

Williamstown Yoga Centre Newsletter

January-February 2009



*Breathing in, yes, yes, yes
Breathing out, thankyou, thankyou, thankyou
- Thich Nhat Hanh*

Greetings and welcome to the first edition of the Williamstown Yoga Centre Newsletter for 2009. We have five new teachers commencing with us this term, providing a very rich and diverse choice of new classes:

- Introduction to Hatha Yoga with Gina
- Introduction to Qigong with Sarah
- Somachi Yoga with Lizette
- An early morning Energising Hatha Class with Frances
- Goddess Fitness Class with Martine

For more information regarding these classes, please see the 2009 term one timetable attached to the back of this newsletter, or visit our website: www.williamstownyoga.com.au

Shortly after New Years Day, I came across a wonderful article by Rob Moodie, Professor of Global Health at the University of Melbourne's Nossal Institute, in *The Age* newspaper. The article was titled: 'Time for self-reflection? Why, even the gods did it'. Self-reflection, or self-study, is a very important component of yoga practice. In Sanskrit, it is referred to as 'svadhyaya'. Rob Moodie's article encourages us to examine our lives and to feel a sense of gratitude for what we have. Thich Nhat Hanh's lovely mantra above, expresses a similar sentiment. Here is an excerpt from Rob's article:

Now is the time to review, reflect and resolve, to slow down the relentless beat of our lives...it makes sense to look back over 2008 to try to make sense of what has happened – to grapple with the year, which has probably ranged from the wonderful to the woeful for most of us...Find a special place, walk alone or talk with a friend or partner, pray, meditate, have your palms read or get the tarot cards out. Mind map, make lists – work out a way to sort out some of the confusion and the innately messy parts of living...We often judge ourselves by making comparisons with others. This is not a bad thing to do if we avoid relying on the deficit model, which focuses on what we haven't got (money, influence, power, good looks, youth, fame, high-achieving children, or an abundance of friends) compared with others.

But perfect people and perfect families don't exist. By nature, we tend to highlight the gap between us and what is desired...

Instead, try the asset model first. It starts with gratitude for what we have. Being alive is a good start. As Roman emperor and stoic thinker Marcus Aurelius expressed it: when you arise in the morning, think of what a precious privilege it is to be alive – to breathe, to think, to enjoy, to love...

...the time of one door closing and another opening is a great time of year to ponder and propose – even if it's just silently. Before the need to start doing in 2009 overwhelms us, we have the chance of slowing a little and just being. We can dream and we can hope...Perhaps it is best to reflect now, make sense and sort things out a bit. Not leaving our lives unexamined. Learning from what went well and what we mucked up.

As this new year begins, I know all the teachers at Willi Yoga Centre would join with me in wishing you a wonderful year of practice. How fortunate we are to have yoga in our lives...such a precious gift!

All feedback, comments and ideas regarding the newsletter may be directed to Fiona - fiona_hyde@hotmail.com

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ॐ *New Qigong Classes with Sarah Aley* ॐ

Mondays 9.30-10.30am

Casual \$14/\$11, 10 class pass \$150/\$130

(Wednesday 28th in lieu of Monday 26th in the Williamstown Botanical Gardens.)

Sarah is a massage and acupressure therapist with over 12 years experience in bodywork therapies. Her passion is Jin Shin Do® Bodymind Acupressure™. Sarah offers sessions and workshops at The Blue Centre in Williamstown and in Altona.

Qigong is a great way to start your day, stimulating the free flow of Qi (chi) or vital energy through the meridians. These standing exercises are good for structural alignment and energy development. Qigong classes include Pal Dan Gum (the 8 silken movements), Medical Qigong, 5 elemental Qigong, Hara breathing and self acupressure and massage. Morning is a wonderful time to do these acu-exercises, so as to get your energy flowing in preparation for the day's activities. After doing them, you will feel refreshed, relaxed and energized. These physically strengthening exercises improve health and improve body awareness.

"If performed once or twice a day, the Pal Dan Gum exercises will recharge the inner organs and will purify all the psychic channels and organ meridians. They will promote improved blood circulation to all parts of the body. The muscles and joints will become more flexible and resilient. The posture will improve and many of the common ailments that plague most people will gradually disappear. This is the secret art of the Chinese and Korean sages." (The Joy of Feeling, Iona Marsaa Teeguarden, 2003: 337)

'Upholding the Hands' beside is a simple Qigong move for harmonizing Qi in the *fire* (summer) meridians Heart, Small Intestine, Pericardium and Triple warmer. See below for more on the season of *Fire*, Summer.

