



AISHA FLOW YOGA

"Healing From Within"

Term4 2017 – Body Image and Body Love

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2017 Bookings and Charity Donations

Term 4 Bookings:

Bookings are now open for Term 4 starting back on **Thursday 12th October** for a 11 week term ending on **Friday 22nd December**. Investment for the term is \$132. Priority is given to existing students until Friday 6th October PLEASE READ CONDITIONS FOR TERM PACKS AT THE END OF THIS NEWSLETTER

Donations:

- **Aisha Flow Yoga** donated **\$1000 to Survivors of Suicide** to assist in the costs of holding the winter solstice and **\$1000 plus 12 sets of pyjamas to Tots2Teens Restart** (in addition to the 10 donated by students – THANKYOU) helping children who are homeless or escaping domestic violence.
- **Aisha at Beechworth** donated another **4 respite packages**.

Events This Term

Body Love Yoga with Sarah Ball

When: 10am -5:30pm Sunday 29th October 2017

Where: Aisha Flow Yoga

A one day workshop aimed at teaching you to love your body ☺ Sarah is an experienced yoga teacher and eating disorder and body image counsellor. She founded Body Love Yoga in 2012, and is also a writer, guest speaker and facilitator at yoga teacher trainings, panels and public events. Here is what one attendee said *"I was pleasantly surprised at how tangible and useful it all was. Not a dull moment, with high-energy and zest for hours – and I usually have a limited attention span! Thanks – it was amazing"*

Check out more details and make bookings here www.eventbrite.com.au/e/body-love-yoga-with-sarah-ball-tickets-32463166204?aff=es2.

Potluck and swim

When: 5pm Saturday 18th November

Where: Aisha Flow Yoga

Bring a VEGAN meal to share and enjoy dinner with others. Please feel free to bring friends, children and your swimmers (we have a large pool). All are welcome we just ask that you bring enough food to at least feed the amount of people that join you.

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Food For Thought: Self Awareness, Not Self-Consciousness

“Self-Awareness, Not Self-Consciousness” is a chapter from a great book by Osho called *Learning to Still the Mind*. I would like to share the words of wisdom with you from this chapter where Osho explains how **self-consciousness is a disease but self-awareness is health**. These may seem to mean the same things but nothing could be further from the truth. In self-consciousness the emphasis is on the SELF, whereas in self-awareness the emphasis is on the AWARENESS so in reality the same word self-conscious can be used but with totally different meanings. When the emphasis is on the self there is disease but when on the consciousness there is health.

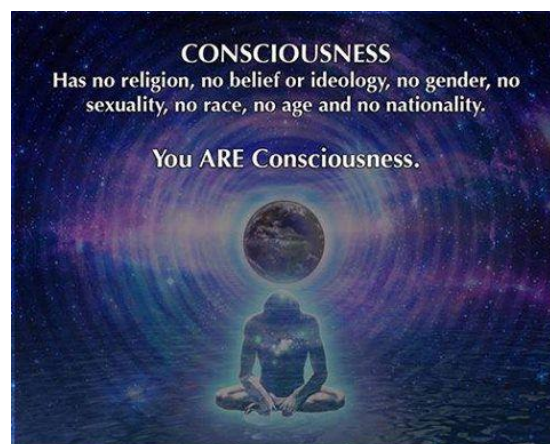
SELF consciousness is a disease because you are continually focussing on the self – how do I look, what are people saying about me, how are they judging me, what is their opinion of me, do they like me, will they reject me, am I doing Ok - it is always I and me – the ego. The SELF-conscious are obsessed with themselves and in doing so are missing out on life, on beauty, on the joy of service, on smelling the roses and so on.

Change the focus, change the emphasis from self to **CONSCIOUSNESS** and now it no longer matters what others think because now you want to be aware / awake in every situation – it does not matter if your thighs rub, your hair is balding, if others love or hate you, accept or reject you, judge or criticise you. What no matters is that you stay alert, awake and are living this moment with a sense of fullness so that in appreciation or condemnation, in failure or success you maintain your tranquillity, your peace – you become undisturbed by other’s opinions of you. In becoming self-CONSCIOUS you let go of other people’s opinions and become a master of yourself. You recognise that you are a perfect being of the world – you are not your body or your thoughts but a perfect spiritual being contained by a wonderful human container (your body) which you chose to live in so you could learn the lessons of this life time.

