



# AISHA FLOW YOGA

"Healing From Within"

## July/ August 2015

### Included:

- Focus of the Month: Spontaneity
- Charity Donations: St David's Emergency Food Relief Program and Knitted Knockers
- Event: Vegan Potluck – Soups and Stews
- Your Yoga Practice: Kriyas
- Recommended Reading: "A House Full of Yogis"
- Pose of the Month: Kalabhati (not a pose but rather a kriya and breathing technique)
- Recipe of the Month: African Peanut Stew / Soup
- 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

**Spontaneity** is spontaneous action – that is something we do, or that occurs, as a result of a sudden impulse or inclination and without premeditation or external stimulus. It also means having an open, natural, and uninhibited manner – now doesn't that sound like fun ☺

## Charity Donations for this Sequence

**St David's Emergency Food Relief Program** will be our charity for this month

Last month we **donated \$800 to Knitted Knockers** (special handmade breast prosthesis for women who have undergone mastectomies or other procedures to the breast)

## Events

### Vegan Potluck – Soups and Stews

**When:** SATURDAY August 8<sup>th</sup> at 5pm

**Where:** Aisha Flow Yoga

Bring friends and family along for an evening by fire. Please bring a plate of food to share as well as a plate, cutlery and cup for each person. Feel free to bring an instrument if you would like to share some music with us ☺ For those who wish to stay we will put a movie / documentary on after dinner. Kids welcome.

## Dates for Classes April – June 2015

**TERM 3** will run from **Thursday 23<sup>rd</sup> July – Friday 25<sup>th</sup> September** (10 weeks = \$100 for guaranteed spot all term)

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## Focus of the Month – Spontaneity



When was the last time you did something spontaneous? Are you someone who is prone to behave with sudden impulse or inclination or do you plan your actions? Are you known as having an open, natural, and uninhibited manner? Have a think about that. Have you danced in the rain in your underwear just for fun, jumped on the first plane at the airport not knowing where you will go, woken up one morning and got in the car for a day with your friend / spouse no clue where you will go? These are spontaneous actions that can help make us feel the thrill of being alive. I was going to write about this kind of spontaneous action but instead I think more importantly is the spontaneous action of the heart (which leads us to the spontaneous actions like above too).

So what do I mean? I want to talk to you about the kind of spontaneity that comes when you have a thought to do something that is positive, kind, beautiful and loving and you do it immediately. Most of us are rarely spontaneous with the exception maybe of the spontaneous tossing and turning in our sleep, or the spontaneous stretch in the morning. Usually though we speak, move and act in our world with purpose and while this can certainly be great for getting us where we want to go in life it also acts to disconnect us from our higher self.

True spontaneity is rare due to fear. Fear holds us back. Fear of what other people will think (judgement), fear of doing / saying the wrong thing, fear of the unexpected, fear of doing something different, fear of failing and the list goes on. Many will tell you though that one of the biggest regrets of the dying is the regret of what they did NOT do or say. Those little words and action - those opportunities to do good. These paths of kindness, love and beauty are your path, your dharma. Dharma means 'the right path for you'. At every moment there is a choice that creates absolute harmony for you and spreads love. It requires very little expenditure and gives a lot. True spontaneity comes from the heart, from the still place within us – our highest self. Meditation, yoga, nature walk, listening, quietness etc help us to reconnect with this place as do acts of kindness.

When we stop, take a deep breath and live truly in this moment, drinking it in and enjoying THIS moment all fear drops away and we can truly connect deep inside and be spontaneous. In this moment there is no past or future and therefore no worry because worry is always about what has been or is to come. In this moment there just is the breath, the truth and the joy and love of being alive. So how can you begin to live more spontaneously and truly live your life from a place of pleasure and joy and excitement?

- Tell and friend / lover the things you love about them – in person , in a note
- Hug someone you just met and really send them warmth and love
- Take that holiday NOW not when you have enough time / money / kids have left home ...
- Pay for someone's movie ticket in the line behind you (or shop etc)
- Pay a stranger a compliment or give them flowers - *ask me about my experience with this* 😊
- STOP now and go massage your pet – connect with them (they love it and you will too)
- STOP and go hug you children, partner, friend, stranger – spread the love

**LIFE WAITS FOR NO ONE SO LIVE NOW WITH AN OPEN HEART AND SOUL CONNECTION**

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## Your Yoga Practice ..... Kriyas

*Over three hundred years ago, the Burmese army planned an attack to invade Thailand. At the time, the country was known as Siam. The Siamese monks were in possession of the most amazing Buddha statue. The statue is over 10 feet tall and weighs in excess of 2 1/2 tons. It is made of solid gold and is valued today at \$200 MILLION dollars. The monks were determined to protect the shrine that meant so much to them. While it was priceless to them for reasons that transcend money; they knew that the Burmese would stop at nothing to steal the statue because of its tremendous monetary value. They covered the Golden Buddha with 12 inches of clay knowing that the warriors would totally ignore it and think it worthless. Sadly, the monks were slaughtered in the invasion and the secret of the Golden Buddha stayed hidden for two centuries. The Buddha itself though, remained safe.*

