



# AISHA FLOW YOGA

"Healing From Within"

## August 2016

### Included:

- Focus of the Month: Healing
- Charity Donations
- Event: Vegan Potluck and Story Time Yoga
- Your Yoga Practice: Yoga for Healing
- Recommended Reading: "You Can Heal Your Life"
- Pose of the Month: Parivrtta Hasta Padangustasana
- Recipe of the Month: Easy Peanut Butter Cookies
- Class punctuality, cancellations and bookings



## Theme for this Sequence ..... Spiritual Healing

**Healing** is about letting go of everything that isn't you – all of the expectation, all of the beliefs, all the ideas of who others think you are and becoming who you are. Not a better you, but a 'realer' you.... Healing is a process of moving towards wholeness - of transcending the suffering.

## Charity Donations for this Sequence

**This month we have already donated \$700 to the Special Needs Christmas Party and will donate an extra \$200 to FoodShare to feed locals in need.**

**Last month we donated \$800 to Albury Cat Rescue** helping them raise needed funds to create Lainy's Place – a proposed outdoor cat enclosure at the Albury Cat Rescue in loving memory of Lainy MrPharland

## Events

### Vegan Potluck

**Where:** Aisha Flow Yoga

**When:** 5pm 10 the September

Bring a meal to share as we enjoy another vegan potluck with good company by the fire. If you wish to stay I will be showing the documentary "Forks Over Knives" at about 7pm while kids can curl up in the lounge with a DVD.

### Yoga Stories – Your Soul's Purpose

**Where:** Aisha Flow Yoga

**When:** 8-10am Saturday 17<sup>th</sup> September

Come join me for an extra class this week which will begin with a story followed by warming flow to embed the ideas of the story in your body and ending with a few long held relaxing poses, pranayama and shavasana. This will be followed by a short discussion and take home activity. Places limited to 10 and there will be more "Yoga Story" Sessions

**Term 3 dates.....** 12<sup>th</sup> July 2016 and till 23rd September (10 weeks).

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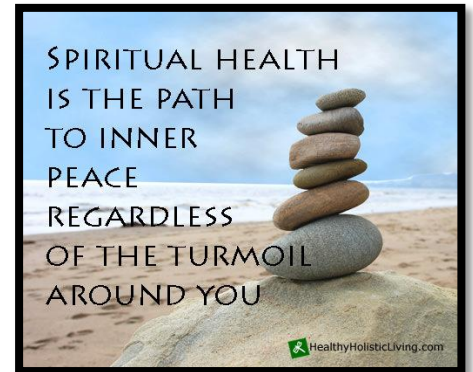
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## Focus of the Month – Healing

It was the Buddha who says we all suffer in this life time and that we suffer because of our attachments - to things, people, ideas etc. Our journey in this lifetime then is one of healing. Spiritual healing though is not like an open wound that you can see physically get better nor does it even mean that a crisis which brings us pain ends or that the turmoil around us stops. What it does mean is, that we find a sense of wholeness in ourselves, that we find a purpose in our lives that keeps us focused and that we do not let external events control our internal state.

We all have internal wounds that we tend to carry with us and we allow them to affect our internal being. While outside circumstances may be thought to be the cause, in fact **it has been our internal response and decisions that have created the pain**. Two people can experience exactly the same circumstances but come out of it with a different response – because our internal thought processes are what control our inner state. This is both the problem and the solution to our pain / suffering and our healing. When we learn to be aware of the thoughts we have had which have in turn caused us to feel pain and aware of the beliefs we have chosen that hold us back - then we do something to change them and then the healing begins. I will give you an example. When I was younger I came home from school excited to tell my father that I had got first in my Ancient History exam. He asked me what mark I had got - and then he told me I could do better (but I got first – damn!). I had two choices – the first was to understand that while my father thought my grading was good, my mark itself could be improved upon – in other words he knew that I was capable of more than I had done. I could then go on to work harder and live up to my great potential OR I could take what he said in a different light and tell myself that I was not enough and in doing so shut down from his love and from loving myself – I can tell you I took the latter and have spent a life time **‘finding’ situations that supported my belief that I was not enough**’. It was not until 10 years later that I discovered (through a great workshop) that I had the mantra in my head “I am not enough” and applied this to all situations – and so the healing began because I recognized my mantra. I would love to say I am completely healed but as we all know this is a life journey and still that mantra plays out but I am now aware and as often as I can, I change the thought pattern and I know my healing is a journey and not a destination.

What is your wound that you carry? What is your mantra that brings you undone? For most people it is some form of I am not enough – afraid that people will find out we really don’t know enough, are not smart enough, strong enough etc. I am here to tell you though that **YOU ARE ENOUGH** just as you are now. Allow your healing to begin so as you can grow into the full potential of your true self. You do not need to go into the past and relive it – just recognise that that past events of your life brought you to this moment and shaped you as you are today. Determine the underlying belief you have that causes you pain in your life and **FORGIVE** those people that may have contributed to **YOU CHOOSING** to believe something about yourself as a consequence of specific external events. The power is in **THE NOW** to run your life and let the healing being. **You choose** your thoughts, you choose your beliefs and **YOU** are in control of the life you desire. Now that the universe supports you – as Louise Hay says you are like a tiny rose bud and you are opening into a beautiful full flower – till the last petal drops you are beautiful, awesome and always changing. **You were born to be awesome not perfect**. Allow your healing to begin by seeing yourself through eyes of love because you cannot change your past but today’s thoughts will create your future.



