



# AISHA FLOW YOGA

"Healing From Within"

## January - February 2016

### Included:

- Focus of the Month: Self-Love
- Charity Donations: Edgar's Mission
- Event: Self-Love Workshop and World Yoga Day Class
- Your Yoga Practice: Awareness is the Lesson
- Recommended Reading: "Madly in Love with Me"
- Pose of the Month: Puppy Pose
- Recipe of the Month: Roasted Butternut Pumpkin Salad
- 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 ..... 28 Jan – 26 Feb

**Self-Love** - is the belief you hold that you are a valuable and worthy person. An example of self-love is when you have a positive view of yourself and are confident in yourself and your place in the world.

### Charity Donations for this Sequence

**This month our charity will be Edgar's Mission** a non-profit sanctuary for rescued farm animals – check them out at - [www.edgarsmission.org.au](http://www.edgarsmission.org.au). Being vegan for ethical reasons this is obviously a charity that is close to my heart and they do such a wonderful job.

### Events

#### **World Yoga Day Class with Bronnie and YogaNess**

Come celebrate the joy of yoga with an outdoor yoga class on Sunday 21<sup>st</sup> February for World Yoga Day. We are still confirming the location and time for you but details will follow.

#### **Yoga and Self-Love Workshop with Aisha Flow Yoga and Angela Lindagreen from "Permission to Blossom"**

**When:** 9am-1pm Sunday 28<sup>th</sup> February

**Where:** Aisha Flow Yoga

Come join us for a beautiful 4 hour workshop which includes yoga, morning tea and a workshop to help you create a life where you are sure of your worth and value as a beautiful human being 😊 As I write this there are only 3 spots left but if there is demand we will run it again or with different activities 😊

### Term 1 Dates ..... 28<sup>th</sup> Jan – 7<sup>th</sup> April 2016

**Term 1** will run from **28<sup>th</sup> January – 7<sup>th</sup> April 2016**. There will be **NO CLASSES on Thursday 18<sup>th</sup> February** (got a date with my kids at Guy Sebastian concert) **or Friday 25<sup>th</sup> March** (Good Friday) so the term will be 10 weeks and a cost of \$100 to guarantee your spot. Payments are due by first week of term. Classes will then break for 2 weeks.

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## Focus of the Month – Self Love

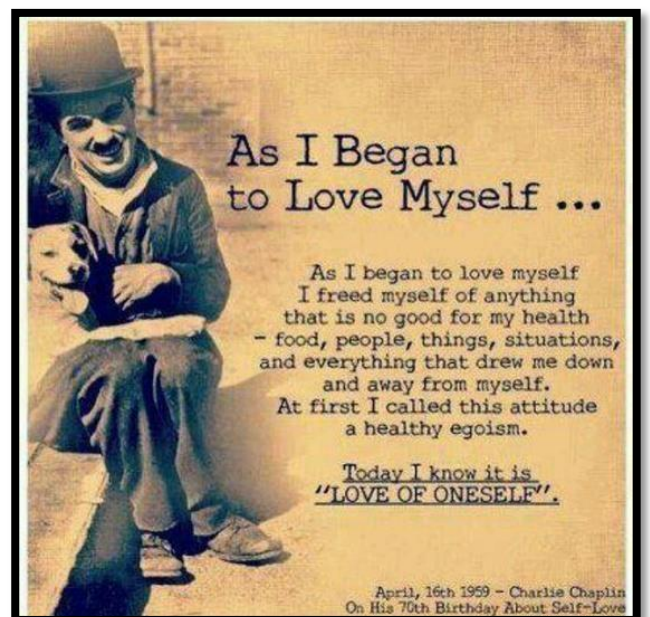
Can you look in the mirror at yourself and say to yourself (and mean it) “I love you”? The sad fact is most of us cannot – we can say it to our friends, children, spouse or parent but not to ourselves. My mother used to say to me “you can only truly love another when you truly love yourself”. Of course I never got this as a kid. Your relationship with your self is the most important relationship you’ll ever have. It forms the basis for every other relationship in your life. So what is self-love and what does it look like.



Self-love is many things to many people but here are some of my thoughts. Self-love is:

- **Knowing that you matter and are a valued human being just because you exist** and not for the things you do or do not do. You do not have to be a certain way, do a certain thing, have a specific skill etc to be valued. You exist and therefore you matter.
- **Awareness and action that nourishes you.** Self-love means you take notice of how you are feeling mentally, physically, spiritually, and emotionally. Not only do you notice but you take action based on that awareness in a manner that nourishes and feeds you.
- **Knowing you can – and should – put yourself first.** It is like the oxygen mask on the plane – you can only help others once you first are safe and well. What this matter is that you need to be looking after you FIRST and then you can look after others. What do you need for your own personal well-being – good nutrition, fresh air, exercise, a passion, friends to share with and more. The cleaning will wait, the kids will live without you for a few days so you can go on retreat – YOU are the most important person in your life. Once you love yourself your love will then pour over and lovingly hold those around you
- **Pursuing your dreams and living the life YOU want.** It is knowing you do not have to meet anyone’s expectations except your own. When you set standards for how you are going to live your life let them be YOUR standards and not those handed to you by society, your partner, parents etc. Determine how you want to live and then be that person.
- **Being gentle and kind to yourself.** I always love the saying “if you had a best friend that spoke to you the way you speak to yourself would you hang out with them?” Probably not for many of us. Be gentle with yourself, nurturing, compassionate and kind. When you are these things with yourself then you not only feel loved but also become more loving and can extend these virtues into your relationships with other people.