1. Upholding the Heaven with Two Hands

Improves circulation in the internal organs. Stimulates Triple Warmer and Pericardium Meridians

Position 1: Feet are shoulders' width apart, knees slightly bent, arms at sides **Breathing:** Inhale into the 'Hara' while raising the arms above the head, interlocking the fingers and pushing upwards with the palms (and raising heels slightly off the ground). Exhale while lowering the arms back to the sides.



SUMMER, FIRE

"Fire is dazzling, evanescent, trembling, exciting and all embracing. Summer, the time when plants and creatures develop to their fullest potential, marks the ascendance of the power of *Fire*. Summer conjures up a sense of splendor and fulfillment as we stretch to the limits of our capacity. A brilliant sun climbs to its zenith over full bloom magnolias amidst the hum of bees buzzing. In summer, Yang is dominant- light warmth, activity, and interaction are at a peak. *Fire*, like summer, is expansive, radiant outgoing and warm. As the sun accelerates the life stream of the earth, the Heart squeezes the living juices of the blood through the vessels, imbuing the body with mindfulness."

"The Heart and Kidney are like the two ends of the rainbow, distinct and unfathomable" on one end water and the other *Fire*. "*Fire* represents the universal and enveloping

space into which we grow and expand. As water determines our longevity, *Fire* determines our breadth and scope (creativity and diversity). Water is the seed and root, Fire is the flower and fruit.”

The archetype of *Fire* is the Wizard “who seeks to imbue the mundane with the extraordinary, merging human aspirations with divine purpose. Just as fire of love unites male and female to form new life, so the Wizard wields a miraculous power to overcome separation by wielding divergent elements into one. His excitement and enthusiasm generate the heat required for the reaction of fusion to occur. With this tremendous catalytic energy, he brings the transforming power of light love and awareness into the world” (*Between Heaven and Earth, A guide to Chinese Medicine*, H Benfield L.AC & E Korngold L.Ac, OMD, Ballantine Wellspring, New York: 176).

For more information, contact Sarah on 0424 851 309

www.jinshindo.com.au
sarah@jinshindo.com.au



ॐ 2009 Bali Yoga Retreat ॐ

*Sunday 05 July to Monday 13 July 2009
(8 nights & 8 days of yoga with Fiona Hyde)*

Known as the ‘Island of the Gods’, Bali is an idyllic haven that truly delights all the senses. A land where spirituality is integrated with everyday life and people understand the importance of maintaining harmony and balance so that peace prevails.

Practicing yoga in Bali is a wonderfully enriching spiritual experience. The perfect place to draw your attention inward to rediscover the peace that is always present. Time to pause, appreciate, stretch, breathe, laugh, reflect, be aware and be yourself...

This is Fiona’s seventh yoga retreat in Bali. A dedicated yoga student, teacher and mother of two children, Fiona has been teaching yoga for twelve years, and in 2008, became co-principal of Williamstown Yoga Centre. With experience of many different yoga styles and traditions, Fiona weaves together a cohesive and integrated approach to yoga and meditation.

‘In Bali, practicing yoga I am at peace. Surrounded by such beauty, my heart just sings with joy. To practice yoga in such a setting feels like my life’s greatest gift. I need nothing’ (Di, 2007 Retreat)

The retreat is open to people of all ages and physical conditions. Each person practises to their own capacity in an atmosphere of acceptance, support and calmness.

Landprice package: \$1050 (single) \$970 (twinshare)

This package includes daily yoga and meditation tuition, 8 nights accommodation at Melati Cottages (10 minutes walk from Ubud), airport transfers, daily buffet breakfast and two buffet dinners.

If you are interested in coming along, or have any queries about the retreat, please call Fiona on tel: (03) 9399 9690, e-mail: fiona_hyde@hotmail.com, or visit: www.williamstownyoga.com.au

ॐ *New Early Morning Hatha Yoga Class* ॐ

7am – 8am Wednesdays in Williamstown

Get moving in the morning and feel great all day.
Increase your flexibility, focus and energy levels with a midweek Hatha Yoga class.
It's a great time to begin exploring the joys of Yoga or further your practice.

