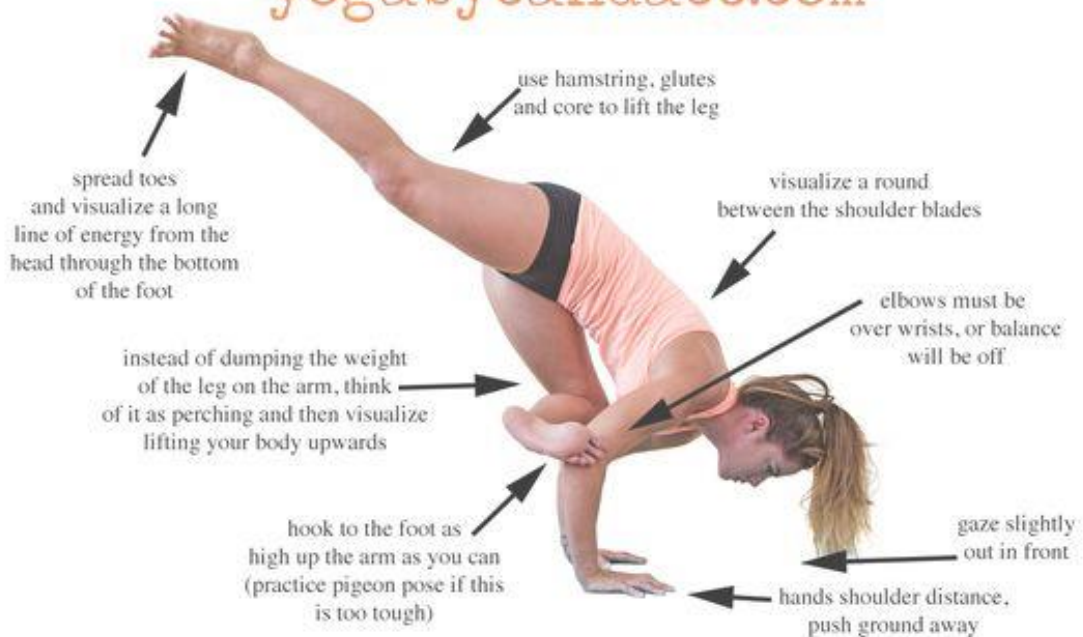


Modification 3



How to do Flying Pigeon Pose

yogabycandace.com



Contact: Bronwyn Wilmot
Ph: 0409 240 574

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

Recipe of the Month: **Thai Layered Dip** by *Vegan Richa*

Ingredients

For the Layered dip:

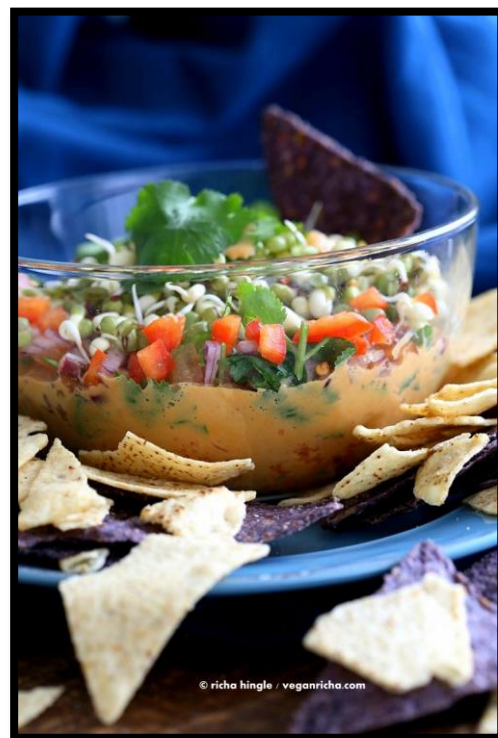
- Shredded Carrots
- Peanut butter or almond butter sauce Recipe below
- Salsa + sambal oelek or Use 1 ripe tomato chopped, 1/2 cup finely chopped red onion, salt, pepper and lime juice and mix. Mix in asian hot sauce to taste
- Chopped coriander + mint
- Mung Bean Sprouts
- Peanuts or other nuts or sesame seeds
- A dash of lemon juice
- Add fried noodles, cucumbers etc for variation

Peanut butter/Nut butter Sauce:

- 1/2 cup creamy peanut butter or almond butter
- 2 inch piece of fresh ginger coarsely chopped
- 2 cloves of garlic
- 1 tablespoon soy sauce or use coconut aminos to make soy-free
- 1 to 2 tablespoons lemon juice
- 1/2 to 1 teaspoon sugar
- 2 to 3 teaspoons Sriracha sauce or asian chili sauce to taste
- 3 tablespoons or more water

Instructions

1. Make the Peanut butter sauce: Blend everything until smooth and creamy. Taste and adjust spice, tang and sweet. Add more water to blend to a dip consistency.
2. Layer the carrots, nut butter sauce, salsa + asian hot sauce, loads of coriander and mint, sprouts, peanuts, lemon juice and a dash of salt and pepper.
3. Warm in the oven for 5 to 10 minutes if needed (optional).
4. Serve with chips or carrots, celery, cucumber, other vegetables.



Classes and Bookings

Classes Times:

- Thursday 9:30am – 10.45am (Gentle 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 (with all profits going to charity)

- Casual: \$14 (\$10 for students)
- Term Pack: \$120 (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 more than twice in a term your spot may be forfeited. Any cancellations need to be 24 hours in advance so as to allow those on the waiting list a chance.

Contact: Bronwyn Wilmot
Ph: 0409 240 574

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