



# Williamstown Yoga Centre Newsletter

July 2008

*When asked the question 'what is a healthy person?', the Dalai Lama responded: "...I would regard a compassionate, warm, kindhearted person as healthy. If you maintain a feeling of compassion, loving kindness, then something automatically opens your inner door. Through that, you can communicate much more easily with other people. And that feeling of warmth creates a kind of openness. You'll find that all human beings are just like you, so you'll be able to relate to them more easily. That gives you a spirit of friendship. Then there's less need to hide things, and as a result, feelings of fear, self-doubt, and insecurity are automatically dispelled" (in The Art of Happiness, 1998, p. 40).*

Greetings and welcome to the July issue of the Williamstown Yoga Centre Newsletter. We are now into the second half of 2008, term three has officially commenced at our Centre, and we have lots of wonderful news to share with you. First of all, Susanne and I would like to extend a very warm welcome to two new yoga teachers joining our Centre, Rick Harvest and Penne Parbat. Penne will be teaching a hatha yoga class on Tuesday mornings, 9.30-10.45am, and Rick will be teaching a hatha yoga class on Tuesday evenings, 7.35-8.50pm. Both classes commence on Tuesday 15 July. For more information on Rick & Penne's style, background and experience, please read on or visit our website: [www.williamstownyoga.com.au](http://www.williamstownyoga.com.au)

Before we take a look at some exciting new courses on offer at our Centre during term three, I would like to mention the huge amount of feedback we received from the last newsletter. Many of you responded warmly to the excerpt from Catherine Deveny (or related to her words on some level). We thank you for the feedback and are delighted to be able to commence this newsletter with an excerpt from a follow-up article by Catherine Deveny. The following article, although not written in the context of yogic philosophy, is in fact, at the heart of what we attempt to achieve through yoga – encouraging us to connect with others, feel a sense of unity with all, and experience within ourselves compassion for our sisters and brothers. As yoga teacher Donna Farhi writes: "...the world is in terrible need of greater kindness, generosity, and wisdom" (2003, p. 36). Let us now turn to Catherine again:

NOT only does it take a village to raise a child, I've come to the conclusion that it also takes a village to raise an adult. We never stop growing up. We're never finished. We're all works in progress just trying to do our best and not always succeeding. We're human. And that's what humans do. Stuff up. And try again.

Just when you think you've got being an adult sorted, along comes big, fat, messy life and throws you a red herring, a poison chalice, a blessing in disguise or a total catastrophe just to keep you on your toes. Or on your knees. Or flat on your back and out for the rest of the season with a groin injury...

A few weeks back I wrote about everyday heroes. People suffering and battling loss, grief, hurt, pain, depression and addiction. I wrote about my huge admiration for these heroes who, despite everything, and with nothing but the smallest glimmer of hope, just keep going...

Some people we're aware of, but others keep their pain private and hold it close to their broken hearts. People we work with, family we live with and strangers

who sit next to us on the tram, serve us our coffee or write the words we read in the paper.

It happens to all of us, at times. We go to a dark place on a journey alone. Walking blindfolded through a maze, not knowing the way out, just fumbling through. Hoping that with each step, each turn and each dead end that we will find ourselves in a better place, a happier place.

As much as we would like to, we cannot go with the people we love on these journeys. But we can help. And the mere act of helping can touch another human being's spirit. We are not just bones, skin, hair and blood. Most of who we are is not visible to the eye. Our thoughts. Our spirit. Our soul.

...when you don't know what to do, do anything. Be assertive in your caring. But don't stay long. And don't expect anything. Chances are if you say to someone, "call me if you need anything", they won't. So just do something. Anything.

Cook them a meal and tell them to keep the container. Call them. And if you leave a message, let them know they don't need to call back. Lend them your favourite movie and leave a stamped, self-addressed envelope so they can send it back to you. Take them to the library. Buy them some flowers. Walk their dog. Take them a pie for lunch. Organise a massage for them. Or buy them a pair of red socks. If they are stuck in bed, buy them a new set of sheets and change them if they'll let you. Do their washing. Take their kids to the park and bring them back fed and tired at bedtime. And when in doubt, make soup.

