

Yoga Moves December Newsletter

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Thanks to everyone for your support and interest over the year. We hope that you have enjoyed your classes and feel better for them. From all of us at Yoga Moves, we wish you and your families a joyful Christmas and good health and interesting adventures in 2010.

Be well and happy - Usha, Ethna and Claire.



Studio closed: Sunday 20th January - Monday 11th January.

January programme: Monday 11th January - Saturday 30th January (3 weeks)

Summer Term: Monday 1st February - Saturday 3rd April (9 weeks)

January holiday programme: Over the three weeks of January, there will be a limited timetable running and the 'Getting a Good Night's Sleep' workshop. (See the holiday programme flyer for details). Please register your booking with Usha prior to attending as classes will only run if there is enough interest. (All details available on the registration form).

Summer timetable: Please check the new timetable for changes in class times for next year. For those of you affected by the changes, I apologise for any inconvenience caused, I hope you find a time and class that suits your needs.

Welcome Jen! I am pleased to welcome Jen Opie to the studio teaching team. She will be taking the Saturday 9.30am – 11am class from February. Many of you will recognise Jen, as she has been a student of yoga since 2002 and has recently completed the FinY teacher training course. After finishing a Bachelor of Arts at UWA in 2000, she began teaching English to international students in Perth. She has spent time in France, Japan, Sweden and Brazil teaching English and running peace education programmes for youth, and is currently doing a Graduate Diploma in Psychology through Monash University.

Retreat news: Rottneest June 2010 is currently fully booked. Details for the French retreat in March/April 2011 with Usha will be available late March 2010.

March mini-retreat in the city: Busyness and stress take their toll in many forms – tight muscles, neck and back pain, hormone imbalances, insomnia, digestion problems, low energy, depression, anxiety and joylessness. Many times the overall result is that whole chunks of our lives pass us by without us really being present for them.

Sometimes we just need a holiday to restore our sense of being fully alive and softer in our bodies, minds and communications with others but even this is still based on a feast and famine approach to well-being. The question is - can we learn to find more quickly the wonderful effects of a long holiday during our usual routines?

So – a day off life with Usha to practice softening, loosening and reconnecting with ourselves through various forms of mindful movement (including yoga and Feldenkrais, guided meditations and beautiful music) which will melt away tensions and result in deep relaxation and heightened awareness. As we refine our sensitivity to ourselves, mental, emotional and physical resilience grows which generates joy, creativity and a profound feeling of well-being.

Date: Sunday 28th March at the Yoga moves studio.

Time: 9.30am - 5pm

Cost: \$120 /\$100 concession includes vegetarian lunch and tea breaks (please let me know if you have any special dietary requirements).

Bookings: 16 places available. Please fill in the registration form and send full payment to Yoga Moves, PO Box 7191, Shenton Park.

What to bring: A notebook and pen and any necks, shoulders and backs with aches and pains if you have them ☺.

