

# Williamstown Yoga Newsletter – Autumn 2011

109 Douglas Parade | Williamstown | 3016

[www.williamstownyoga.com.au](http://www.williamstownyoga.com.au) [info@williamstownyoga.com.au](mailto:info@williamstownyoga.com.au)

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*I give thanks for arriving  
Safely in a new dawn.  
For the gift of eyes  
To see the world  
The gift of mind  
To feel at home  
In my life.  
The waves of possibility  
Breaking on the shore of dawn  
The harvest of the past  
That awaits my hunger,  
And all the furtherings  
This new day will bring.  
- John O'Donohue*

Namaste and welcome to the autumn edition of the *Williamstown Yoga Newsletter*, a quarterly publication that informs you of what is going on within the Willi Yoga community.

On a global level, it's been quite a time of upheaval and chaos and instability over the past few months and I know many of you have also experienced this on a personal level. Recently, I contacted Ayurvedic lifestyle consultant, Phillipa Street, to hear her perspective on what's been happening. Phillipa forwarded me an amazing letter and has kindly given permission for me to share it here. I hope you enjoy reading the letter – it certainly offers a different perspective, or demonstrates how tragedy and chaos can sometimes have surprising outcomes.

Firstly though, we welcome to Willi Yoga this month, yoga teacher Amanda Newman. Amanda will be teaching the 'Dynamic Flow' classes on Wednesday evenings (6-7.15pm) and Sunday mornings (9.30-10.45am). Read on for more information about Amanda in our *Teacher's Profile* section. Amanda has also kindly contributed a delicious recipe, perfect for autumn.

As well as our regular classes, Willi Yoga is offering some wonderful workshops over the next few months: Samhain with Susanne Calman, Kirtan with Shanti, Yoga Nidra (deep relaxation) with Kay Reeves, and three workshops with Deb Robertson: a Healing with Sound Fundraiser, a June Solstice class, and a three week Healing with Sound course. Read on for further details.

And as well as the wide variety of wonderful yoga teachers and classes at our centre, we are well aware that amongst our student population, we have individuals offering alternative healing services that are generally highly complementary to a yogic lifestyle. That said, this newsletter would like to begin introducing some of these individuals/services and what they have to offer. Holistic Kinesiologist Melissa Horne, is the first to be introduced in this newsletter. If you would like to have your services/skills highlighted in a future edition, please contact us ([fiona\\_hyde@hotmail.com](mailto:fiona_hyde@hotmail.com)).

Finally, the Dalai Lama is coming to the west and will be giving a free public speech on Friday 10 June, 9-10am at the Quang Minh Temple, Braybrook/Sunshine. How fortunate are we!

For a copy of our new term two timetable, visit us online: [www.williamstownyoga.com.au](http://www.williamstownyoga.com.au)

We hope to see you at Willi Yoga soon!

*Namaste  
Fiona & the teaching team at Willi Yoga*

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## **Moving Letter from Japan**

*(written by a South African woman, living in Sendai, Japan where she has lived for the past decade teaching English).*

*Hello My Lovely Family and Friends,*

*First I want to thank you so very much for your concern for me. I am very touched. I also wish to apologize for a generic message to you all. But it seems the best way at the moment to get my message to you.*

*Things here in Sendai have been rather surreal. But I am very blessed to have wonderful friends who are helping me a lot. Since my shack is even more worthy of that name, I am now staying at a friend's home. We share supplies like water, food and a kerosene heater. We sleep lined up in one room, eat by candlelight, share stories. It is warm, friendly, and beautiful.*

*During the day we help each other clean up the mess in our homes. People sit in their cars, looking at news on their navigation screens, or line up to get drinking water when a source is open. If someone has water running in their home, they put out sign so people can come to fill up their jugs and buckets.*

*Utterly amazingly where I am there has been no looting, no pushing in lines. People leave their front door open, as it is safer when an earthquake strikes. People keep saying, "Oh, this is how it used to be in the old days when everyone helped one another."*

*Quakes keep coming. Last night they struck about every 15 minutes. Sirens are constant and helicopters pass overhead often.*

*We got water for a few hours in our homes last night, and now it is for half a day. Electricity came on this afternoon. Gas has not yet come on. But all of this is by area. Some people have*

*these things, others do not. No one has washed for several days. We feel grubby, but there are so much more important concerns than that for us now. I love this peeling away of non-essentials. Living fully on the level of instinct, of intuition, of caring, of what is needed for survival, not just of me, but of the entire group.*

*There are strange parallel universes happening. Houses a mess in some places, yet then a house with futons or laundry out drying in the sun.*

*People lining up for water and food, and yet a few people out walking their dogs. All happening at the same time.*

*Other unexpected touches of beauty are first, the silence at night. No cars. No one out on the streets. And the heavens at night are scattered with stars. I usually can see about two, but now the whole sky is filled.*

*The mountains of Sendai are solid and with the crisp air we can see them silhouetted against the sky magnificently.*