Just let them know you're there. Even if they're not. You'll be doing far more for them than you'll ever know, and far more for yourself than you'd think possible. Be there holding the lamp and you may be the light at the end of someone's long dark tunnel.

We're all in this together. One moment you're holding the lamp, the next you'll find someone's holding it for you. We'll all have good times, bad times, happy times, sad times and times that we won't remember. That is certain. The only thing we don't know is what order they'll come in (in *The Age*, 2/7/08).

*A good life is not about money, real estate, careers, or the stock market,  
it's about how well we love and are loved.*

*It's about living with heart  
(Lama Surya Das, 2001, p. 109).*

In this newsletter, you will find information about:

- **Williamstown Yoga Centre's Term 3 Timetable** (attached to back of newsletter)
- **Williamstown Yoga Centre's fundraiser/raffle for Mekhala House**
- **Melbourne Yoga Expo 2008**
- **Pam Harrison – 'Teacher's Profile'**
- **A three week *Yoga for Healing* Course with Susanne Calman**
- **Penne Parbat & Rick Harvest, new hatha yoga teachers at our Centre**

- **An 'Art for Life' Clay Modelling Workshop – 'Develop compassion for yourself and for others' – Sunday 20 July**
- **'Art for Life' Resolving Emotional Pain (seven week short course) – commencing Sunday 27 July**
- **Raqs Chakra Workshop with Maria Sangiorgi - Friday 25 July**
- **Feng Shui Workshop – Sunday 21 September**
- **An article on Steiner's philosophy regarding pain and suffering by Kate Casey & Anne Holland, facilitators of the 'Art for Life' Workshops**

In the next newsletter, we will have information about a **Native American Drumming Workshop** to be held in spring. On behalf of myself and Susanne, thank you for taking the time to read our newsletter. All feedback, comments and ideas regarding this newsletter may be directed to Fiona - [fiona\\_hyde@hotmail.com](mailto:fiona_hyde@hotmail.com)

Also if you wish to be taken off our mailing list, please advise us via e-mail. Thankyou.

*This is what you shall do: Love the earth and sun and the animals, despise riches,  
give alms to every one that asks, stand up for the stupid and crazy,  
devote your income and labor to others, hate tyrants, argue not concerning God,  
have patience and indulgence toward the people...  
re-examine all you have been told at school or church or in any book,  
dismiss what insults your very soul, and your very flesh shall become a great poem  
(Walt Whitman).*

### ☸ *Mekhala House Girls Orphanage, Cambodia – Fundraiser / Raffle* ☸

#### **Background to Mekhala House**

While a visiting lecturer at MVU University at Prey Veng, a rural province of Cambodia, Di Willis (who attends classes at Williamstown Yoga Centre) identified a need to help poor and orphaned girls in this region.

Homeless and orphaned boys in Prey Veng are often able to live in the pagodas (temples) with Buddhist monks, who channel community support to these children. There are four pagodas in the town of Prey Veng and each can provide a home to 100 boys. For cultural reasons, orphaned or homeless girls are unable to live in the pagodas with the monks.

Consequently, orphaned girls are particularly at risk in Cambodia, with prostitution often the only option in an environment where there is a severe lack of social infrastructure to care for them.

As a result, Di Willis began the process of establishing a girls' home, called Mekhala House. Girls accepted into the orphanage include: girls from within Prey Veng Province, girls aged between 4 years old and 14 years old, girls who are orphans or who have been abandoned by parents, and girls who are HIV positive.

All of the children attend the local school in Prey Veng. In the evenings and on weekends the children are given additional lessons and have the opportunity to study and play within the safety of the orphanage which is protected by on site security guards 24 hours a day.

#### **Fundraiser / Raffle**

At Williamstown Yoga Centre, my partner Susanne Calman, ran a very successful fundraiser last year, with all proceeds going towards the purchase of new computers for the girls at Mekhala House.

