



Be the change you wish to see in the world.

February 2012

Warm Greetings!

I watched a documentary the other day involving a story about a woman that was receiving treatment for breast cancer. As she spoke about her journey and the fluctuating emotions and energy involved in this, she made a comment that has really stuck with me.

“No one feeling last forever!”

As I sat with this and was able to separate it from situations/ events i found it to ring quite true. Lets relate this back to our mats....

Remember that first time you did a downward Dog, you thought it was impossible for your legs to ever get any straighter and that intense stretch down your back and legs was as if it would take a near miracle to ever cease feeling it.... but now, your feelings have probably changed. You may still find it intense but your acceptance has changed, your perception has changed. Now you are able to let go of the constraints around it and to some degree, just let it be with an open and loving heart.

This to me is the very core of yoga, to feel it integrate both on and off the mat into everyday life.

Next time you feel stressed about a situation, accept that although it may take some time for the situation to evolve/ resolve, a journey inwards is what may help you to feel differently about it through awareness & acceptance.

xox

QUOTE FOR THE DAY!!!!

“A lot of words will get you no-where.

Better just to stay centered”

- Tao Te Ching (no 5)

Term 1 timetable is available on www.yogaembrace.com.au



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TIMETABLE CHANGES



Saturday Timetable changes will occur on the following dates...

11th Feb- no class

18th Feb- 7am class

25th Feb- 7am class

31st March-7am class

5th May- 7am class

This is due to my Yoga Therapy training and I sincerely apologise for any inconvenience. I hope to see you for an earlier class on these dates.

Bosom Buddies Yoga

I am holding a free class for the Bosom Buddies Breast Cancer support group. This will hopefully continue as a weekly 1 hour class particularly to assist in shoulder mobility and to reduce restrictions around the chest after surgery.

If you know of anyone that may be interested please let them know to come along or contact to discuss.

Monday 6th February@ 6pm

Winmalee Neighbourhood Centre

White cross rd, winmalee

Home Practice....

The sequence page on this site has a wonderful daily practice to follow. Check it out!!!



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BOOK WORMS & surfers

I would love to share each month some books that may assist your practice or even just a good novel to curl up with on the lounge.

This months website is:

www.yogajournal.com

for all you yoga needs!

PRIVATE TUITION FOR GROUPS OR INDIVIDUALS

If you would like to have your practice a little more individually tailored an option is to arrange individual tuition.

The initial session is \$60, which includes a postural analysis. A tailored practice is then given to suit your level of ability to bring overall balance. Follow up tuition is \$50.

OR

If you have a small group (min 5 ppl) I am happy to arrange a time to come to you for a class. This would be at a cost of \$20pp.

UPDATE....Health Fund Rebate News!!!

Yoga Australia has notified its members of a recognition by some health funds for rebates on Yoga Classes. I have included the major funds that have suggested that will pay rebates but you would need to contact them directly regarding eligibility based on your level of cover. If you are able to claim, please be sure to ask for a receipt.

The funds that have confirmed they will pay are;

Aust. Health Unity/ BUPA / CBHS/ Grand United Corporate Health

*** Some of these funds require a Doctor to complete a living well form***

Some Major health funds require yoga teachers to be physiotherapists to acknowledge a claim, this is being challenged by Yoga Australia.



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I hope that you have found this newsletter enjoyable and you are able to spend some time today nurturing yourself.

With special love and wishes to all.

Shanti OM, Trace x