Of course there are many other aspects to self-love and if you would like to learn how to love yourself more then please check out the following website - **10 ways to practice self-love** , [www.mindbodygreen.com/0-12428/10-wonderful-ways-to-practice-self-love.html](http://www.mindbodygreen.com/0-12428/10-wonderful-ways-to-practice-self-love.html), get a copy of the recommended reading below and if you like join us for our self-love workshop. Begin today to love yourself a little more – notice the conversation in your head and speak to yourself with love and kindness.



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## Your Yoga Practice ..... Awareness is the Lesson

Yoga poses are one of the 8 limbs along the yoga path yet there is so much emphasis on them. People will even avoid yoga because they think they are not strong enough, flexible enough or just able to get into any of the contorted positions. Sadly then the whole message of yoga and the asanas themselves is missed. Yoga means union – to connect mind, body and breathe with the life force that runs through us. Yoga is all about getting to know ourselves and remember the beautiful soul that we and others are. So how do yoga asanas help us?

You can come to your asana practice full of ego judging your body when it does what you deem to be good or bad poses. Berating yourself if you cannot do a certain pose or high fiving yourself when you get that tricky balance pose. You can compare yourself to others and feel good or bad depending on what you can do compared to that other person and the list goes on OR you can realise that every pose you do whether it be the most basic or the most advanced is all about teaching you awareness. When you are truly practicing yoga and not just engaging in yet just another exercise then you are completely focussed on the way your breath feels in the pose, on the way your body is angled and feeling. You are aware of the pressure in your hands, arms, core, legs and feet. You begin to notice that when I move this that way I begin to feel this in that part of my body – in other words you really begin to notice how your body and breath is affected by what you do and how you FEEL in your body.

It does not matter whether or not you can do the most advanced poses or whether you are doing a beginners pose – **what matters is can you learn to maintain awareness in YOUR POSE** because in doing so you will learn a lot about yourself. Once you begin to learn about yourself, become accepting of your body today and embrace the energy and love within then you have begun to truly practice yoga. I always love the phrase “it’s all about the breath and everything else is a circus”. In other words it’s all about how focussed, aware and connected you can be in any given pose – it is not about how well you can contort your body. The reason we move from beginner to advance poses is because they teach us to become more aware, more focussed and move inwards to a greater degree as the poses become more challenging. There is not point though moving from beginner poses if you cannot maintain awareness and respect your body in those initial poses.

So what to do? When you come to the mat next remember these four things:

1. **Stretch less and feel more.** Instead of forcing the pose place greater awareness on your smooth even breath and truly feeling what is going on in each part of your body in the pose.
2. **Begin to gently and slowly play with the pose** – see what happens if you squeeze your thighs together, if you take a longer breath, if you press into the feet, if you stretch out the fingers etc.
3. **Shut your eyes and move inside (or find your drishti).** When we shut our eyes and move inside it helps us to reconnect with our own inner teacher. No one else knows what your body is capable of and where your mind is at except you. Shutting the eyes helps you to stop comparing with others and instead gives you space and energy to connect and learn to love yourself. Alternatively find your drishti (focal point) where you gaze at appoint without actually seeing anything but instead your eyes are just soft and steady so as you are not distracted by the outside world
4. **Accept and appreciate where you are at today.** The greatest gift you can give yourself is to be aware of where you are at today and be grateful for all the movement you have in your body, all talents you have within and all the love you have in your heart. You are a divine being in a physical body. Love yourself, respect yourself, know yourself.



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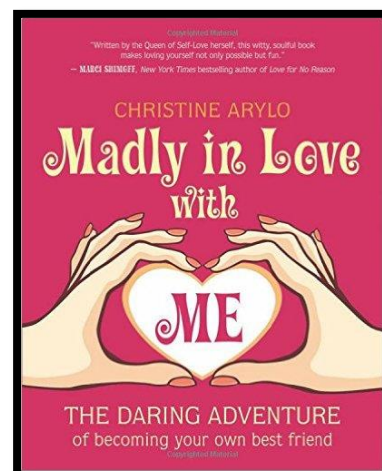
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## Recommended Reading – “Madly in Love with Me”

This month’s book is recommended by Angeal Lindagreen from “Permission to Blossom” who will be running the Self Love Workshop with me on Sunday February 28<sup>th</sup>. This is what Amazon says about the book .....