*In the mid 50's, a monastery was to be relocated to make room for a new highway. The monks arranged for a crane to come and move the "Clay" Buddha to its new location. When the crane started to lift the statue, it was much heavier than expected and it began to crack. Wanting to protect the priceless shrine, the monks lowered it back down and decided to wait until the next day to bring more powerful equipment. To add insult to injury, the rains came so the monks lovingly covered the statue with tarps to keep the moisture away. In the dark of night, the head monk took his flashlight and went out to make sure the Buddha was adequately covered. When the light of the flashlight shone into the crack of the clay, he saw a glimmer...a reflection of something underneath that shroud of clay. He immediately started to carefully chisel away shards of clay to find that the glimmer grew brighter. Hours later, and all the clay removed...he was in the presence of a Buddha made of solid gold. It now resides in The Temple of the Golden Buddha in Bangkok, Thailand. Every year, millions of people go there to see this magnificent work of art and to worship at his feet. And to think, it may never have been uncovered...*

The purpose of yoga is like the story of the Golden Buddha - for us to clear away the masks we wear, the fear we hang on to, our negative beliefs etc and find our 'buddha nature / higher self/ divine nature that is our true essence. Kriya's are one tool in the yogi's kit to help clean out the muck and reveal our true nature.

The word Kriya in yoga means a cleansing action and the most commonly known kriyas or purification processes include:

1. Neti ..... Nasal cleansing.
2. Dhauti.....Cleaning of digestive tract, stomach.
3. Nauli ..... Abdominal massage
4. Kaphalabhati.....Breathing practice to purify frontal lobes and lungs and massage organs
5. Basti.... Colon cleaning
6. Trataka.... Blinkless gazing

These Kriya's can be likened to flushing a pipe with water so as to cleanse the grit and dirt from within, or scrubbing a mirror clean so the reflection is clear. Kriya's aim to cleanse the physical body so as our prana or life force can flow freely in our body and we can see our true selves. A clean physical body (and mind) improves our ability to feel and sense our true nature because we are not blocked (think about how hard it is to FEEL a deep breathe when congested with a cold). Kriya's clean our physical body which in turn allows us to direct energy into our spiritual body and when we do this we can tune in more easily to our soul consciousness which is peace, love, spontaneity and joyfulness.

Some of these Yogic Kriya's above would seem extreme to many but what I want you to think about are ways you can create cleansing actions for yourself – maybe cleaning up your diet, cleaning up your negative thinking, removing the negative thought patterns/excuses/judgements etc, meditating more, dinking less coffee / wine etc. What is it for you that creates blockages in your physical body and mind and stops you from living authentically? Spontaneity comes easily when we are no longer blocked with fear, judgement, anger, guilt etc. Begin to gently clean away the clay and reveal your golden self today.

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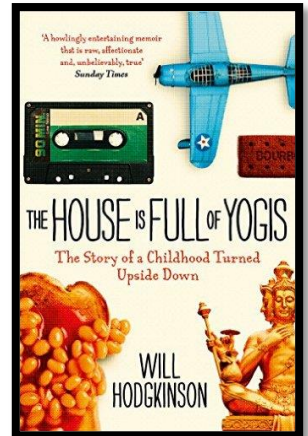
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## Recommended Reading – A House Full of Yogis

Thought it was time for a lighter read so here is the true story of Will Hodgkinson and his witty memoir about the trials of adolescence, the tribulations of family life and the embarrassment that ensues from having larger-than-life parents. Will's father, Neville, was an award-winning science writer and mother Liz was a high-earning tabloid journalist. They with their 2 young boys were living the dream of home ownership, aspiration and advancement – until a disastrous boat holiday and followed by a life-threatening bout of food poisoning which led to the search for a new way of life.

'Nev' joined the Brahma Kumaris, who believe evolution is a myth, time is circular, and a forthcoming Armageddon will make way for a new Golden Age. Out went drunken dinner parties and Victorian décor schemes; in came large women in saris meditating in the living room and lurid paintings of smiling deities on the walls. Liz took the arrival of the Brahma Kumaris as a chance to wage all-out war on convention, from announcing her newfound celibacy on prime time television to writing books that questioned the value of getting married and raising children.

If you want a light 'yogic' read then I have a copy of this book for you to borrow ☺



## 'Pose' of the Month – Kalabhati (*pranayama and kriya not a pose*)

The **benefits of full yogic** breathing include:

- Strengthens muscles and internal systems
- Reduces stress, anxiety and lifts depression
- Boosts immunity
- Reduces blood pressure
- Improves circulation and detoxification
- Opens and balances meridian and chakra systems
- Improves mood

One of the many yogic breathing techniques is called **Kapalabhati or the Breath of Fire** (*kah-pah-lah-BAH-tee*)

*kapala = skull*

*bhati = light (implying perception, knowledge)*

Kapalabhati is a purification practice (kriya) to cleanse the air passages, stomach, heart and liver as well as a breath practice that energises. If we have a lot of mucus in the air passages or feel tension and blockages in the chest it is often helpful to breathe quickly. In this practice, we deliberately breathe faster and at the same time use only abdominal breathing - not Chest Breathing. Kapalabhati consists of alternating short, explosive exhales and slightly longer, passive inhales. Exhales are generated by powerful contractions of the lower belly (between the pubis and navel), which push air out of the lungs. Inhales are responses to the release of this contraction, which sucks air back into the. The lungs act as a pump, creating so much pressure as they expel the air that all the waste is removed from the air passages, from the lungs up through the nostrils.