This year, Susanne organised for a wonderful kids band 'The Mudcakes' to hold a performance at the Yoga Centre on 3 July. Fifty five young children enjoyed singing and dancing on the day. Many of you will also know that Susanne has organised a raffle with lots and lots of prizes donated by local businesses, masseurs, health food shops and yoga teachers.

Raffle tickets can be purchased at our Yoga Centre and cost \$1, or three for \$2. The raffle is to be drawn on \_\_\_\_\_.

The target for this year's fundraiser, was \$750.00 (to pay for one year's wages for a teacher at Mekhala House). Susanne has just told me today that the total currently stands at \$810.00. What a wonderful achievement.

For more information about Mekhala House, visit the following website: [www.fdcc.org.au](http://www.fdcc.org.au)

ॐ *An Article by Penne Parbat on Yoga Expo 2008* ॐ

*Sunday 31<sup>st</sup> August, Melbourne Showgrounds, Flemington*

Recently I was fortunate enough to attend an information evening for the forthcoming Yoga Expo and I'd like to share it with you all. This year Australia's 5th Annual Yoga Expo will be held in Sydney, and for the first time the event is coming to Melbourne!

The event is a celebration of all things yoga; it is a great community day out with dynamic presentations, free classes with Australia's top yogis, inspirational music, free natural therapies, and delicious organic foods. There will be many exhibitors and a Kirtan concert finale to wrap up the day. It is an opportunity for yogis, students & their friends to explore different styles of yoga from teachers & schools they may not usually have access to.

The theme for Yoga Expo 2008 is "**Come as one, bring two**"

**Share happiness. Introduce your friends to yoga.**

The date for the Melbourne Yoga Expo is **Sunday 31st August** at the **Melbourne Showgrounds, Flemington** and entry fee is \$19.

For further information please go to [www.yogaexpo.com.au](http://www.yogaexpo.com.au) or contact the event organiser Patrick Stultiens at [patrick@yogaexpo.com.au](mailto:patrick@yogaexpo.com.au).

Thank you and I hope to see you all there - I will be at the Byron Yoga stall so please come and say Hello ☺

Namaste, Penne

ॐ *Teacher's Profile – Pam Harrison* ॐ

ॐ *Yoga for Healing with Susanne Calman* ॐ



*Balance...Stillness...Beauty*

**3 week course for women who have gone thru life threatening illness & are ready for new beginnings...**

Facilitator: Susanne Calman, Hatha Yoga Teacher, Reiki Master & Intuitive Healer, 20 years experience

Embracing the healing gifts of Yoga, gentle postures, healing breathing exercises, creative visualization, deep healing relaxation, aromatherapy, chanting & reiki

When: Friday 15<sup>th</sup> – 29<sup>th</sup> August, 6.30pm - 8pm (register your interest for a day class)

Investment: \$100.00 includes Guided Relaxation CD for healing & transformation (value \$34)

Enquiries/bookings – [susanne@williamstownyoga.com.au](mailto:susanne@williamstownyoga.com.au) or 93973015

*Tell me what it is you plan to do with your one wild & precious life...*  
*Mary Oliver*

ॐ *New Hatha Yoga Classes with Penne Parbat – Tuesdays 9.30am* ॐ

Commencing Tuesday 15 July, 9:30am-10:45am (Level: General/Open, suitable for those new to yoga and more experienced students).

Classes begin with gentle stretching to warm the body and improve flexibility, then progress to standing postures for strengthening, toning and balance, conclude with stretching and Relaxation; and incorporate Pranayama (Breathing exercises), Meditation techniques & yogic philosophy to help calm the mind and promote a sense of wellbeing.

Penne's teaching is influenced by various styles, with a focus on breath awareness and creating a safe and nurturing environment for students. With an emphasis on postural alignment to increase awareness of body & breath, students are encouraged to take a gentle approach and adapt poses where needed.