Most of us know that loving ourselves would be a good idea, but we have no clue what that really means. Self-love feels too vast, too esoteric, and frankly like something you should keep under wraps. This breakthrough book on self-love changes all that by taking you beyond the idea of loving, valuing, and caring for yourself into daring acts that will help you experience it. Christine Arylo provides practical, fun ways to explore and embody the ten branches of self-love every day and in every part of your life. Reading this book is like receiving permission to treat yourself as a best friend would. Imagine having the power to:

- \* Give to yourself first, without guilt
- \* Shower yourself with loving words instead of criticism and comparison
- \* Go for your dreams with conviction and courage
- \* Choose the situations and relationships that make you happiest
- \* Discover and explore your deepest thoughts and desires — and act on them



## ‘Pose’ of the Month – Uttana Shishosana (extended puppy pose)

### Benefits of the Pose

This is a great stretch for the spine and shoulders. Puppy pose is a bowing to ourselves a reminder to respect, love and honour ourselves.

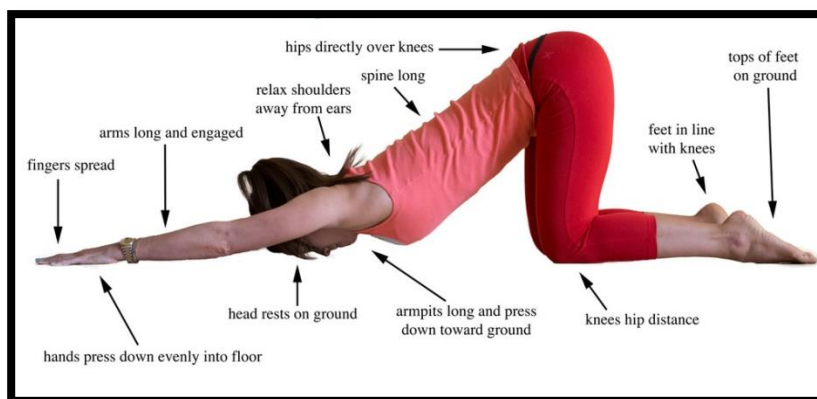
### How to Do the Pose

Come onto all fours. See that your shoulders are above your wrists and your hips are above your knees. Walk your hands forward a few inches and curl your toes under.

As you exhale, move your buttocks halfway back toward your heels. Keep your arms active; don’t let your elbows touch the ground.

Drop your forehead to the floor or to a blanket and let your neck relax. Keep a slight curve in your lower back. To feel a nice long stretch in your spine, press the hands down and stretch through the arms while pulling your hips back toward your heels.

Breathe into your back, feeling the spine lengthen in both directions. Hold for 30 seconds to a minute, then release your buttocks down onto your heels.



## Recipe of the Month – Roasted Butternut Pumpkin Salad

### Ingredients:

#### For the roasted butternut pumpkin:

- 1 large butternut pumpkin peeled, seeded, and diced (1/2-inch cubes, 8-9 cups chopped)
- 1 tablespoon melted coconut oil, or oil of choice

#### For the salad:

- 1 cup uncooked quinoa
- 1 large avocado, pitted and chopped
- Fresh lemon or lime juice, to taste
- Your choice of herbs / salt
- Greens / lettuce leaves of your choice (if desired)
- Nuts / chickpeas if you desire



### Directions:

1. For the pumpkin: Preheat the oven to 180 degrees and line two large baking sheets with baking paper.
2. Toss the pumpkin in the oil and then spread onto the baking sheets into an even layer, being careful not to overcrowd the pumpkin.
3. Roast the pumpkin until the bottoms are just starting to brown (30-50 mins maybe).
4. For the salad: Prepare the quinoa once you have about 25 minutes left of roasting the pumpkin. Rinse the quinoa in a fine mesh sieve and transfer to a medium pot. Add 1 3/4 cups water and bring to a simmer over medium-high heat. Reduce heat to medium, cover with a tight-fitting lid, and cook for 13-16 minutes, until the water is absorbed and the quinoa is tender and fluffy. Once cooked, fluff with a fork and remove from heat. Season the quinoa to taste with preferred herbs or salad. Keep the lid on until ready to use so it stays warm.
5. Pit and chop the avocado and have it ready to go just before assembly.
6. When the pumpkin is finished cooking, spread the warm quinoa onto a platter of greens (or you can simply combine everything in a large bowl). Top the quinoa with all of the roasted pumpkin, and finally the chopped avocado and if you like some nuts of your choice. Garnish with a couple pinches of salt, and a small amount of fresh lemon juice (or lime juice) drizzled over top (or you can try lemon or lime zest for a twist). Use a light touch with lemon juice as it can quickly overwhelm the other flavors. Serve immediately.

## 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 7:30pm – 8:45pm
- Friday 6:00am – 7:15am (term packs only for this class)
- Friday 9:30am – 10:45am

**Special additional classes** 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.***

***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.***