



# AISHA FLOW YOGA

"Healing From Within"

## March 2016

### Included:

- Focus of the Month: Slowing Down
- Charity Donations: Knitting for the Homeless
- Event: Vegan Potluck
- Your Yoga Practice: Slow Flow Yoga
- Recommended Reading: Tao of Pooh and Te of Piglet
- Pose of the Month: Warrior 2
- Recipe of the Month: Warm Potato 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.*



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### Theme for this Sequence ..... 28 Jan – 26 Feb

**SLOWING DOWN** ... in all the haste to get ready for work / school, pay the bills. Get to the appointment, see that person, do the washing, cook the meals etc we forget to just sssssllllloooooowwww ddddoooowwnnn and enjoy this beautiful moment here and now. Each day is a blessing not afforded to all. Each moment a gift from the universe – so breath it in, savour it and love NOW.



### Charity Donations for this Sequence

**This month we are collecting for "Knitting for the Homeless"**. Local lady Gwenda Howard will use the donation to purchase wool for the many volunteer knitters who will be making beanies, gloves and scarves for homeless people across the region. **Last month we gave \$750 to Edgar's Mission** a non-profit sanctuary for rescued farm animals.

### Events

#### Vegan Potluck

**When:** 5pm Saturday 19<sup>th</sup> March

**Where:** Aisha Flow Yoga

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

Everyone is welcome at this regular event so bring the family and friends and enough food to feed those who come with you. Remember vegan is NO ANIMAL PRODUCTS at all – gelatine, eggs, dairy, meat, honey. Feel free to come armed with questions or just enjoy the food and company ☺

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

**Term 1** runs from **28<sup>th</sup> January – 7<sup>th</sup> April 2016**. There will be **NO CLASSES Friday 25<sup>th</sup> March** (Good Friday)

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## Focus of the Month – Slowing Down

I could write a blog here like I normally do but I believe this poem says it all so read, enjoy, savour and then SLOW DOWN and truly enjoy each moment of your life – after all what is the rush about anyway – it only causes you stress and steals this moment from you.

# SLOW DANCE

Have you ever watched kids on a merry-go-round?  
Or listened to the rain slapping on the ground?  
Ever followed a butterfly's erratic flight?  
Or gazed at the sun into the fading night?  
You better slow down.

Don't dance so fast.

Time is short.

The music won't last.

Do you run through each day on the fly?  
When you ask How are you? Do you hear the reply?  
When the day is done do you lie in your bed,  
With the next hundred chores running through your head?  
You'd better slow down.

Don't dance so fast.

Time is short.

The music won't last.

Ever told your child, we'll do it tomorrow?  
And in your haste, not see his sorrow?  
Ever lost touch, let a good friendship die  
Cause you never had time to call and say,'Hi'  
You'd better slow down.

Don't dance so fast.

Time is short.

The music won't last..

When you run so fast to get somewhere  
You miss half the fun of getting there.  
When you worry and hurry through your day,  
It is like an unopened gift.... Thrown away.

Life is not a race.

Do take it slower

Hear the music before the song is over.

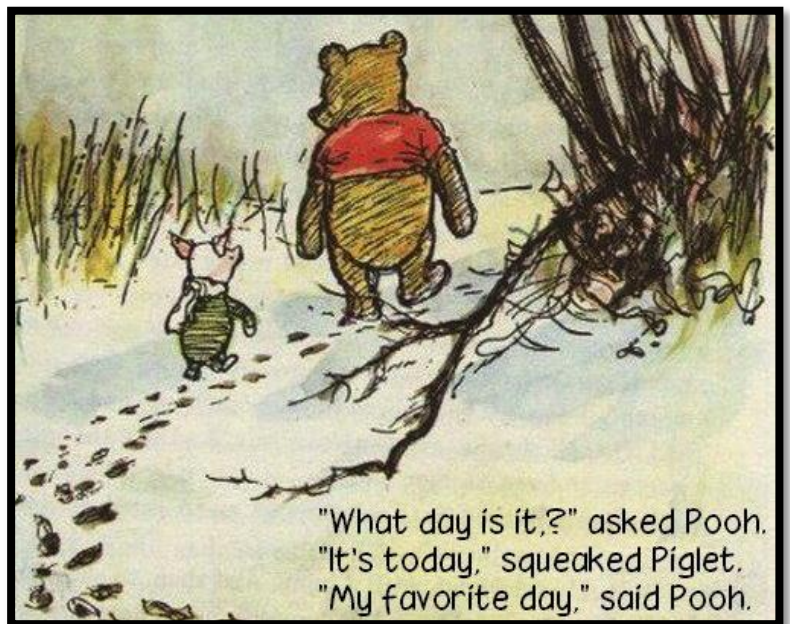
- DAVID L. WEATHERFORD.