All are welcome!

**Commencing Wednesday January 28th 2009
Williamstown Yoga Centre**

\$14 casual & \$11 concession
8 week pass: \$96. Trial pass: (4 weeks) \$48.
For further details please contact Frances: 0403 148 092
Or email: franjipanni72@yahoo.com.au

Frances has been increasingly involved with yoga over the last twelve years, and has been attending classes at Williamstown on and off for about ten years. She has enjoyed exploring a variety of styles, attending retreats and developing her own daily practice.

She recently graduated from VIYETT (*Victorian Institute of Yoga Education and Teacher Training*) in Hampton and has been teaching Hatha yoga to friends and small corporate groups for several years. In this early morning class, she hopes to share the great benefits and joy of yoga that she has experienced with others.

ॐ *Children's Yoga and Creative Dance at Williamstown Yoga Centre* ॐ

Pam has been practising yoga for over 30 years. She has successfully completed her yoga teacher training and has completed the Radiant Child Yoga Program, level one. Pam is also regularly involved with Mangala Studios, assisting with children's classes and developing her yoga and dance teaching skills. Her aim is to pass on the gift of yoga to children to help them with their journey through life.

Creative Dance

For 2-5 years as an introduction to yoga. Dynamics, spatial awareness and sensitivity to others are promoted thru design of the dance space, props and simple but effective directions from the teacher. Inspiration is provided by music (from various ages and cultures) and the world around them. Simple yoga postures are introduced and develop with time.

Children's Yoga

These classes are designed to be fun, imitating elements of nature in the postures, breathing, relaxation and meditation. 6-12 year olds are given the tools to help them through their journey in life, enabling them to gain an inner strength of body and mind. Children become more confident and self assured. They also learn to deal with various health and sleep problems.

Teenage Yoga

The relaxation and meditation techniques taught in these classes help teenagers to cope with pressures of school, their peers etc. with confidence. The yoga postures build flexibility and strength, correct posture and bring about balance. This equips them to become self assured, clear thinking and responsible individuals.

A more advanced children's class for 10-12 years has begun to prepare children for the teenage class.

See timetable for days and times. For more information contact Pam on 9391 3252 or email pamharrisonyoga@aapt.net.au.

ॐ Goddess Fitness Class with Martine ॐ

8 week course with Martine (Cert Fitness III)

A gentle and fun exercise class specialising in the art of Egyptian Bellydancing.

The practice of dance known as 'Bellydance' was once a sacred tantric practice for women used in rites. The dance raises and focuses the energy in the pelvis, the crucible of self empowerment.

Many western women are now reclaiming this dance as a sacred practice for their own pleasure and self empowerment.

For all shapes, sizes and fitness. No experience necessary.

Starting Tuesday 10th February, 11-12noon
\$15 casual or \$96 for 8 weeks

Phone: 9391 0518 or 0411 727 930

Bookings essential.
Wear comfortable exercise attire
(you don't have to show your belly!).

ॐ *Teacher's Profile – Penne Parbat* ॐ

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

Seven years ago I worked in a stressful job and was looking for relaxation. I'd been going to the gym, and found I still felt my mind racing after a run on the treadmill and a friend suggested I try yoga. I started with Iyengar, and felt immediate benefits for both body & mind. It was during a trip to India in 2005, where I practiced Sivananda yoga daily, and felt better than I could ever remember, that I knew I wanted to learn more.

Where/who did you do your teacher training with?

I did my Teacher Training with John Ogilvie at Byron Yoga in Byron Bay, NSW. I've completed Level 1 & 2 Teacher Training (recognised by YTAA and Yoga Alliance: 500Hrs). I have also completed Prenatal Teacher Training with Ana Davis, from Bliss Baby Yoga.

Do you continue to attend classes?

Yes, I like to attend at least 1 class per week at Williamstown Yoga. It's important for me to attend classes in addition to my personal practice - Teachers need teachers too! I need to keep challenging myself, and get out of my comfort zone. It is also an absolute treat to try out new teachers and different styles of yoga to keep things fresh. Whenever I can, I attend Yoga workshops to deepen my own practice and to receive inspiration.