People who are **SELF**-conscious actually have no self which is why they are afraid – afraid that anybody can take their self away. They are not masters and their self is borrowed from you. If someone smiles or praises them then their self is given support, if they are insulted their prop is taken away. If someone is angry they are afraid and their identity is broken. Their being is reliant on the opinion of others and so can be taken at any moment. They are afraid of their emptiness that will exist if others are not creating their identity for them.

People who are self-**CONSCIOUS** have an authentic self that you cannot take away from them. It cannot be given or taken away no matter what happens in the world because their centre has already been attained and is secure. They do not need materials or status to be somebody. It is those who are striving for superiority that are suffering from an inferiority complex – they have to have the money, car, job, status to feel as if they are someone. Their superiority is proven by possessions or status. People who do not have a being try to gain a being through having things – posts, names and fame as Osho puts it. They will look for fame and importance any way they can. The self-CONSCIOUS on the other hand know that they are a spiritual being having a human experience and that their spirit, their soul is peaceful and joyous and untouchable.

Be happy and content in yourself - dance, sing, play, have fun, relax and focus on your consciousness, your centre. Meditate, be aware and find the silence amongst the noisy chaos, stillness in the constant movement and then you will know that you are part of a larger whole, that the consciousness within you is within all beings, all of nature and cannot be touched, removed or added to by any other being. You are consciousness having an earthly experience so fully embrace your greatness, LIVE fully and stop being SELF conscious.



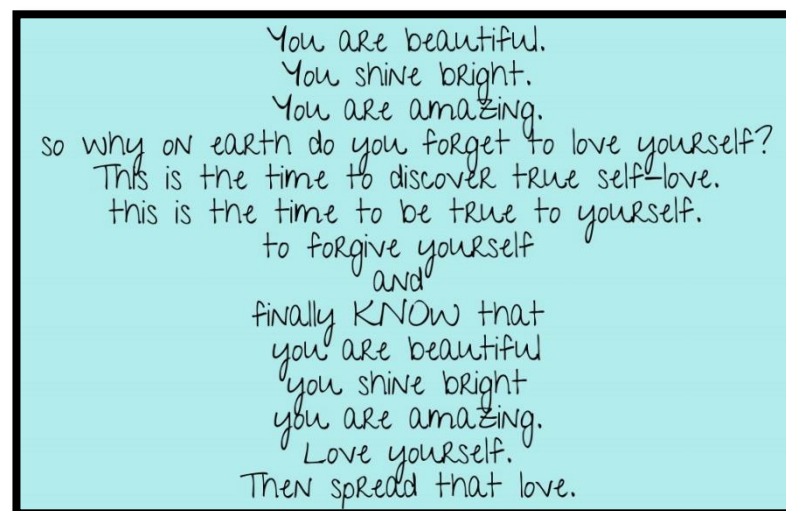
Your Yoga Practice: Self-acceptance

One of the problems with yoga in the western world is that very often people come to the mat with the desire to change. Nothing wrong with that you might say – change is growth. Not always and at times this need to change yourself can be quite detrimental to your psyche – I should know as I have struggled with self-judgement and criticism A LOT during my life time – always thinking I am never thin enough, smart enough, know enough, good enough – just enough of anything basically. Reality is that this is how many people feel and so we come to yoga wounded thinking it will change us BUT what if yoga was not about changing anything but rather all about accepting yourself just the way you are. What if the intention of yoga was for you to come to your mat with curiosity and the willingness to get to know yourself AS YOU ARE NOW. What is yoga is really all about SELF ACCEPTANCE and to understand that you are a beautiful wave rolling as part of a great ocean, that you are the soft breeze



