



THE LOTUS HEALING CENTRE

Namaste,

What is Namaste?? Namaste is an everyday greeting, akin to hello. It's also a way of saying goodbye. It literally means "I bow to you", and is usually accompanied by the hand gesture. The hand gesture – placing the palms of the hands together at the heart centre – is also known as anjali mudra and is usually accompanied by slightly bowing the head. It can also be done by first placing the hands to the "third eye", or between the eyebrows, then taking them back down to the heart. This is a deep acknowledgement of respect – both to the person it's bestowed upon and for the person doing the bestowing. In fact, simply using the hand gesture implies the word Namaste – no words need to be spoken. A deeper meaning of Namaste, though, can be inferred from "I bow to you", to "I bow to the divinity within you from the divinity within me". Sometimes you'll hear it defined as "The light in me recognises the light in you", or "The highest in me recognises the highest in you". Whichever definition appeals to you, we use it to honour both the giver and the receiver. And in a yoga class, we're using it to honour the teacher, ourselves and the tradition that has been passed down through all the yoga teachers who have gone before. In essence, Namaste is recognising we are all equal. Indeed we all are!



What's New??

Recently as a team we have been discussing in detail & reflecting on the most effective way to deliver our curriculum to our students. We have decided to streamline our offering, by simplifying the class levels to straight B1, B2, Intermediate classes.

This simplified approach will make it much easier for both students & staff alike, as it means there will be much more scope to cover a vast amount of asana within each of the 3 levels. (You will find a summary of each level next to the Yoga Timetable on the next page.) It also means a greater offering on the timetable for doing catch ups & for students wanting to partake in more than 1 class weekly.

We have also recognised the need for being more flexible with our offering, so we have come up with 2 additional options:

- **5 Class Pass** for \$90 This is best option for students who are shift workers or cannot commit to a full term or a weekly class. With this pass, students need to pay up front, & contact the Centre to book in weekly, or tell us in advance which classes they will attend, there is no guarantee a space will be available in their preferred time/level. The 5 class pass will need to be presented & marked upon arrival. The pass expires after the 10 wk period; no classes will be credited or carried over. No catch up classes are available for the 5 Class Pass holders.
- **Multi Class Deal** \$315 (save \$45) for those wanting to attend 2 classes per week, 2 classes are selected & attended to weekly. "Multi Class" students are still entitled to do a maximum of 2 catch up classes per term / within the term. Early Bird special is not available to "Multi Class" Students.
- **Online bookings:** do you have a paypal account? If so, Natural Medicine, Remedial Massage appointment can be booked online via our website.
- **Nutritional Lattes:** 7 delicious & fun flavors to enjoy with your favorite milk or hot water. Free from sugar, gluten, dairy, & preservatives, Vegan & Vegetarian friendly. Try one today. Please check out Jomeis Fine Foods facebook & instagram for healthy & tasty recipes.
- **Dry Needling with Remedial Massage & Myotherapy Treatment:** with Stephanie Capiron & David Gobbo
- **Extended Natural Medicine hours with Dr Martin Nguyen (TCM) :** Mon 3-8pm
- **New personal & professional development programs with Dr Martin Nguyen (TCM)**
 1. Relationship & Marriage Enrichment
 2. Immediate Stress, Anxiety & Trauma Relief & Healing
 3. Achieving Work, Rest & Life Balance
 4. Enjoyable Public Speaking & Presentations

Yoga Term 3 Early Bird Special

Book into Yoga Term 3, 10 week course before the **30th June** & pay \$160 instead of \$180 (**SAVE \$20**)

Hatha Yoga class levels

B1 - is for those with very little or no previous experience. The core base poses & breathing techniques will be introduced. Base standing, seated, kneeling, twisting, supine & prone poses will be covered. Sun salutations will be broken down , pose by pose. Teachers will adjust students within poses & ensure they get a solid grasp of their own bodies, their own breathing. By the end of the 2 terms students will know how to Sun Salute on their own, will have a full understanding of the Yamas & Niyamas & the Chakra system. Duration is 2 terms. Once Completed we recommend moving into a B2 class to deepen your understanding of yoga & continue building on from the base poses learnt.

B2 - for students with at least 6 months practice. This level will really give the students a solid understanding of their own bodies, & highlight their areas of physical, mental, emotional strength & areas to work on. Throughout the class the focus will be on both strengthening & lengthening. Wall work, straps, blocks, chairs, blankets, vinyasa (flowing sequence) will be practiced throughout. More solid breathing practice will be covered, & deeper philosophy such as the Gunas, the koshas, Purushartas, Kleshas, Vayus, Indriyas & much more. Duration is approx 2.5 yrs. The student will determine him/herself when ready to move into an Intermediate class.