What type/style of Yoga do you teach?

I teach Hatha Yoga, influenced by the alignment and safety principles of Iyengar, and the gentler aspects of Sivananda. I include restorative postures using props near the end of class, and also like to include chanting, pranayama, guided meditation, and nice long relaxation. I have practiced many different styles, and draw inspiration from all of them into my teaching.

Do you specialize in certain areas?

Most of the classes I teach are general Hatha Yoga classes, however, I have taught a lot of Beginners. I have been very lucky to teach a broad range of classes, e.g. more dynamic classes at Gyms, Yoga for Seniors (done mostly in a chair!), Yoga for women with mental & physical disabilities, Prenatal Yoga, and I teach a Drug & Alcohol Detox class for Teens. I would like to teach more Prenatal Yoga and explore teaching Yoga for Anxiety & Depression.

Other skills/experience you have that add to your teaching?

My last job in the corporate world was demanding and stressful, and my health suffered badly as a result. This has given me insight into my students who are dealing with their own health issues. Starting a regular yoga practice helped to heal and restore balance to my body and mind – this is one of the reasons I wanted to become a teacher. I have prior experience in teaching and training and have always loved working with people.

How have you found juggling family/kids with your role as a yoga teacher?

I am yet to juggle kids, however, I look forward to answering this question in the future ☺

Teaching brings me happiness, which has a positive flow on effect for my family and friends.

Any other hobbies/ interests you have.....

I love cooking & enjoying good food with friends/family, music & films. I love to keep learning by reading, doing workshops & courses... and I don't do it as much as I used to but I also love to travel. I lived in Japan for over 5 years, and studied Japanese language and culture for even longer.

Additional comments?

Since I made a conscious decision to embrace and explore yoga so many wonderful opportunities, blessings, and special people have come into my life. Yogic philosophy provides the tools and foundation for us to increase our self-awareness on all levels... and the possibility of getting to know our true selves... there is a lot of work to do – but what a wonderful journey it is.

I'd like to inspire my students to develop their own practice at home, and encourage people to start small.... I've found its better to do 10 minutes a day (or when you can), than nothing at all. If you are not sure where to start – please feel free to ask me.

I am often surprised how much I continue to learn about myself, and about people through teaching yoga. Thank you to my teachers and all my students, it is a privilege to learn from you all. I feel so blessed and am filled with gratitude ☺

Namaste, Penne

ॐ *Balancing the Chakras – 7 week course with Fiona Hyde* ॐ

Would you like to explore and strengthen the spiritual aspect of your yoga practice?

In this course we will embark on a journey to explore the seven major chakras.
Chakras are powerful tools for self-discovery and healing.

Vertically aligned, these moderators of subtle energy or prana run from the base of the spine to the crown of the head, suggesting that we ascend toward the divine by gradually mastering the seductive pull of the material world.

“Chakras...express the embodiment of spiritual energy on the physical plane” (Anodea Judith in *Eastern Body Western Mind*, pp. 5-6).

Each week we will explore one chakra utilising meditation, breathing, chanting, gentle hatha yoga postures and affirmations. In this way, we will gain a deeper understanding

of ourselves as a whole and we will aim to consciously re-connect with a higher source of energy or consciousness.

Commences: Friday 6 February – 20 March, 6.30-8.00pm
Cost: \$140 (\$126 conc.)
Bookings: Fiona – 9399 9690 or fiona_hyde@hotmail.com

** Please wear something red to the first session.*

ॐ Preparing Food Mindfully & Summer Recipe ॐ

We thought you might be interested in this piece on how to view the preparation of food as a sacred act. If you have a recipe you'd like to share in the next newsletter, please e-mail Penne on penne20@gmail.com. Thanks to Pam (children's yoga) for providing the recipe below.

Just as we practice mindfulness during asana and meditation, we can bring our full and conscious awareness to cooking and eating. Being mindful can help relieve stress and achieve tranquillity and inner peace. According to yoga's sister science Ayurveda, all foods contain prana (life force energy). Since the food we consume infuses us with prana and literally becomes a part of us, eating can be a sacred act.