*And the Japanese themselves are so wonderful. I come back to my shack to check on it each day, now to send this e-mail since the electricity is on, and I find food and water left in my entranceway. I have no idea from whom, but it is there. Old men in green hats go from door to door checking to see if everyone is OK. People talk to complete strangers asking if they need help. I see no signs of fear. Resignation, yes, but fear or panic, no.*

*They tell us we can expect aftershocks, and even other major quakes, for another month or more. And we are getting constant tremors, rolls, shaking, rumbling. I am blessed in that I live in a part of Sendai that is a bit elevated, a bit more solid than other parts. So, so far this area is better off than others. Last night my friend's husband came in from the country, bringing food and water. Blessed again.*

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*Somehow at this time I realize from direct experience that there is indeed an enormous Cosmic evolutionary step that is occurring all over the world right at this moment. And somehow as I experience the events happening now in Japan, I can feel my heart opening very wide. My brother asked me if I felt so small because of all that is happening. I don't. Rather, I feel a part of something happening that is much larger than myself. This wave of birthing (worldwide) is hard, and yet magnificent.*

*Thank you again for your care and Love of me,*

*With Love in return, to you all.*



**Samhain** – with Susanne Calman  
Sunday 1 May, 5.30-7.00pm

A time of reflection in the quietness connect to the wise woman within, honour her strength, courage & wisdom.

A poignant time to remember ancestors, heroes & heroines.

It is the gate time when works of magic & spirit are strong. It is the witches new year's night when the old passes away & the new begins in darkness

Cost: \$20 - bookings essential  
Tel: 93973015

[susanne@femininespirit.com.au](mailto:susanne@femininespirit.com.au)  
[www.femininespirit.com.au](http://www.femininespirit.com.au)



## Workshops with Deb Robertson

### Healing with Sound Fundraiser Saturday May 7, 3.30 – 5.30pm

Deb Robertson and Narelle Jackson - both teachers of yoga in the tradition of Krishnamacharya – will offer a special practice as a fundraiser to raise money for a personal yoga mat for each of the women in the Women's Group at the Asylum Seekers Refugee Centre (ASRC). Monies raised over this amount will go to Medicines Sans Frontiers  
Fair Trade Teas will be served afterwards  
Donation: \$25

### June Solstice

Friday 24 June, 6 – 7. 30pm

Mark the beginning of the lengthening of the days and the longer light with a gentle yoga practice using sound, pranayama and relaxation. Reflect on your intentions for the second half of the year.

Cost: \$18 / \$15

### Healing with sound

May 21, 28 and June 4th  
Saturday afternoons, 3 – 4.30pm

Deb has been a serious student of Vedic Chanting for some years and recently spent a wonderful few days with Menaka Desikachar and Radha from KYM in Chennai on Healing Mantras. Inspired by this seminar, Deb is offering a three week course introducing students to the innate power of vibration and the positive feeling that chanting brings. No previous experience is necessary; students will gain most attending all three sessions.

Cost: \$60 for 3 sessions; \$25 for individual session, bookings are essential.

To contact Deb - 0448 978 818

E-mail: [debyoga@bigpond.net.au](mailto:debyoga@bigpond.net.au)

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## **Yoga Nidra/Guided Relaxation –** with Kay Reeves

Come along and replenish your reserves at a Yoga Nidra session, run once per month on Friday evenings, 6.30-7.45pm. Dates for the remainder of 2011 include:

Friday 13 May, 3 June, 1 July, 5 August, 2 September, 7 October & 2 December

Yoga Nidra brings an incredible calmness, quietness and clarity both on a Physical, Mental and Spiritual level.

Yoga Nidra is one of the deepest of all meditations, leading awareness through many levels of mental processes to a state of supreme stillness and insight.

Yoga Nidra is suitable for everybody.

Kay completed her teacher training at Samadhi Bliss Yoga in Newtown, Sydney. Kay is trained in, and teaches, Vinyasa Yoga, Yoga Nidra, Meditation, Pranayama and Kids' Yoga, in both large groups and private tuition. It is Kay's intention to honour the lineage of the teachings of yoga and make it accessible to everyone.

Bookings are essential.

Please call Kay on 0407 200796 for bookings and/or enquiries.



## **Kirtan with Shanthi**

Sundays 29 May and 28 August  
3.30 - 5.00pm

**Chanting is a joyful way to quiet the mind,  
open the heart and find your inner voice.**

**No prior chanting, music or yoga experience  
is required. Everyone is welcome.**

Shanthi is an Integral Yoga® teacher, musician and therapist with over 20 years of experience helping people explore the transformative and healing effects of sound vibration. A member of the Integral Yoga Teachers Association and Yoga Australia, Shanthi has completed all three levels of Integral Yoga Teacher Training (for Beginning, Intermediate and Advanced students) and is also certified to instruct Prenatal and Postpartum Yoga, Children's Yoga, Yoga for the Special Child and Yoga of the Heart, for people with cancer, cardiac disease and other chronic health conditions. Shanthi also teaches stress management and supervises health research at Monash University.