INT - for students with at least 3 years experience. In this level poses will be held for longer, Vinyasa will be moved through with increased speed, incorporating more Pviritta (revolved asana), more balancing asana, deeper twists, & variations. Students will demonstrate a solid understanding of Ujjayi, Brahmari & more advanced breathing techniques. Philosophy will be reiterated & students will be encouraged to live yoga, rather than just come & “do” yoga. Topics such as Trataka, meditations, visualisations, mantra & yantra will be covered. Duration is ongoing.

No previous experience is necessary for the following classes:

BABY OM – a beautiful yoga class for mums & bubs & is ideal for 10 wks post birth. This class integrates your baby into body postures & incorporating breathing & relaxation techniques, as well as use of props. The class is completely sensorial for baby, the perfect way to connect deeply with your baby & other new mums.



Over 50s - suitable for 50yrs+ & injured students, props are utilised. The focus is heavily on increasing blood flow throughout the body, stimulating lymphatic drainage, & encouraging synovial fluid to move within the joints, aiming to keep the body & mind supple & youthful, through breathing practice, postures & deep relaxation.

Yin/Restorative Yoga - suitable for all levels, This is a slower paced class, poses are well supported & held for longer, allowing students to really sink into the posture. A great way to massage the organs, stimulate the joints & ease any tension of mind & body.

MEDITATION- Suitable for beginners, a gentle combination of light movement, breathing & deep relaxation techniques to help settle & still the mind. Ideal for people seeking more balance, who are needing to learn to quieting down the mental chatter & find inner peace.

PRENATAL - suitable for students 12 - 40 wks gestation utilising lots of props to help provide support throughout the class. The focus is on strengthening weak areas, loosening the tight, with a big emphasis on breathing techniques to assist with the labour experience, & giving students time to connect with the babies & bodies , as well as other expectant mums.

Congratulations to our Pre Natal Yoga students!

It is so very precious witnessing the prenatal ladies come in each week, with their growing bellies & glowing faces. We are so happy to be able to offer a class specifically dedicated just to prenatal yoga.

It so heartwarming to hear stories from students where they have made life-long friends from attending their weekly yoga class. Nothing brings people & family together the way new life does.

The magnetic energy of a beautiful pregnant belly & the gentle energy of a new born baby is pure joy for everyone. We truly hope that for all of the prenatal students you get to connect with some of the others in the class, sharing your journey & stories is so vital for mental & emotional wellbeing, so don't be afraid to say “Hi” to someone new!



Pre Natal Massage: *Instant Pain & Stress Relief* *Neck & Lower back Pain, Fluid retention, Anxiety, Labour preparation*

Appointments 45 min \$67, 60mins \$78, 90mins \$120
(Fees are claimable with Private health insurance: \$20-\$35rebates)



Upcoming Events at The Lotus Healing Centre

WINTER YOGA & MEDITATION WORKSHOP

SAT 12TH AUG 1.30PM - 6.30PM With Anna Ellery \$75 PP

Nurture yourself with an afternoon of Yoga, breathing, relaxation and meditation. Practice Yoga postures to kindle heat in winter. Turn inwards and purify your energy through the meditation practice of Chakra Shuddhi (Energy Centre Purification)

Schedule:

- 1.30pm Asana- Yoga Postures
- 3-3:30pm Pranayama- Breathing Techniques
- 3:30-4pm Talk on Yogic Lifestyle for optimal health in Winter
- 4-4:30pm Tea Break
- 4:30-5:30pm Yoga Nidra- Guided systematic relaxation
- 5:35-6:20pm Chakra Shuddhi Meditation – Energy Centre Purification - Guided Meditation
- 6:20-6:30pm Stretch and Closing



Spend an afternoon letting go of stress and tension to deepen your experience and understanding of the practice of Yoga. The afternoon will start with postures to stretch and strengthen your body focusing on energizing practices for winter. This will be followed with the vitalizing practices of Pranayama, breath control. A talk on Yogic Winter self care will explain the techniques and benefits to keep you feeling your best during the colder months. We will have a chai break then the relaxation begins with a long Yoga Nidra session. This will be followed by the practice Chakra Shuddhi meditation which is a guided meditation combining breath awareness and mantra. Please bring a snack for afternoon tea. Herbal teas will be provided.