Cleansing Ritual

Before preparing a meal, mindfully wash your hands. Not only a cleansing practice, washing hands with awareness honours the preparation of food as a ritual. As the water flows over your hands, do pranayama (yoga breathing) to clear your mind and centre yourself. You might like to inhale through your nose for four counts, hold your breath for a moment, then exhale through your nose for eight counts. Repeat several times. You'll notice that as you begin the act of lovingly preparing food for family and friends, your mind and body will feel calm and be fully in the moment.

Meditations

The repetitive action of chopping vegetables or kneading dough can become a kind of moving meditation. For example, maintain your focus as you chop the veggies. If your mind wanders, gently bring it back to your task. Use all your senses to appreciate the beautiful colours, smells, tastes, and textures of the ingredients. Listen to the symphony of sounds as the food sizzles, simmers, and stews.

Mantra meditation can be a lovely thing to do while stirring food, waiting for the water to boil, or as the meal is cooking. Mantra is the practice of repeating sacred words, phrases, or sound vibrations, such OM (the universal mantra), peace, and love. You might like to try chanting a mantra while preparing the delicious brown rice and mint salad below.

Distraction-free Dining

When you sit down to eat, practice meal-time mindfulness. First, give thanks for your meal. Then allow at least 30 minutes to enjoy your meal. Eat slowly and attentively in a calm, soothing, and quiet environment, without a television or computer in front of you. Take the time to focus on the life-giving beauty of what you're eating, and savour the food's appearance, smells, textures, and tastes. You'll find that bringing yoga awareness to mealtimes will better nourish your body, mind & soul.

Pam's Healthy Brown Rice and Mint Salad

Serves:6

2 cups brown rice, cooked
1 cup raw slivered almonds, browned in oven
2 medium sized ripe tomatoes, chopped
1/2 teaspoon salt
1 tablespoon finely chopped shallots
2 tablespoons finely chopped mint
4 tablespoons finely chopped parsley
4 tablespoons lemon juice
4 tablespoons olive oil

Method: Cook brown rice as suggested on packet, chop all ingredients and mix together – so simple!

Penne's Suggestion: Try exchanging the Brown Rice for Quinoa, and adding / exchanging other vegetables / herbs of preference.

*May peace be with you always
Om shanti, shanti, shantih
Fiona & Susanne
(Principals of Williamstown Yoga Centre)*

Williamstown Yoga Centre

Term 1 Timetable: 12 January – 19 April 2009

* school term only

Monday			
9.30-10.30am	Intro to Qigong	Sarah	Beg/Gen
11-12.15pm	Restorative Yoga	Deb	Beg/Gen
2.00-3.00pm	Creative Dance*	Pam	4-6yrs
4.15-5.15pm	Children's Yoga*	Pam	6-12yrs
6.00-7.15pm	Hatha Yoga	Fiona	General
7.30 - 8.45pm	Hatha Yoga	Gina	Beginners
Tuesday			
9.30-10.45am	Hatha Yoga	Penne	Beg/Gen
4.45-5.45pm	Teen Yoga	Pam	Beg/Gen
6.15-7.30pm	Hatha Yoga	Susanne	Beg/Gen
7.45-9.00pm	Somachi Yoga	Lizette	Open
Wednesday			
9.30-10.45am	Energising Yoga	Deb	Beg/Gen
11.00-12.15pm	Mother & Baby	Jodie	Open
6.00-7.15pm	Relax & Refresh	Deb	Beg/Gen
7.30 - 8.45pm	Yoga for Pregnancy	Jodie	Beg/Gen
Thursday			
9.30-10.15am	Creative Dance*	Pam	Toddler
11-12.00am	Creative Dance*	Pam	3 yrs
4.15-5.15pm	Children's Yoga*	Pam	6-12yrs
6.00-7.15pm	Hatha Yoga	Susanne	General
7.30-8.45pm	Hatha Yoga	Penne	Beg/Gen
Friday			
9.30-10.30am	Hatha Yoga	Susanne	Beg/Gen
Saturday			
8.30-9.45am	Hatha Yoga	Susanne	Beg/Gen
10-11.15am	Hatha Yoga	Fiona	General
11.30-1.00pm	Yoga for Pregnancy	Jodie	Beg/Gen
3.00-4.00pm	Children's Yoga*	Pam	6-12yrs
Sunday			
9.00-10.15am	Somachi Yoga	Lizette	Open