

Why Do Yoga?

In Hindu tradition, yoga is a practical discipline as well as a spiritual one. Yoga is many things to many people. Some people do yoga:

- as a spiritual endeavour; to still the mind and to raise the consciousness.
- purely for the physical benefits. Asana practice (yoga postures) massage and stimulate the organs. Breathing techniques re-oxygenate the blood. The renewed blood is then carried to the organs where it heals and rejuvenates the body.
- because it helps them to look good. The stretching and strengthening of yoga practice tones the body.
- for the relaxation; to quiet a busy mind and to release tension in the body.
- for the breath work - pranayama (yogic breathing) helps to cleanse the lungs and bring much needed oxygen to starved cells throughout the body.
- for its meditative qualities; to combat anxiety, to gain control of the mind and settle restless thoughts, to create a feeling of calmness and as a catalyst for changing moods.
- to maintain optimal health, as a mental and physical guide to 'good' living.
- for its therapeutic and rejuvenating effects; to stimulate the prana (life-force or energy).

But the most important reason to do yoga is to do it just for **YOU!**



The Essence of Yoga

From *The Yoga Tradition* by Georg Feuerstein, PhD

Yoga is a spectacularly multifaceted phenomenon, and as such it is very difficult to define because there are exceptions to every conceivable rule. What all branches and schools of Yoga have in common, however, is that they are concerned with a state of being, or consciousness, that is truly extraordinary. One ancient yoga scripture, Vyasa's *Yoga-Bhashya* (1.1), captures this essential orientation in the following equation: Yoga is ecstasy.

Om Shanti (Infinite Peace)

Body & Mind School of Yoga

Mood Yoga: Mind and Body as One

Principal: Jane Wiesner

Bachelor of Arts (Hons)

Diploma of Health (Yoga)

Adv Diploma of Yoga Teaching

Cert Children's Yoga

Cert Cognitive Behaviour Therapy

Cert Rational Emotive Behaviour Therapy

Cert IV Workplace Assessment and Training

Graduate Cert Yoga Therapy (in progress)

PhD Candidate

President of the Australian Assoc of Yoga Therapists

Member of the

Yoga Teacher's Association of Australia & the
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*'Those that bring sunshine to the lives of
others cannot keep it from themselves.'*

Sir James Barrie

Yoga 2008

Program

What's happening in 2008

Yoga has transformed my life - physically, emotionally and spiritually - it can help you to improve your health and sense of wellbeing. As the principal of the Body and Mind School of Yoga I am dedicated to making yoga accessible to anyone interested in improving their health.

I can teach you in your home either individually or in groups.

I also run yoga retreats for wellness purposes. Periodical retreats will be held throughout 2008. The theme of these retreats is 'nurturing' - exploring ways to nourish the body, the mind and the spirit.

My style of yoga focuses on helping the body to heal itself on all levels.

I recommend yoga as a means of improving your health and state of mind.

'The word yoga means unity or integration, the integration of body, mind and spirit.'

Program focus

All physical yoga is based on Hatha yoga. There are numerous schools of yoga available so it is important to find one that suits your needs. The style of yoga I use I call *Mood Yoga* - it is a meditative form of yoga that works with the body and the mind. The postures can be as easy or as challenging as you need. In my yoga classes you will learn various yogic principles beneficial for everyday life. These principles will help you to cope with the day-to-day stressors that may threaten your sense of well-being.

Yoga at home and away

- **Nurturing and wellbeing retreats**
- **Group classes in your home**
- **Individual coaching**
- **Yoga Therapy**
- **Weekly classes held at listed venue**
- **1-day workshops**

Download more information from:
www.yogaathome.com.au

Private and group sessions

Private training is available in: asana practice, breathing techniques, relaxation, meditation, yogic philosophy and stress management.

For individual coaching (in your home) the cost is \$100.00 per 2 hour session or \$550.00 for 6 sessions.

For group sessions in your home the cost is \$15.00 per class per person (1¼ hour class, minimum of 4 people required, minimum 2 sessions, payable in advance).

Learn the art of being, well!

Timetable for March 2008

Classes at the Chelsea Heights Community Centre

Dates and times for the next round of classes are to be advised.

E-mail, phone or see website for updates.

Join our mailing list at:

www.yogaathome.com.au/join_our_mailing_list.php

Cost of CHCC classes

Classes are approximately 1 hour and the cost is \$14.00 per class - a total of \$70.00 (payable in advance) for a 5 week program. Please note this is non-refundable as there are limited places available.

Each class builds on the last and is designed specifically for the needs of the students, therefore casual attendance is not possible.

Upcoming 1-day workshops

The art of being happy and well:	10 th May
Losing weight through losing worry:	21 st June
Wellbeing and stress-management:	19 th July
Health, happiness and relaxation:	16 th August

Upcoming weekend retreats

The art of being happy and well:	April 18 th -20 th
Losing weight through losing worry:	May 23 rd -25 th
Wellbeing and stress-management:	June 27 th -29 th
Health, happiness and relaxation:	July 25 th -27 th

'The spiritual life and the material life are wings of the same bird. If one wing is weak it is hard to soar.'

Author unknown