



AISHA FLOW YOGA

"Healing From Within"

April-May 2016

Included:

- Focus of the Month: Teacher Within
- Charity Donations: Thurgoona Pre-School
- Event: 3 Year Anniversary and Backbend Workshop
- Your Yoga Practice: Listen to Your Inner Voice
- Recommended Reading: Soul Lessons
- Pose of the Month: Janu Sirsana
- Recipe of the Month: Sweet Potato Broccoli Cheese Soup (vegan)
- 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.



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Theme for this Sequence The Teacher Within

The Teacher Within the knowing, the Higher Self, your Divine reality, God – whatever you chose to call it ☺

Charity Donations for this Sequence

This month we are collecting for "Thurgoona PreSchool" to establish an outdoor talking circle. **Last month we donated \$700 to "FoodShare"**. We were to donate to local lady Gwenda Howard for wool to knit for the homeless but they she recently received a large donation of wool and so asked we donate to another in need. I chose FoodShare so as we are still helping the homeless.

Events

Backbending Workshop – A collaborative workshop with Shelly Freund (yoga teacher and physiotherapist)

When: Sunday 22nd May 10am—12:30pm

Where: The Space in Dean St Albury (above Taco Bills)

Investment: \$30

In this workshop, we will look at the anatomy of backbends and the components essential for comfortably expanding into backbends including how to create length in the spinal column, openness in the front body, strength in the back body and breath to assist the pose. The workshop is fast booking out so if you are interested in coming along. check out www.facebook.com/events/1696643240551461/ or call me

Vegan Potluck – 3 Year Celebration 😊

When: 5pm Saturday 30th April

Where: Aisha Flow Yoga

Bring: A vegan meal to share plus crockery and cutlery for yourself please.

So it's an extra special vegan potluck with the celebration of Aisha Flow Yoga being 3 years old ☺ Love you all to come along and share the celebration with me so bring the family and friends and a vegan meal to share. I will make the vegan chocolate cake ☺



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Focus of the Month – The Teacher Within

Books are great teachers. A guru is a great teacher. Those further on the same path that are taking are great teachers. There are many great teachers in your life but none of these will replace the teacher that is within you. While you can learn a great many things from others the only one who can truly know you is YOU. Within you is the greatest teacher of all.

Now let's for a moment talk about holograms – and stick with me on this one. I don't want to get into detail here but what I do want you to know is that unlike normal photographs, every part of a hologram contains all the information possessed by the whole. For example if a hologram of a tree is cut in half and then illuminated by a laser, each half will still be found to contain the entire image of the tree. Even if the halves are divided again, each snippet of film will always be found to contain a smaller but intact version of the original image. This leads to the phrase that *“the part is in the whole and the whole is in the part”*. An easy analogy is that of an apple seed. The apple seed is that part of the apple which holds all the information needed to produce a whole apple - the whole is in the part (all the information is in the seed) and the part is in the whole (the seed is found in the apple). So what is the relevance of this I hear you say!!



Many years ago a guy by the name of Karl Pribram postulated that the human memory is stored holographically in the human nervous system after studies have shown that rather than being confined to a specific location, memories are dispersed throughout the brain. Evidence of human memory being contained throughout the entire body is often shown by people who have organ transplants. These people often not only receive the physical organs but also the memories of the people from whom they received the transplant from and even their food cravings, recreational likes and dislikes and so forth are taken on by the organ recipient. (Check out the book “The Heart’s Code”).

So Karl Pribram said if the human nervous system is holographic in nature (which it appears to be) what is it a hologram of? The answer would appear to be **the human body is a hologram of the universe**. What this means to us is that there is nothing outside of you because the whole is in the part and the part is in the whole. You are a part of the universe and you contain within you everything of the universe.

Whatever you think you are – you are so much more than that because you are a hologram of the universe – you are anything you want to be – you are limitless. Only your thoughts create your boundary limits – you can be and do anything that is humanly possible. All the knowledge and wisdom you will ever need is within you – the teacher really is within you. Everything is interconnected and therefore available to us – you have everything you need to succeed if only you are open to it. All you need to do is take the time each day to connect with that great wisdom – some pray, some meditate, some commune with nature, some keep a reflective journal, some live a yogic life. You can choose one or many ways to begin to know your inner wisdom, to tap into something deeper and greater than this physical body you are living in. The greatest teacher that has ever lived is within you – the whole universe and the energy that is life – some call it God, Allah, universal energy, prana, chi and the list goes on. Whatever you name it does not matter – what does matter is that you get to know your inner teacher and learn that you are here to enjoy your life – to create, to be the best version of you that you can be. Connect to your inner teacher and shine 😊

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Your Yoga Practice Listen to Your Inner Voice

Within you is a voice that keeps on talking – while there is a constant chatter in your head this is not your inner self – the endless chatter is the ego which is constantly attempting to create an identity for itself. The ego is part of your temporary physical vehicle – this body you use to learn here while on earth. The ego is fearful, manipulative and is all about creating segregation so as you can maintain what it sees as your identity. Beneath that chatter though is a quiet voice that many of us do not hear because we are so caught up with the voice of the ego – you have though I know heard this inner voice at times – your infinite self.