Teacher: Penne came to yoga 6 years ago looking for relaxation from a hectic life in the corporate world. She has accomplished Level 2 Teacher Training with John Ogilvie at Byron Yoga & post-grad Prenatal Teacher Training, in Byron Bay, NSW. She is currently teaching a range of classes from gentle Seniors Yoga, yoga for Drug & Alcohol detox, to dynamic classes at gyms – and is looking forward to sharing the joy and benefits of yoga with you!

Please feel free to contact Penne on (0434) 170 287, or Williamstown Yoga (03) 9397 3015 if you have any questions.

### ॐ *New Hatha Yoga Classes with Rick Harvest – Tuesday 7.35pm* ॐ

Commencing Tuesday 15 July, 7.35pm-8.50pm (Level: General/Open, suitable for new students as well as the more experienced).

These classes will focus on stretching and strengthening, balancing and harmonising the body, mind and emotions, as well as integrating all the body systems. A great emphasis will be placed on conscious breath work as the cohesive force that underlies all movement, to create an internal strength and buoyancy, emotional resilience, and to bring energy to the body and clarity to the mind. Asanas and Vinyasa (flowing sequences), working to strengthen and build stamina in the body, and focus and meditation techniques to still the mind will all be elements of these classes.

Teacher: Rick first practised yoga at the age of 18. Many 'careers' followed including classical music, teaching, arts administration, marketing. Leaving the corporate world in 2000 to pursue Yoga full time, he did his teacher training at Gita. Since graduating he teaches full time and has pursued further studies in various areas of interest, including in 2007, Donna Farhi's Advanced Teacher Training and this year, studies in Yoga Therapy with Phoenix Rising Yoga Therapy.

If you would like more information about these classes, contact Rick on 0431 163 130 or Williamstown Yoga Centre – 9397 3015.

### ॐ *'Art for Life' Clay Modelling Workshop to develop compassion for yourself and others* ॐ

*If you want others to be happy, practice compassion.  
If you want to be happy, practice compassion  
(Dalai Lama)*

In this workshop, you will use clay modelling to:

- Learn about nurturing and loving the Self
- Learn practical tools for connecting with and understanding others
- Identify the harsh critic within
- Understand your inner life using the textures of clay
- Focus on the interior landscape of memories, emotions, unconscious patterns and the heart's wisdom
- No previous clay experience required

Facilitators: Anne & Kate are experienced counsellors whose work is based on Rudolf Steiner's approach to art, spirituality and therapy. They have trained in Melbourne and South Africa. Kate and Anne believe we are all capable of meeting our life challenges creatively and acting in a more conscious way in this life. Kate is experienced at working with artists and Anne is accomplished at working with clients who believe they are not artistic at all. We welcome everyone regardless of your experience with art.

**Date:** Sunday 20th July

**Time:** 1.15pm for 1.30pm start & 5.00pm finish

**Cost:** \$80.00 - Materials provided.

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

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ॐ *'Art for Life' Resolving Emotional Pain (7 week short course)* ॐ

Stuck in, or overwhelmed by, a particular emotional issue?

Use creative mediums such as drawing, clay and writing to express the pain and then to work through guilt and fear to forgiveness.

Expressive arts support you to move beyond talking, to healing and transformation.

This seven week short course has been designed specifically for people who feel stuck in, or overwhelmed by, a particular emotional issue. Creative mediums such as drawing, clay and writing will be used to express the pain and then to work through guilt and fear to forgiveness. Warmth and hope can then be restored. In this way, expressive arts can support you to move beyond talking, to healing and transformation.

Week One: Identify what you need to heal

Week Two: Exploring the pain

Week Three: Acknowledging and transforming the loss

Week Four: Transforming fear

Week Five: Overcoming guilt and shame

Week Six: Transforming anger

Week Seven: Creating healing images from the heart

**Dates:** 7 Sundays, commencing 27th July and finishing on 14th September (There will be no class on the 16th August).

**Time:** 11.30am - 1.30pm

**Cost:** \$350.00 - Art materials will be provided.

**Venue:** Williamstown Yoga Centre

To register for either event please contact Anne on 9387-0931 or 0407-324-593 or [anneholland@optusnet.com](mailto:anneholland@optusnet.com).

