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## **Pottsville yoga studio open from Monday 29 January until Friday 13 April**

Wishing you all a healthy 2018! Its almost the end of summer holidays, time for your body, mind and spirit to make time for yoga. Take a mindful moment to read our yoga newsletter in it you will find there are lots of rejuvenating new courses. Therapeutic yoga, creative yoga and if you would like to dive deeper into the wisdom of life there is philosophy of yoga.

This term I will be working on the pathways to centre your body focusing on core stability, moving with ease and healing back pain. In November 2017 I attended an awesome intensive yoga teacher training course with Donna Farhi (considered the teacher of teachers). She has written numerous books, is a fantastic public speaker who ran an intensive course with amazing learning outcomes.

We will be working on the deeper foundation muscles that form the scaffolding for a truly centred pelvis and a upright spine. When these deeper core muscles become weak, tight, or unbalanced no matter how much strengthening is done on the more superficial muscles it only masks the symptoms and can even increase damage. This is a contributing factor in ongoing back pain, shallow breathing, and movement disfunction. What we are looking for is balance, toning, softness, breathing and moving with ease. For a pain free, happy, healthy and long life at any age!

If you reading this, chances are your not new to yoga and you may have family or friends wanting to start yoga practice. if you do, please forward this yoga newsletter. Namaste, Angela

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term yogis! Buy a 10 class pass (\$150) in the first 5 weeks of term 1(until March 5) and we will include the 5 week yoga philosophy & meditation, (valued \$65) which starts on Monday 5 March at 11 am. FREE!

Therapeutic Yoga Course Starts Thursday 5 February at 11 am. Exercise Physiologist Angela will help you find ways to nurture your body by listening, questioning, and observing. Help you to manage symptoms, improve function and adjust attitudes to health. 5 classes for \$85 including a complimentary yoga mat and instructions for home practice.



News from Kerri: I hope you all had a fabulous break over Christmas and New Years! I'm Really looking forward to seeing you all again and getting back into yoga teaching. At the end of last year I did an intensive restorative yoga teacher training



Creative yoga is a profound personal experience. This 7-week program combines yoga, meditation and creative practice. This workshop will move the body, quiet the mind, and tap into your creative sources. Mel, (a student last year) painted this Buddha (above) after being inspired during her meditation. Starts Tuesday 6 February 9.30 am (2 hours. 9.30-11.30) \$165 plus \$35 art material



Saturday 7 am Prana Flow Yoga Class. At 54 I still like to keep active. From playing with my kids to kite surfing, surfing, water-snow-skiing and mountain bike riding regular yoga

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through sound, or yoga of sound, I can't wait to incorporate this into my classes especially the Wednesday night 6 pm Healing Yoga Class. See you soon Wednesdays 6 pm & Fridays 9.30 am. Much love to you all Kerri.

When I have exceeded my bodies limitations yoga has helped me recover quicker. This class will focus on keeping you active, bursting with energy and better able to bounce into the weekend.

"The wisdom of yoga " YOGA PHILOSOPHY & MEDITATION starts 5 March- "Why is a tree" Lets explore together. A 5-week workshop on Mondays 11 am \$65