## Your Yoga Practice ..... Yoga for Healing

Yoga (meaning to yoke) is a healing practice. Its very purpose is to remind you who you truly are - uniting not only body, mind and breath but also reminding you of the union between individual self and universal self (whatever you call that but to many this is God). We live in a world that bombards us with constant distractions through external stimuli so much so that it is difficult to find stillness in the body and particularly the mind and so we forget that we are in fact all one – it is in the stillness though that we begin to heal. It is in the stillness and silence that we must learn to sit with our discomfort – observe it, feel it and let it pass so as we can heal.

Hatha (physical yoga) aims to move energy around the body and prepare the body for meditation (stillness) so as we can once again remember our true blissful selves. The 8 limbs of yoga are all part of the healing process – the journey towards wholeness and joy.

1. **Yamas (how we treat others) are a reminder to treat others well because we are all in fact one** (non-violence, non-stealing, truthfulness, non-greed, sensual purity)
2. **Niyamas (how we treat ourselves) are a reminder to treat ourselves with love** (purity, contentment, self-discipline, self-study / awareness and surrendering/ trusting life)
3. **Asanas: the poses assist in cleaning out energetic channels, removing blockages in our body, purifying the body** and creating strength, flexibility and relaxation so as the body can move easily and free of pain
4. **Pranayama: the breath work we do assists in the cleansing of energetic channels and deepens the flow of prana** (life force within our body)
5. **Pratyahara: sense withdrawal means we learn to let go of the external stimuli and so bring awareness into our mind and body.** To begin healing we must be willing to be aware of the pain we feel and sit with that pain.
6. **Dharana: concentration begins when we are aware of the pain we feel and so can get to the root of the problem** – the thoughts that created the pain.
7. **Dhyana:** prayer is said to be talking to God while meditation (dhyana) is said to be God talking to us and so it is **in meditation that we beginning to realise that we are not an individual self but instead a part of a greater whole** – just as your finger is part of a greater whole – your body.
8. **Samadhi: bliss comes when we realise that we are in fact a beautiful being and that we are all one. Our pain comes from self-criticism and from separating ourselves.** In this state where we lack self-love and in this separation we hurt ourselves and each other. On our journey to wholeness we walk away from the dark to a place of light. Here we know that we are enough and that we are in fact all one energy, manifesting in different bodies the same way that the ocean is in fact many drops of water.

Come to your mat each time with the intention to **feel not achieve**, to journey towards wholeness and to heal yourself. When you allow yourself to get into your body, to find flow AND stillness, when you can sit with discomfort and let it pass, when you can remember that you are born to be awesome and that the only thing which stands in your way is yourself then your healing will begin. Turn up to your mat, practice your yoga and let the journey to wholeness, to bliss occur.



## 'Pose' of the Month – Parivrtta Hasta Padangustasana

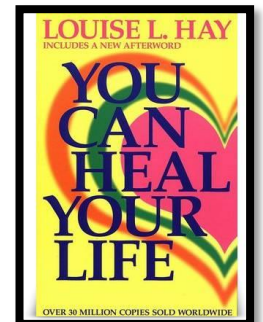
A great pose for 'wringing' out the pain of the past and allowing you to let in fresh energy and life.

If the full pose is inaccessible for you then bend your knee and grab the big toe or bend the knee and place your hand lightly on the thigh. If this is still too much then have your toes just balancing on the floor and twist by placing hand to opposite top of thigh. Never force yourself into a pose but instead explore the option that feels good in your body and then just breath and FEEL 😊



## Recommended Reading - "You Can Heal Your Life" By Louise Hay

The timeless message of the book is that we are each responsible for our own reality and "dis-ease." Louise Hay discusses how we make ourselves ill with negative thoughts which really all come down to believing we are not enough. Included in the book is a discussion of how our thoughts affect our mental, emotional and physical well-being, a directory of ailments and emotional causes for each and a corresponding affirmation to help overcome the illness. While some may find it difficult to believe that thoughts can manifest as disease in the body there is much evidence these days to show that in fact mind body connection is very real (a theory supported in yoga and by many healing professions) and that by working with our thoughts we can begin to heal not only the emotional hurts but also the physical pain we carry as a result.



## Recipe of the Month – Easy Peanut Butter Cookies

### INGREDIENTS

- 1 cup (100 g) almond flour (ground almonds in a food processor)
- ½ cup creamy all natural organic peanut butter (smooth brand is best for the cookies to hold together)
- ¼ cup pure maple syrup
- 1-2 tablespoons of organic coconut palm sugar to roll the cookies in

### Instructions

1. Preheat an oven to 180 degrees and line a sheet pan with parchment paper.



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2. Combine the first 3 ingredients well with a spoon. The dough should come together in a ball and be easy to form balls, if it is too wet, then add a touch more almond flour to make it easier to work with - form the dough into the size of 10-12 small golf balls. Pour some coconut sugar in a bowl and roll cookies in the. Place cookies on a non-stick bake tray press down gently with the back of a fork in both directions. Don't completely flatten, they should be about a ½ inch thick
3. Bake for 10-12 minutes, until the edges are golden brown and the tops have slightly cracked. Do not overbake or they can turn dry. They should be slightly crispy on the outside and moist on the inside. Cool for 10 minutes, then transfer using a metal spatula to cool completely on a cooling rack. If you try to remove them while still warm or with your fingers, they will fall apart.

## 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).

### 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:

- 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.***

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*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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