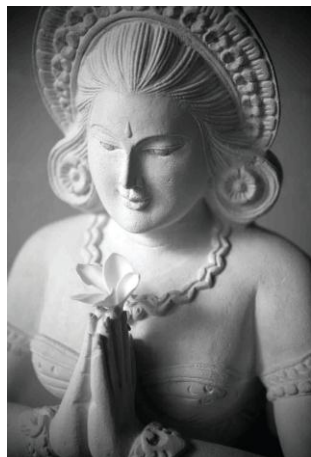


Williamstown Yoga Newsletter – Term One 2012

109 Douglas Parade | Williamstown | 3016

www.williamstownyoga.com.au info@williamstownyoga.com.au



*When you are content to be simply yourself
and don't compare or compete,
everybody will respect you
– Lao-Tzu*

Namaste and welcome to the first edition of the *Williamstown Yoga Newsletter* for 2012, a quarterly publication that informs you of what is going on within the Willi Yoga community.

We trust you had a lovely, peaceful break over Christmas and are eager to get back into a regular routine of yoga. As with everything in life, yoga is effective, but it will only work if one makes a commitment and practices consistently. That is, we need to be dedicated and practice yoga on a regular basis if we really want to achieve results. Even the days we feel low and don't want to get out of bed, if we can remember our dedication to yoga and get up and practice, we **will** feel better.

The notion of regular, persistent practice is at the heart of yoga, as is evident in Patanjali's *Yoga Sutras*. Sutra 1.12 states: *abhyasa vairagyabhyam tannirodhah* (practice and detachment are the means to still the movements of consciousness); sutra 1.13: *tatra sthita yatnah abhyasah* (practice is the steadfast effort to still these fluctuations); and sutra 1.14: *sa tu dirghakala nairantarya satkara asevita drdhabhumih* (long, uninterrupted, alert practice

is the firm foundation for restraining the fluctuations).

So if you've been attending one yoga class per week for awhile, it might be time to consider picking up another weekly class. If you've been attending numerous weekly classes for some time, you might like to consider starting up a home practice. The teachers at Willi Yoga are more than happy to give you some tips on how to commence a home practice ☺

In this edition, you will find information about our newest teacher Mark Pheely, in the section titled 'Teacher's Profile'. Mark is offering four classes at Willi Yoga in term one:

Wednesday 6.30-7.30am
Wednesday 6.00-7.15pm
Saturday 4-5.15pm
Sunday 9.30-10.45am

Willi Yoga is also offering some wonderful workshops over the next couple of months: Wu Tao – The Dancing Way with Jo Cuttler on Saturday 18 February & 17 March, a 'Sacred Pause' Workshop with Fiona Hyde on Sunday 26 February, and a Chanting (Kirtan) Evening on Saturday 17 March. Read on for further details.

For a copy of our new term one timetable, visit us online: www.williamstownyoga.com.au

We hope to see you at Willi Yoga soon!

Namaste
Fiona & the teaching team at Willi Yoga

*The basic, fundamental nature of human beings
is gentleness; we are so fundamentally
nurtured by affection
– Tenzin Gyatso*



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Wu Tao – *The Dancing Way*

Saturday 18 February, 1-3pm

Saturday 17 March, 1-3pm

...and then regular monthly classes every third Saturday, plus Seasonal Beginners Workshops

Wu Tao - The Dancing Way, is a dance based therapy that balances and harmonises the flow of Qi (life-force) in the body. It has foundations in Traditional Chinese Medicine and includes stretching, dancing and meditation.

Wu Tao is both movement and stillness. Doing and Being.

No dance experience is required !

Contact Jo for bookings / enquiries:

m: 0438 414 331

e: jo.cuttler@ekit.com



Sacred Pause Workshop

Sunday 26 February 2012, 2-5pm

When the resting mind is still and silent it is like the sky, clear and unobstructed. The clouds can be likened to our thoughts. When intensified by negative emotions and feelings, they become stormy, dark and heavy. These are not 'good' or 'bad', but just in the play of duality. The duality teaches us about ourselves. The analogy of the clear, blue sky is like our true nature, still and silent, ever-present in the now, unalterable and unchangeable by the storms of life.

During this three hour session, we will pause to spend some quiet time together, practising restorative yoga postures, calming breathing techniques, meditation and relaxation.

All welcome!

Facilitated by Fiona Hyde, Principal of

Williamstown Yoga with 15 years yoga teaching experience.

Cost: \$45 / 35 (conc).

Bookings/Enquiries

h: (03) 93999690

m: 0431 080 157

e: fiona_hyde@hotmail.com



Chanting Evening - *Kirtan*

Saturday 17 March 2012, 6-7.15pm

Williamstown Yoga is delighted to present this chanting session, led by a group of kirtan lovers who come together regularly on the Mornington Peninsula. Traditionally, kirtan is call and response of Sanskrit mantras with some key Indian musical instruments.