The infinite part of you is divine love – a precious child of the universe. In the book **Soul Lessons** (see below) it says “*you do not need to become spiritual as though there is something fundamentally flawed in you that must be correct or overcome..... You ARE spirit. Embrace, express, love and enjoy this*”.

Yoga teaches us to connect with our physical bodies and then beyond until we remember who we truly are. Asana practice allows us to see what our physical bodies are and are not capable of in this moment. We tune in and begin to notice the breath moving the body as we flow, we feel the gentle tweaks we can make and we begin to forge a relationship with our body instead of just expecting it to always handle everything we throw at it. In doing this we also learn that it is just that “MY” body and in that statement alone we must realise that if it is ‘mine’ then it is not ‘me’. So who is me?

That inner voice that believes you can achieve your highest potential – that part of you that speaks with love and kindness, the gut instinct. Even if in the briefest of moments you have realised who you truly are – maybe as you truly felt the caress of the breeze, immersed yourself in the beauty of a butterfly or have just ‘known’ something. In these moments you are connecting with your true being and listening to that inner voice that keeps on trying to remind you who you truly are. Will you listen? Will you allow yourself to let go of the need to have things your way realising that when you contribute to the happiness of another you are also contributing to your own happiness – why? You know the answer – because we are all one. Just as a drop of water from the ocean is not separate from the sea or the air in this room is no different or separate from the air outside - you too are part of a bigger whole. When you begin to tune in and trust your inner voice you will begin to find yourself again. Will it happen overnight – unlikely. If though each day you begin to see the good in other people, spend time in nature, immerse yourself in another person’s eyes, meditate, practice your asanas, study yogic philosophy (or other great scriptures) then you will begin to recognise your true divine nature and know that the inner voice (not the mind’s chatter) is YOU.

“Your primary purpose on Earth is to recognise your true nature as a Spiritual Creative Being. However your ego which is connected to your physical mortality, fights this truth in every possible way in order to maintain control of you, making you forget your real identity and throwing you in confusion and despair.” (Soul Lessons p 3). **Free yourself and reconnect with your inner voice.** On the mat practice letting go of judgement and comparison as it steals your joy in this moment – then take this practice into your life and feel the freedom that comes with being a spirit expressing yourself in a physical body. Why are we here someone asked God and God replied “because I thought you would enjoy it”. Listen to that inner voice – the true you and go enjoy your life!

Chants this Sequence – you will enjoy this during class as part of our music

Ahem Prema: “I am divine love I am that which I seek ... I radiate beautifully perfect love.... I am that love.”
Ong Namō Guru Dev Namō: “I bow to the divine teacher within”



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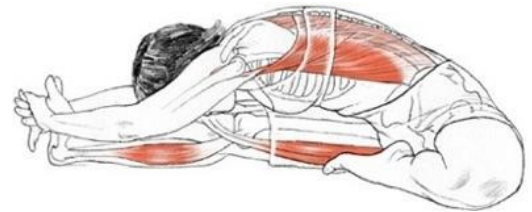
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'Pose' of the Month – Janu Sirsasna (Head to Knee Pose)

Benefits of the Pose

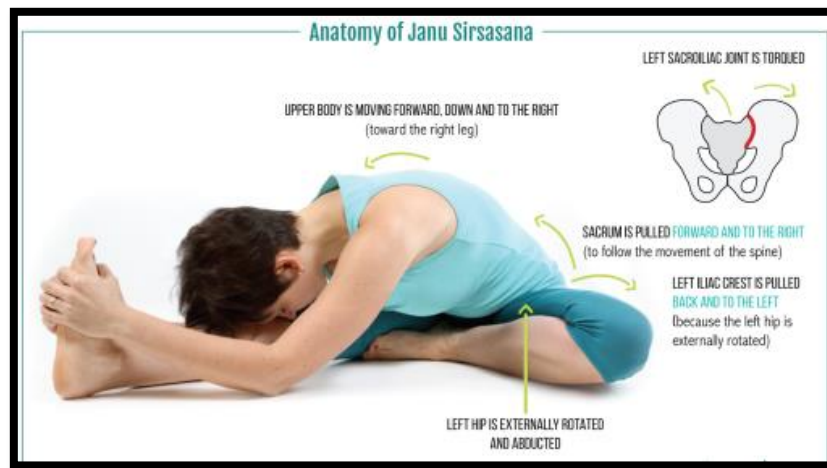
A restorative pose that:

- Aids digestion by stretching the ascending and descending colon
- Stretches your spine, back muscles, hamstrings, and groins.
- Massages and stimulates your internal organs like the liver and kidneys.
- Calms the mind and central nervous system.
- Relieves anxiety, fatigue, headache, and menstrual discomfort.
- Helps relieve symptoms of menopause.
- Therapeutic for high blood pressure, depression, and insomnia.