ॐ *Rags Chakra Workshop with Maria Sangiorgi - Friday 25 July* ॐ

**SensingFeelingDancing**

**Sensing** our way through the Chakras, we acknowledge  
our deep & potentially transforming **Feelings**

**Feeling** where that takes us now today through Movement & **Dance**

**Dancing** the expression of what we feel & **Sense**

**Sensing** our truth in the **Feeling**

**Feeling** the need to **Dance**

**Dancing**

**SensingFeelingDancing**

**Facilitator:** Maria has spent years facilitating Dance & Movement journeys for people who love to move, physically, spiritually, emotionally & mentally. There is no right or wrong way, just your way. Maria holds the space for you to explore your inner dancer. Come & journey the many aspects of each chakra in a three hour workshop, using Guided meditation, Movement, Dance, Sounding, Drawing & Writing.

For more information about Maria's experience and background, visit her website: [www.dancingisis.com](http://www.dancingisis.com)

Time: 6.30 – 9.30 pm  
Cost: \$60 full (\$50 conc).  
Bookings: Maria - 0419 523 710 or Fiona - 9399 9690

☸ *Feng Shui Workshop – Sunday 21 September* ☸

**Balance & connect to your environment with Feng Shui**

Come and learn how to transform your home into a special haven. This course will examine ways you can connect with your home to understand what is going on energetically. You will learn Feng Shui methods to identify areas that would benefit from an adjustment and how to make the adjustment.

***Included in the course will be information on:***

Feng Shui  
Healthy Houses  
Building Biology  
Creating Dedicated Areas  
Creating a Sacred Space

Date: Sunday 21 September 2008, 1:30pm – 5:00pm  
Cost: \$89 per person

For more information or to register contact either: Anna via e-mail [anna@brightstarfengshui.com](mailto:anna@brightstarfengshui.com) or via phone on 0431 639 320 ([www.brightstarfengshui.com](http://www.brightstarfengshui.com)) OR Emma at Moksha Yoga on 9766 -4880 or [emma@mokshayoga.com.au](mailto:emma@mokshayoga.com.au) ([www.mokshayoga.com.au](http://www.mokshayoga.com.au))

☸ *An Article by Kate Casey & Anne Holland, facilitators of the 'Art for Life' Workshops* ☸

To all at the Williamstown Yoga Centre,



Each of our workshops so far has had a unique colour and flavour! We have been delighted by the beautiful work that has arisen from each one of them.

Thank you again for this opportunity to contribute to your newsletter. It has been a privilege to be able to work with you and to share our artistic ventures with you!

Following our drawing and clay workshops we are now preparing for our special July clay workshop. This workshop will be slightly different to the previous clay workshops as it will have compassion as a focus. We will share a technique for developing compassion that we learnt in our training as counselors. We are also looking forward to our upcoming seven week program in which we'll use expressive arts for healing emotional pain. The intention for this workshop is to create hope and warmth for us as individuals and between us as a group. We look forward to working with a small group of people over the seven weeks which will begin in late July.

In preparation for the seven week course Anne and I sat down to consider how we can work with and learn from suffering and how we can use the heart to create hope and warmth where we feel most stuck. As we are both trained in counselling and psychotherapy and our course is based on the work of Rudolf Steiner, we reacquainted ourselves with some of his many lectures and would like to share with you something of the significance of pain and suffering from Steiner's philosophical and spiritual framework. In the next newsletter we'd like to focus more on joy!

In one of the lectures Steiner asks how we can find strength in times of pain and hardship. He offers very profound ideas in response to this question. If we take these ideas onboard they can certainly help us to find courage in difficult times. So, here goes, we will very briefly outline something of Steiner's worldview.

Steiner suggests that deep in our unconscious is a very wise part of us that leads us into particular experiences for our own growth. He says that in our most difficult experiences is pain that can transform our shortcomings into positive abilities and lead us from immaturity to maturity. These are difficult words to accept, understand and absorb! But what it suggests is that there is wisdom in the world and that our suffering is not in vain. It is not random and inexplicable – we can consider that perhaps we even choose pain on some level; and if we can take the suggestion on board, as Steiner says: "A feeling of blissful wisdom will overcome us that makes us feel that even if the world appears to be filled with suffering, it is, nevertheless, radiating pure wisdom."