I love the quote from Rumi that says *“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it”* – (I love it so much it is written on my bathroom mirror). So it is then not your task to change who you are, to improve so that you are ‘enough’ but rather to REMEMBER who you truly are – to recognise the obstacles place in your own way and to let them go. Rachel Brathen says it beautifully ... *“the yoga pose is not the goal. Becoming flexible is not the goal. Standing on your hands is not the goal (ed: though this can all be fun). The goal is to create space where you were once stuck. To unveil the layers of protection you’ve built around your heart. To appreciate your body and becomes aware of the mind and the noise it creates. To make peace with who you are. The goal is to love, well....YOU. Come to your yoga mat to feel, not to accomplish”*.

This term we will be focussing very much on doing just this. On accepting the body you chose to journey through this lifetime in.... to explore and get to know yourself deeply, truly ... to realise that you are beautiful, kind, compassionate and loving – for others AND yourself. Let your yoga practice be a journey of self-discovery, of complete acceptance and of realisation – realisation that you can and must accept who you are in this moment right now so that then you can release the barriers you have put up and open yourself to love because LOVE is the reason we are here. We will learn how to love our lives, to love ourselves, to share our love with others. To genuinely do this you must first accept yourself!

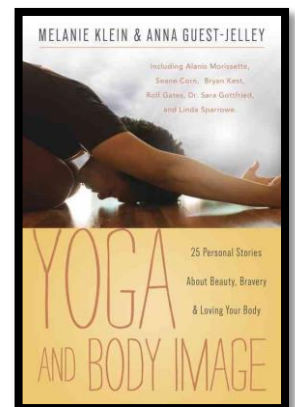


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Book recommendation: "Yoga and Body Image"

This book is beautifully presented with 25 contributors sharing their stories of how yoga affects not only your physical, mental and emotional health but also how you feel about your body. Contributions include musician Alanis Morissette, celebrity yoga instructor Seane Corn, and *New York Times* bestselling author Dr. Sara Gottfried. Stories look at how yoga has shaped their lives with writers providing tips for using yoga to find self-empowerment and improved body image. There is a diverse collection of voices that address topics across the spectrum of human experience, from culture and media to gender and sexuality. *Yoga and Body Image* will help you learn to connect with and love your beautiful body.....and yes of course I have a copy of this book that may be borrowed ☺



Pose of the Month: Yoga for the Core

As another teacher told me this pose probably has a Sanskrit name but for the life of us we are not sure what it is ☺ So this is just going to be called "Yoga for the Core" as Candace calls it (check her out as she has some great graphics for various poses). To come into this pose you start in down dog and on the in breath extend on leg gently to the sky and then on the out breath draw the knee into the chest. You can hold here to build strength or extend back out to the sky on the inhale again – repeating as many times as you desire.

When we add a knee to chest pull from downward dog we build strength, core stability, focus and deep concentration. Specifically this pose will build strength in the:

- Arms and legs (to hold the pose stable)
- intercoastal (rib) muscles (from the pull of the knee to the chest)
- back (from the upward pull of the core and rounding of the back)



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Recipe of the Month: Warm Spring Salad

Vegan, gluten-free, nut-free, soy-free

Ingredients:

- 1 cup uncooked quinoa (or your preferred grain)
- 1/2 tbsp extra virgin olive oil or water for sauteing
- 1 leek, sliced into rounds or half moons
- 2 garlic cloves, minced
- 1 bunch asparagus, ends broken off and chopped into 1-inch pieces
- 1 cup diced strawberries (optional)
- 3/4 cup fresh or frozen peas
- 1 cup fresh parsley, roughly chopped



Dressing

- 2-3 tbsp extra virgin olive oil, to taste
- 3 tbsp fresh lemon juice
- 1/2 tbsp pure maple syrup (or other sweetener)
- 1/4 tsp fine grain sea salt & lots of pepper, to taste
- lemon zest, for garnish

1. Rinse quinoa in a fine mesh strainer and place into a medium pot. Add 1 ½ cups vegetable broth (or water) and bring to a low boil. Reduce heat to low-medium, cover with tight-fitting lid, and cook for 15-17 minutes, or until fluffy and all the water is absorbed. Fluff with fork, remove from heat, and let sit covered for 5 minutes.