*To undertake pumping breath:*

1. Sit in cross legged position and take a few deep slow breaths

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2. Now inhale and then forcefully exhale allowing a natural inhale again and a forceful exhale from the stomach in a rapid cycle - continuing this cycle for 20-60 seconds.... breathe out forcefully and breath in normally
3. When done inhale fully and hold the breath for a comfortable time engaging all three bandhas then slowly exhale through the nose and breathe comfortably.
4. If desired do another round starting at 1 and moving through to 3. Work up to 5 if you like

**Contraindications:**

- Do not do if pregnant, high blood pressure, hernia or menstruating
- Early morning and evenings are best time to practice and on an empty stomach or half hour after light meal only.
- Do not force the experience – if you feel light headed please stop!

## Recipe of the Month – African Peanut Soup / Stew

**Ingredients**For the Soup:

- 2 cups vegetable broth (or less for a thicker stew)
- 1/4 onion, chopped
- 2 garlic cloves, chopped
- 2 carrots, chopped
- 2-4 cups chopped mixed vegetables such as zucchini, potato / pumpkin , cauliflower, squash, broccoli etc
- A small handful of peanuts (optional)
- 2 T tomato paste
- 2 t powdered ginger
- 3-4 T peanut butter
- 1 T tamari

For the rice/quinoa/grain:

Add a serve of your preferred grain on the side if you desire

**Preparation**For the Soup:

- Sautee the garlic, onion and carrots in a small pot with maybe a couple tablespoons of olive oil for about 5 minutes.
- Add the zucchini (and any other vegetables) and cook for a few more minutes.
- Once they soften, add the tomato paste and ginger powder and mix well. Allow this to cook for about 5 minutes.
- Add the broth and bring to a light boil. Let it all cook together for about 5 more minutes.
- Add the peanuts and peanut butter. Stir continuously as it thickens. Cook like this for about 5 minutes.
- Add the tamari and stir until incorporated

For the Grains:

Follow the instructions for your chosen grain and then place the cooked product in a bowl. Pour the soup / stew over and enjoy!

## 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

### Costs and Booking System (50-100% of ALL takings go to charity)

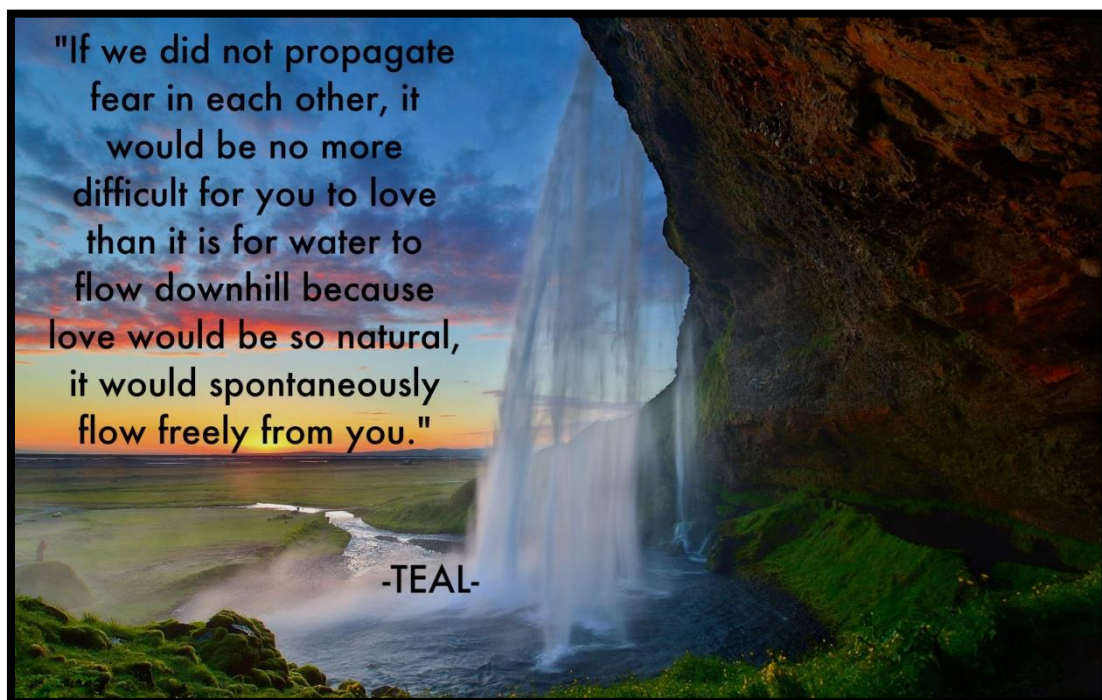
Costs are as follows:

- 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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