No prior chanting, music or yoga experience required

\$10 p.p (children - no charge)

Bookings / Enquiries

h: 9399 9690

m: 0431 080 157

e: fiona_hyde@hotmail.com



Introducing Mark Pheely – A Teacher's Profile

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

My initial introduction to the captivating world of yoga was as a result of a surfing injury some 15 yrs ago. I injured my shoulder after a little wipeout into a sandbar. A friend of mine convinced me that yoga would help me regain

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strength and mobility back into the joint. He was right! Following careful guidance from an experienced teacher I was back in the water with a full recovery in a couple of months.

Whilst this initial introduction was for physical reasons, yoga had me intrigued from the very start. It continued revealing its rich and varied layers one by one which kept me motivated and intrigued. The more I explored the richer the experience. The more I explored the more I fell in love and the more I wanted to make it part of my life. Yoga in the broader sense holds even more intrigue today for me than ever. Every day feels like a fresh adventure and full of opportunities.

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

I trained here in Melbourne at the Australian Yoga Academy and hold an Advanced Diploma of Yoga Teaching. I also have a Bachelor of Human Movement Studies (Ed) through the University of Queensland which is extremely beneficial in understanding the anatomy, physiology and biomechanics of the body and how this applies to the physical postures (asanas) of yoga and their effects.

I have also been trained in (and practice) meditation and the “art of adjustment” in yoga postures.

Ongoing training and exploration is a part of the journey of both student and teacher. I have recently completed a week long yoga and meditation retreat with Paul Wooden which was very insightful and inspirational. The retreat was an opportunity to explore more deeply how energy plays an integral role in yoga and how we can use it in our practice or life.

You never stop learning and growing both as a student and teacher. Every class is an opportunity to learn.

What motivates you to teach?

Teaching energises and inspires me. Teaching seems a natural and effortless extension to my own practice and way of life. It is difficult to explain the deep and immense joy that comes from seeing a student open up to their own potential and develop physically, mentally and spiritually.

My personal teaching mission is to provide a pathway for every student to realise their full innate potential of body, mind and spirit with passion and inspiration.

As a student and teacher of yoga I see it as an opportunity to learn how to open to possibilities and gently accept life as it comes. This leads to a more harmonious and balanced life. My personal focus is to consciously explore and integrate yogic philosophy and practices into my own journey and teachings. In short, to live life to the fullest with compassion, love, strength and gratitude. Let the journey begin wherever you are!

Type/ style of yoga you teach:

I teach in the style that I love with focus on breath awareness and grounding. The class is a blend of traditional Hatha Yoga, overlaid with an active vinyasa power flow, intermingled with Yin Yoga, breathing practices and meditation / relaxation. The classes are focussed on a conscious and mindful approach that can be applied both in and outside the class. The outcomes are strength, flexibility, fitness, and an overall sense of wellbeing and balance.

I am introducing a new “strong and active” variation to the Saturday 4.00pm class this term. Whilst open to all levels it is aimed at those students looking to deepen and strengthen their practice. It won’t necessarily be technically advanced but you will work up a sweat and build strength!

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Areas you enjoy specializing in:

My other passions are the slightly deeper aspects of yoga being meditation and pranayama (conscious breathing). Whilst the physical practice (asana) will develop strength and flexibility in the physical body, it is these next two limbs of yoga that lead to self-awareness, self-acceptance and inner strength. By actively massaging and focussing the mind and nervous system we become more open to a balanced life and are better equipped to consciously control our decisions and behaviours. This leads to less stress and more joy.

Any other hobbies and interests you have:

Apart from yoga, which is really at the centre of everything I do, my other personal lifelong passions are surfing (as long as the water is warmish), good music of any kind, cycling with likeminded friends, landscaping and gardening, immersing in nature, learning from new cultures, spiritual poetry and creative cooking. I try not to be too structured and allow my intuition to lead me to what feels right at the time.

It is a real pleasure and joy to be teaching at Williamstown Yoga. There is a great sense of family and integrity between teachers and students alike. I look forward to sharing another year of exploration, inspiration and immersion in the transformative world of Yoga!

With kind regards and blessings,

Mark.



Summer Recipe

Summer is a great time for simple, cooling recipes in the kitchen. Yoga teacher, Penne Parbat, offers this beautiful Indian chutney for us all to enjoy:

Green Chutney with Coconut

(taken from *50 Great Curries of India* by Camellia Panjabi)

- ¾ cup coriander leaves
- 1 tablespoon mint leaves
- ¾ cup freshly grated coconut (or use shredded coconut in a bag)
- 2 green chillies
- 1 garlic clove
- 1 teaspoon chopped fresh ginger
- ½ teaspoon salt
- 1/3 teaspoon cumin powder
- 1 teaspoon caster sugar
- 2 teaspoons lime juice

Grind all ingredients together in a blender, except lime juice, without adding any water. When the mixture is ground to a smooth paste, remove and put into a small serving bowl. Add the lime juice and mix well with a teaspoon.

Can be served with all coconut based curries, but delicious with anything!

Freezes well and lasts about one week in the fridge.

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