2. Meanwhile, grab a very large frypan or wok. Sauté the leek and garlic in the oil / water for about 5 minutes over medium heat. Season with salt and pepper if you like. Add in the asparagus and sauté for another 5-10 minutes or until the asparagus is just tender, but still a bit crisp. Stir in the strawberries (optional), peas, and parsley. Heat for a few minutes and then remove from heat.

3. Whisk together the dressing ingredients (olive oil, lemon juice, maple syrup, and 1/4 tsp fine grain sea salt) to taste. Pour dressing onto skillet mixture and stir in the cooked quinoa. Season to taste with salt and pepper & enjoy! This would also be lovely with nuts or seeds sprinkled on top.

Classes and Bookings

Classes Times:

- Thursday 9:30am – 10.45am (mixed level)
- Thursday 7:30pm – 8:45pm (mixed level)
- Friday 6:00am – 7:15am (wake up flow)
- Friday 9:30am – 10:45am (mixed level)

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

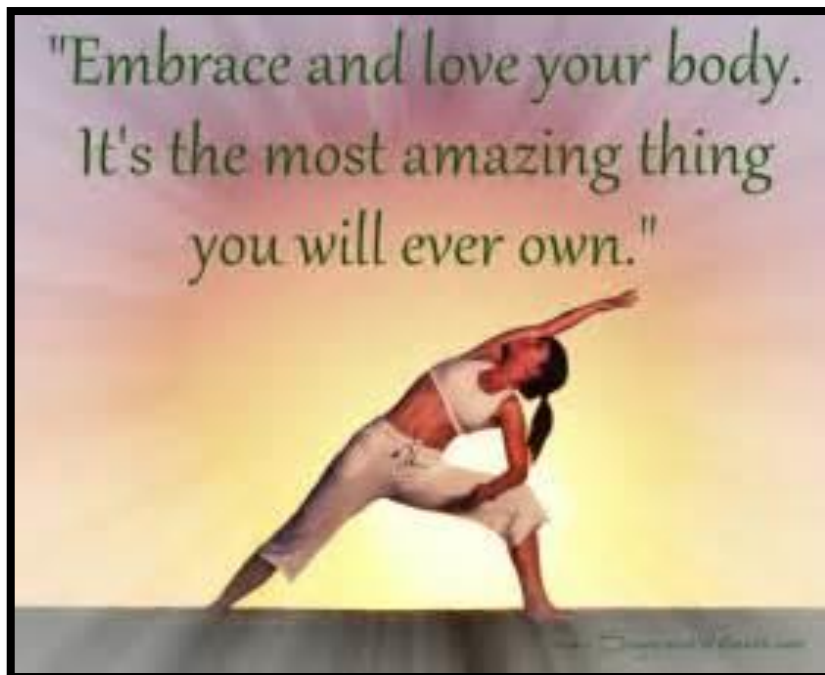
Costs are as follows:

- Casual: \$14 (\$10 for students)
- Term Pack: up-front payment for whole term - \$12 per class (total price depends on the length of the term)

Preference for bookings will be given to those with term packs.

Term packs

- If the term is longer than 10 weeks then you pay \$12 for each subsequent class or if shorter than 10 weeks then you pay the corresponding amount (e.g. 9 weeks = \$108).
- If you join us midway into a term you can pay \$12 per week for remainder of the term if paid up front.
- If there is no class as a result of my inability to do the class you can choose to receive a refund or donate that week's payment to charity of the month.
- There is no refund for weeks you are away – a term pack is a commitment for the term (unless agreed to with me prior to term commencing)
- **If you are a no show or late cancellation (less than 12 hours) more than twice in a term your spot may be forfeited.** Please consider others and let me know if you will not be in class at least 24 hours in advance so as to allow those on the waiting list a chance.
- **The term pack applies to that term only and is not refundable unless there are extenuating circumstances**



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