How To Do The Pose

Sit on the floor with your legs straight in front of you. Use a blanket under your buttocks if necessary. Inhale, bend your left knee, and draw the heel back toward your perineum. Rest your left foot sole lightly against your inner left thigh, and lay the outer left leg on the floor, with the shin at a right angle to the right leg (if your right knee doesn't rest comfortably on the floor, support it with a folded blanket).



Press your left hand against the inner left groin, where the thigh joins the pelvis, and your right hand on the floor beside the hip. Exhale and turn the torso slightly to the right, lifting the torso as you push down on and ground the inner left thigh. Line up your navel with the middle of the right thigh. You can just stay here, using a strap to help you lengthen the spine evenly, grounding through the sitting bones.

Or, when you are ready, you can drop the strap and reach out with your left hand to take the inner right foot, thumb on the sole. Inhale and lift the front torso, pressing the top of the right thigh into the floor and extending actively through the right heel. Use the pressure of the right hand on the floor to increase the twist to the right. Then reach your right hand to the outside of the foot. With the arms fully extended, lengthen the front torso from the pubis to the top of the sternum.

Exhale and extend forward from the groins, not the hips. Be sure not to pull yourself forcefully into the forward bend, hunching the back and shortening the front torso. As you descend, bend your elbows out to the sides and lift them away from the floor.

Lengthen forward into a comfortable stretch. The lower belly should touch the thighs first, the head last. Stay in the pose anywhere from 1 to 3 minutes. Come up with an inhalation and repeat the instructions with the legs reversed for the same length of time.

Contraindications

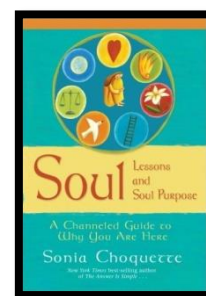
- Asthma
- Diarrhea
- Knee injury : don't flex the injured knee completely and do support it on a folded blanket

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Recommended Reading – “Soul Lessons and Soul Purpose”

I loved this book ☺ *Soul Lessons and Soul Purpose* is beautiful book channelled by Sonia Choquette’s spirit teacher guides. The teachings aim to specifically bring about understanding, direction, and support to all souls so that we may learn to become the creative masters of our lives. The book describes how Earth is “soul school,” and we are here to master 22 basic soul lessons in order to fulfill our purpose. Each lesson is laid out in such a way that anyone—on any level—will be ready to follow the instructions. This book shows how now is the time to learn our soul lessons, open our hearts, and raise our vibration. Negative occurrences will worsen if our energy doesn’t shift and elevate to a more loving plane. We have no time to waste



Recipe of the Month – Sweet Potato Broccoli Cheese Soup (vegan)

Ingredients

- 2 heaping cups of peeled and chopped ½ inch pieces sweet potatoes (270g)
- 1 packed cup of finely chopped white onion (160g)
- 4 large garlic cloves, finely minced (12g)
- 1½ teaspoons fine sea salt
- ¼ teaspoon ground black pepper
- 1½ cups water
- 3-4 cups frozen broccoli florets, depending on how chunky you want it
- 3 tablespoons brown rice flour (30g)
- ½ cup nutritional yeast (52g)
- 1½ cups (360 ml) cashew or ‘lite’ coconut milk
- 3-4 tablespoons dill pickle juice-- start with 3 (just regular hamburger dill pickle juice, nothing fancy, this helps aid in the cheesy flavor and give depth)

note: If you don't want yours to taste too much like sweet potato, then sub half sweet potato and half yukon gold or red potatoes.



Method

1. Add potatoes, onion, garlic, salt, pepper and water to a pot and bring to boil, once boiling, cover and turn to simmer for about 20 minutes until potatoes very tender. They need to be almost mushy so they can puree easily.
2. Meanwhile roast the broccoli. Preheat the oven to 180 degrees and line a sheet pan with parchment paper. Spread your broccoli out and season well with salt and pepper. Bake 15 minutes or until just beginning to see the tips browning. Depending on your oven or the size of your broccoli florets, it may need longer, up to 10-15 more minutes. You want them fork tender, but still fairly firm, as you will not be cooking them in the soup. If using fresh and not frozen, watch them so they don't burn.
3. After your potatoes are tender in your soup, whisk in the brown rice flour and nutritional yeast until well mixed. Let it cook about a minute so it thickens up. Add the milk and pickle juice. Stir well and then use a hand immersion blender to process the soup until it is completely smooth. Let it cook another 5-10 minutes or until it thickens to desired consistency. If you want it even thicker, you can always whisk in a tad more brown rice flour.
4. Taste and add any additional salt. Add the roasted broccoli and serve

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.

TERM 2 DATES 28th April – 28th June

Term 2 runs from **28th April – 28th June 2016 (10 weeks)**. Final week of term I will need to run classes on the Sunday/ Monday or Monday / Tuesday instead as I am traveling to Sydney that week. I will discuss what suits everyone best. Classes will recommence 12th July 2016.

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.

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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