About Anna (Sn Shuddhachittam) Anna has been teaching Hatha Yoga for over 10 years. She is a Classical and Satyananda trained Yoga teacher, having travelled to India many times she has completed courses in Satyananda, Sivananda and Iyengar Yoga and lived as a Yoga Monk for 2 years. She started practicing Yoga as a teenager and after completing her training she has integrated her practice of Yoga as a way of life. Through teaching Yoga Anna aims to share this joy of letting go of the over identification with the mind to live a simple fulfilling life. Anna has her own practice of Yoga and Meditation of 3 hours a day.

Remedial Massage – *Instant Pain & Stress Relief*

Our treatments are extremely effective for:

- Neck & Back pain
- Shoulder pain & restrictions
- Hip & Groin pain
- Tennis & Golfers elbow
- Stress & Anxiety relief
- Insomnia, Low Energy & Moods
- Sinus & facial pain
- Pregnancy postural tension

David Gobbo (Diploma Remedial Massage, 4th year Osteopathic student)
Thurs 3-8pm

Stephanie Capiron (Diploma Remedial Massage & Diploma Aromatherapy)
Mon: 2:30-8pm, Tues & Wed: 1-8pm
Thurs: 10-3pm Sat: 9-2:30pm

Stephanie Young (Diploma Remedial Massage)
Tues & Thurs; 4-8pm Sat: 9-2:30pm

Appointments 45 min \$67, 60mins \$78, 90mins \$120 (Fees are claimable with Private health insurance: \$20-\$35rebates)

Remedial & Pre Natal Massage packages:

Buy 4x 60min Massages for \$280, save \$28 or 10%.

Buy 8x 60mins Massages for \$624 & receive the 9th for free! Save \$78 (Plus private health rebates, approx \$20-\$35)



Upcoming events at The Lotus Healing Centre

Term 3 Yoga Timetable

- starts 17TH JULY 2017, 10 wk term \$180.

**Full Payment is required by 15/7/17

Mon	Tues	Wed	Thurs	Sat
	9.30am B2 (Pembe)	10am Over 50s (Anna)	9.30am Int (Pembe)	9am INT (Pembe)
		10.30am B2 (Natalija)	10.40am B1 (Pembe)	9.15am PRE NATAL (Natalija)
		11.15am PRENATAL (Anna)		10.15am B1 (Pembe)
		11.45am BABYOM (Natalija)		10.30am PRENATAL (Natalija)
6.15pm PRENATAL (Anna)	6.15pm B1 (Natalija)	6:15pm B2 (Pembe)	6.15pm B2 (Pembe)	
6.30pm B1 (Pembe)	6.30pm MEDITATION (Anna)	6.30pm PRE NATAL (Natalija)	6.30pm PRE NATAL (Aly)	
7.30pm INT (Anna)	7.30pm YIN YOGA (Natalija)	7.30pm INT (Pembe)	7.30pm INT (Pembe)	
7.45pm B2 (Pembe)	7.45pm MEDITATION (Anna)	7.45pm B2 (Natalija)	7.45pm B1 (Aly)	

Yoga School Holiday Programs

Any 2 classes for \$30 (Booking is essential)

Wed 5th & 12th July 2017 - 6:00pm Pre Natal

7.15pm Hatha General

Sat 8th & 15th July 2017 - 9:00am Hatha General

10.15am Pre Natal

This is a great opportunity to bring along family or friend to try our wonderful Yoga classes.

Restorative Yoga Class

SAT 17TH JUNE 2-3.30PM \$27 pp

With Pembe Sayar

Take the time to slow down the pace of life with this excellent opportunity to disconnect from the frenetic activity of daily life and join Pembe for an afternoon of relaxation, rejuvenation & restoration.

What is Restorative Yoga? It is a yoga practice that seeks to achieve physical, mental and emotional relaxation with the aid of props. It is the centering of your breath and body – aligning the physical and mental by practicing stillness or gentle movement for extended periods of time.



The props assist in helping you to hold poses for longer so that you can achieve a deeper level of relaxation. Props also make it easier for you to maintain balance while you are stimulating and relaxing your body. The slower pace and deep breathing triggers the parasympathetic nervous system having a soothing and overall calming effect on the nervous system whilst comforting your mind and body. It also encourages mindfulness due to the expanded awareness of self and body that comes through the practice. Slower movements cultivate space for a deeper experience of the poses and the breath. The practice provides healing for the body and the mind and is especially useful when you need to eliminate fatigue and stress that result from your daily activities. It also allows you to recover from illness, injury or overcome emotional depression and anxiety.

Slow down, disconnect & rejuvenate

- Suitable for new & existing students.
(Not recommended for pregnant mothers, as twisting postures will be taught.—sorry)

YOGA Student discount

Students receive **10% off**

all retail items. Books, Herbs, Supplements, Yoga Equipment, Essential oils, Nutritional lattes