For bookings or enquiries, please call 9866 8171, see [www.intoyoga.com.au](http://www.intoyoga.com.au) or e-mail: [integral\\_yoga@bigpond.com](mailto:integral_yoga@bigpond.com)  
\$15 per session



## **Introducing Amanda Newman – A Teacher's Profile**

*How did you come to yoga? When did you start practising yoga?*

I discovered the healing Art of Yoga in the late 80s attending a formal yoga class held at The Tauranga Yoga Centre in New Zealand. TYC was opened in 1975 and it evolved from a group of yoga teachers who gave lessons in the community for a door fee.

Their aim was to bring the benefits of Yoga to as many people as possible.

My mother Jete (Janette) and I would attend Yoga classes when I was a teenager. There was much fun and laughter during our classes together.

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I revisited TYC in my late 30s, attending three or four classes a week. I really loved how Yoga made me feel so energized. I also loved talking with other likeminded people. It seemed to lift my spirits, when at this time in my life, I was seeking help to find direction and the 'right path,' after a breakdown in a relationship.

Yoga gave me the confidence to make the right choices and decisions

I realized at that moment in time to make a positive difference to someone else's life to train to be a Yoga teacher.

## ***Where /who did you do yoga teacher training with? Have you done any ongoing training?***

I trained under the umbrella of the International Yoga Teachers Association of Aotearoa New Zealand. I completed an 18 month Integral Yoga teachers training course and I qualified with a Diploma in Yoga Teaching in 2003.

I have continually connected with great teachers and studios which has assisted the development of my own personal yoga practice and teachings, and has helped me to gain depth and understanding of how yoga and mindfulness complement each other .

## ***Type/ style of yoga you teach:***

My passion to teach is a Dynamic Yang Flow Free Form Hatha style Yoga.

I generally like to lead a practice of sun salutations emphasizing slow strong conscious movement and a focus on the breath throughout. Varieties of sun salutes are given to challenge individual practice depending on fitness levels, and I also combine standing postures for strengthening and grounding as well as backbends for core support and mobility.

## ***Areas you enjoy specializing in:***

Yin Yoga is a Chinese Taoist form of yoga that uses postures based on the five transforming energies or elements:

Earth, Metal, Water, Wood & Fire.

The purpose of Yin Yoga is to restore the body's innate ability to move with fluidity, power and grace

Yin yoga postures are held for longer periods of time which allows the body to grow more flexible, promotes healing and develops the flow of energy. I incorporate yin soothing postures either at the start or end of my yoga classes.

## ***Any other hobbies and interests you have:***

Cooking has always been one of my favorite passions. Growing, buying, cooking, eating local, everything organic, soul foods. I visit farmer's markets regularly.

I have a deep love of all aspects of Yoga and eating the right kind of food is an important element in achieving physical, mental and emotional balance.



## **Soul Wellness Kinesiology with Melissa Horne**

*'My aim is to help others release what no longer supports them, restoring self awareness and personal power, so they can live happy and fulfilling lives' - Melissa Horne.*

*Holistic Kinesiology: a blend of eastern & western healing techniques, for mind body spirit connection. Through the process, the core cause/s of dis-harmony & dis-ease are addressed, restoring balance and self awareness.*

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Kinesiology is helpful if you're feeling a little flat, or not quite like your usual self. You may benefit from a single session to shift you back into alignment, resulting in increased purpose, focus and joy in life.

Adversely, Kinesiology is also helpful in addressing many specific and enduring sources of discomfort, such as:

- Stress, anxiety & depression
- Poor learning abilities, decreased memory retention, communication, coordination etc. (with brain integration therapy - *effective for both adults and children*)
- Sleep disorders, fatigue, lethargy
- General lack of energy and motivation, etc.

## ***Special offer to students & teachers of Williamstown Yoga:***

Book two Kinesiology Balances and receive a third, 30 minute balance, as my gift to you for your commitment to personal healing and wellness.

*Please feel free to contact me if you would like more information:*

Mobile: 0405 808 320

[melissa@soulwellness.com.au](mailto:melissa@soulwellness.com.au)

[www.soulwellness.com.au](http://www.soulwellness.com.au)

Yours in health and happiness, Melissa Horne.



## **Autumn Recipe**

Autumn harvest is a great time in the kitchen. Yoga teacher, Amanda Newman, offers this simple dessert for us all to enjoy:

### **Fig and Rice Pudding**

1 1/2 cups brown rice, cooked  
1 1/2 cups fresh figs, chopped  
1 cup cream  
1/2 cup yoghurt  
2 tbsp honey  
Whip cream, stir in honey then yoghurt.  
Add figs  
(serves 4-6)  
Enjoy!



*Thankyou for continuing to spread the word and referring your friends and family to us! If you enjoyed reading this newsletter, please pass your copy on to a friend to read. This way we can all do our bit to use resources responsibly.*

*Namaste*