## Your Yoga Practice ..... Slow Flow Yoga

Yeah! am excited because this month I introduce the new slow flow yoga class beginning 3<sup>rd</sup> March on a Thursday at 9:30am.

**So what is slow flow?** Those if you who have been doing yoga with me will probably have noticed that when we hold a pose we do so for about 5 breaths and then move to the next pose by way of flowing movements where each pose is connected to the next one with the breath like a choreographed dance. In slow flow we still link each pose with the breath moving through a series of poses linked together but now we hold many of the poses for longer (maybe up to 10 breaths) and we finish with some beautiful relaxed or restorative poses. So being slower is it easier? I cannot say that it is necessarily physically easier but what is more accessible is the awareness and observation of the body, mind and breath. With longer held poses and a slowing of the interconnecting flow there is a greater ability to access what is going on in the body – where are you feeling it, how can we tweak it, what is going on in your mind, can you stay with the challenge and notice all that arises?

As I get older I have come to appreciate slow flow more not because it is physically easier (though it can be depending on what the poses are) but because it helps me to really connect at a deeper level with myself. Slow flow helps me to create a greater awareness of my physical body appreciating what I can do and coming to accept what I cannot do. Slow flow has helped me become more aware of the thoughts that are so constant in my mind and then allowed me to sit back and observe how they are just thoughts and they are not who I am. I can sit back like watching a movie and just notice what is going on. This helps me in everyday life as I then get better at observing my reactions and allowing myself to accept that I am not my behaviour – and just sometimes I can even pause long enough to make a better choice.



**How can you enjoy slow flow?** Well I have decided that for the rest of this term I am going to teach slow flow. The Thursday class will be a more gentle slow flow class while the current 3 classes will be slower but with the inclusion of challenging poses. We may then, starting next term, make the first couple weeks of each sequence a slow flow version of the sequence and then for the following 3 weeks we MAY take the flow at little faster so that you can enjoy and experience both types of flow (depending on what everyone wants 😊).

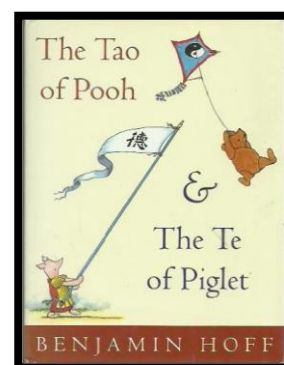
**Got any questions?** Then please feel free to drop me a line and we can chat. Looking forward to seeing you on the mat and enjoying a slower practice that will not only change how you look at your yoga practice but also how you look at your life 😊

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## Recommended Reading – “The Tao of Pooh and the Te of Piglet”

I was raised on Winnie-the-Pooh by my mother and loved him so much she bought me a gold watch in the shape of Winnie the Pooh – I loved it 😊. Pooh Bear really is 'The Bear for all Ages'. With this book by Benjamin Hoff you can learn of The Tao of Pooh and the Te of Piglet! Pooh's Way of doing things seems strangely close to the ancient principle of Taoist philosophy, while Piglet exhibits the very important principle in Taoism of the Te, meaning Virtue of the Small. The author's explanations of Taoism and Te through Pooh and Piglet show that this is not an ancient and remote philosophy but something that you can use, here and now. If you are interested I have a copy of this book you can borrow 😊