It's an interesting idea isn't it?

This quote (from a Steiner lecture) sums it up quite nicely.

"Fabre d'Olivet, made a right comparison when he wished to show how the highest, noblest, purest in human nature arises out of pain. He said that the arising of wisdom and beauty out of suffering is comparable to a process in nature, to the birth of the valuable and beautiful pearl. For the pearl is born from the sickness of the oyster, from the destruction inside the pearl-oyster. As the beauty of the pearl is born out of disease and suffering, so are knowledge, noble human nature and purified human feeling born out of suffering and pain."

These ideas are not so easy to incorporate into our busy lives. To really transform our experiences and to find the wisdom that radiates from our painful experiences, (and to develop gratitude for the gifts of grace in our life that we experience through joy), we really do need to make time to create a sacred space in which to reflect on and feel the significance of our suffering in our lives. If we can't do this the ideas of thinkers like Steiner become pure theory. And if we don't find ways to transform and process painful experience and to move beyond

them, they can overwhelm us for years and be triggered often, leaving us without warmth and without hope.

We look forward to teaching something of these ideas in our upcoming seven week course. Our training in psychotherapy certainly gives us a unique approach to suffering. We don't believe people need to dwell in and be stuck in their painful emotions for years! In the course we will help participants to explore unresolved painful issues. We will transform and heal and understand them using the heart as our compass. And of course we'll use the artistic methods we love so much to help us to do this.

In the next newsletter we'd love to say something about the importance of our deeds of love in this world. We'd like to share with you Steiner's perspective on deeds of love and how they are related to joy. For joy, Steiner says, is a divine gift and an act of grace. But let's save that for next time! Steiner really was a very prolific writer so we had better just stick to one idea at a time!

We look forward to meeting more of you over the coming months. We will limit the number of places in the seven week course so if you are interested please let Anne know as soon as you can and we'll reserve a place for you.

Regards,

Kate Casey and Anne Holland

If we wish to know the lectures from which the ideas in the newsletter have come, email [katemcasey@gmail.com](mailto:katemcasey@gmail.com) and Kate will email you the web addresses for the full transcripts!

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

## Williamstown Yoga Centre

Term 3 Timetable: 14 July–05 October 2008

<b>Monday</b>	<i>* school term only</i>		
9:30–10:45am	Power Yoga	Gabor	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	Gen
7:30 – 9:00pm	To be advised		
<b>Tuesday</b>			
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
<b>Wednesday</b>			
9:30–10:45am	Energising Yoga	Deb	Beg/Gen
6:00–7:15pm	Relax & Refresh	Deb	Beg/Gen
7:30 – 8.45pm	Yoga for Pregnancy	Jodie	Beg/Gen
<b>Thursday</b>			
9.30-10.30am	Creative Dance*	Pam	3yrs
11-11.40am	Creative Dance*	Pam	Toddler
12:15-1:00pm	Creative Dance*	Pam	2-3yrs
4:15–5:15pm	Children's Yoga*	Pam	6-12yrs
6:00–7:15pm	Hatha Yoga	Susanne	Gen
7:30–9:00pm	Gita Yoga	Jenny	Gen
<b>Friday</b>			
9:30–10:30am	Yoga for Women	Susanne	Beg/Gen
<b>Saturday</b>			
8:30-9:45am	Hatha Yoga	Susanne	Beg/Gen
10–11:15am	Hatha Yoga	Fiona	Gen
11:30–1:00pm	Yoga for Pregnancy	Jodie	Beg/Gen
3:00–4:00pm	Children's Yoga*	Pam	6-12yrs
<b>Sunday</b>			
7.45–9:00am	Gita Yoga	Jenny	Beg/Gen
9:30–11:00am	Power Yoga	Gabor	Beg/Gen

Please check our website for regular timetable updates:

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

\* school term only