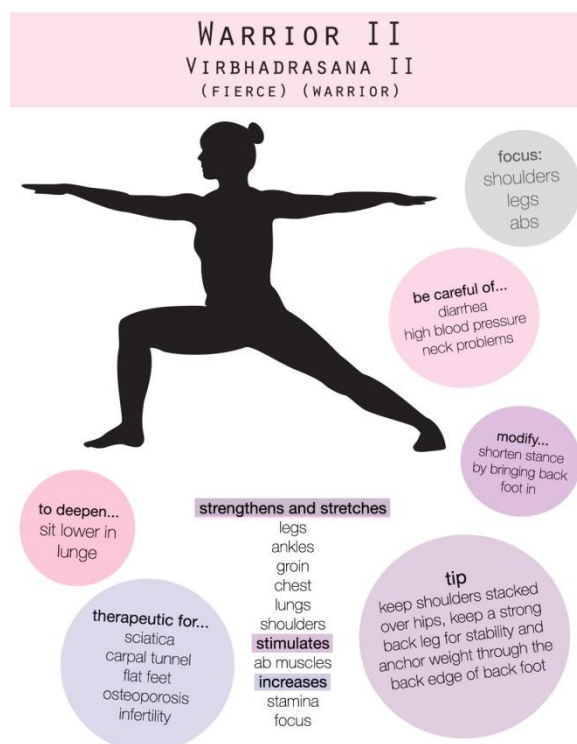


## ‘Pose’ of the Month – Virabhadrasana II (Warrior 2)

(veer-ah-bah-DRAHS-anna)..Virabhadra = the name of a fierce warrior, an incarnation of Shiva, described as having a thousand heads, a thousand eyes, and a thousand feet, wielding a thousand clubs, and wearing a tiger’s skin

### How to DO the Pose

- Stand in Tadasana (Mountain Pose). With an exhalation, step or lightly jump your feet 3 1/2 to 4 feet apart. Raise your arms parallel to the floor and reach them actively out to the sides, shoulder blades wide, palms down and shoulders drawn down the back
- Turn your right foot to be parallel with the mat and have the back left foot turn inwards slightly as you press into the outside of the foot. Align the right heel with the centre of the back foot (or the heel)
- Exhale and bend your right knee over the right ankle, so that the shin is perpendicular to the floor. If possible, bring the right thigh parallel to the floor. Anchor this movement of the right knee by drawing the pressing the toes outward and the heel inward – this will stabilise the front leg joints. Now press both feet away from each other as if trying to stretch a piece of ribbon laying on the floor between the feet.
- Stretch the arms away from the space between the shoulder blades, parallel to the floor. Don’t lean the torso over the bent thigh: Keep the sides of the torso equally long and the shoulders directly over the pelvis. Press the tailbone slightly downwards. Turn the head to the right and look out over the fingers.
- Stay for 5-10 breaths. Reverse the feet and repeat for the same length of time to the left.



Note: NEVER let the front knee pass over the ankle as this creates too much stress on the kneecap. Ensure shoulders and pulled down into the back to take pressure off the neck. Press into the floor to create strength and stability in the body.

## Recipe of the Month – Warm Potato Salad (vegan)

This warm potato salad is a step aside from the traditional version: it's cooked in a hot pan and doesn't call for mayonnaise or other fattening dressings. I like to stir in a handful of spinach, asparagus, or any other greens I have on hand, or serve it on top of a veggie salad to make it more filling.

### Ingredients (to make 1 serving):

- 2 medium red potato, cubed into 1/2-inch pieces (can be left unpeeled)
- 1/2 cup cooked chickpeas or other beans
- ½ cup capsicum, chopped
- 2 Tbsp red onion, chopped
- 2 crimini mushrooms, chopped (optional)
- handful fresh spinach

### Spices:

- 1 tsp fresh rosemary, chopped
- 2 Tbsp fresh basil leaves, chopped
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- pinch cayenne (optional)

### Directions:

1. Heat up a heavy-bottomed nonstick pan over medium heat. Spray with cooking spray (or like I do just add some water to low fat cook this recipe). Once the pan is hot, add cubed potatoes (spray them with some more cooking spray if using oil), stir with a spatula to distribute them evenly over the pan, and cover with a lid. Cook for 8-10 min, stirring every 2-3 min to prevent the pieces from sticking to the pan. Meanwhile, chop onions, capsicum and mushrooms.
2. The potatoes are going to be almost done when they form a nice brown crust (not so if using water) or slide easily across the pan. If you pierce a piece with a fork, it should go in easily. Once the potatoes reach this point, add chickpeas (could also use roasted chickpeas), cover with a lid, and cook 2 min more.
3. Remove the lid, add onions, capsicum, mushrooms, and all of the spices **except basil leaves**. Continue to cook another 2 min, stirring often.
4. Stir in a handful of spinach leaves. As soon as they begin to wilt, take the pan off the heat. Serve immediately, sprinkled with chopped fresh basil leaves. 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.

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## CLASSES AND BOOKINGS

### Classes Times:

- Thursday 9:30am – 10.45am (day) **NEW**
- Thursday 7:30pm – 8:45pm (night)
- Friday 6:00am – 7:15am (early morning)
- Friday 9:30am – 10:45am (day)



**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.***