

Join the 40 Day Yoga Immersion!



yogita
yoga

January 2014 Update



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Yogita Yoga News and Events:



See bottom of Newsletter for summary of all new classes, events and workshops

New Teacher and Restorative Classes

Meditation and Pranayama Workshop:

22/02, 3:30-5pm: This workshop will provide beginners and advanced students alike a chance to learn and practice more about what constitutes



We are delighted to introduce our new Yogita Yoga Teacher, **Sue Whitfield**, to you. Sue has been previously teaching at the

Shantarasa Yoga School and brings with her a love for yoga and an in-depth knowledge for gentle and restorative yoga. Starting the first week of February, Sue will be teaching three **Restorative Classes** per week: **Tuesdays & Thursdays 11am and Saturdays 12:15pm**

Movie and Philosophy Nights

Yes, they are back and will be held every other month on Saturday evenings. Our first one (**15/02: 5-7:30pm**) will be kicking off the 40-Day Yoga Immersion with an introduction to the Program, followed by a movie that will inspire and empower you. **Watch the trailer [here](#)**. As always, there will be refreshments and cost is by donation to the charity box. **Click [here](#)** to sign-up (it'll help us with chai and cookie quantities :-)

Early Morning Guided Self-Practice Yoga Classes:

For the duration of the 40 Day Yoga Immersion, we will be adding on extra class times to give participants a chance to practice a set yoga sequence in their own time and duration and to their ability. Teachers will individually guide, adjust and assist you. **When?** Wednesdays and Fridays, 6:30-8:30am from 19/02 to 26/03. **What do I need to know?** Participants start and finish their practice at any time during the 2-hour period according to their time and needs; sections of the sequence will be taught 2 weeks prior to the start of the program in **Vinyasa and Core** classes.

the 4th, 5th, 6th and 7th limb of Patanjali's Ashtanga Yoga System and the therapeutic effects of meditation and pranayama. Cost \$20: **Book [here](#)** (or **inclusive** of your 40 Day Yoga Immersion pack).

Yoga Anatomy Workshop and Asana Intensive:

01/03 and 08/03, 3:30-5pm: The purpose and effects of practicing the 3rd limb (Asana) is covered in these theoretical (anatomy) and practical (asana intensive) workshops: Using **interactive software** to illustrate the function of the body in yogic postures, we learn how to deepen postures and how to modify postures for injuries or stiffness in the theoretical part and put it to work in the Asana Intensive. Cost: \$30 each: **Book for the [Anatomy Workshop](#) and [Asana Intensive](#)** (or **inclusive** of your 40 Day Yoga Immersion pack).

Sound/Chanting workshop:

Date to be confirmed (22/03), 3:30-5pm: Let your mind and body unwind and come into harmony with the healing vibrational energy of sound. Cost: \$25 each: **Book [here](#)** (or **inclusive** of your 40 Day Yoga Immersion pack).

Yoga on Australia Day:

All Classes will be held as scheduled on the **Australia Day Holiday, Monday, 27th of January!** Come and enjoy a morning Core or evening Vinyasa Class :-)

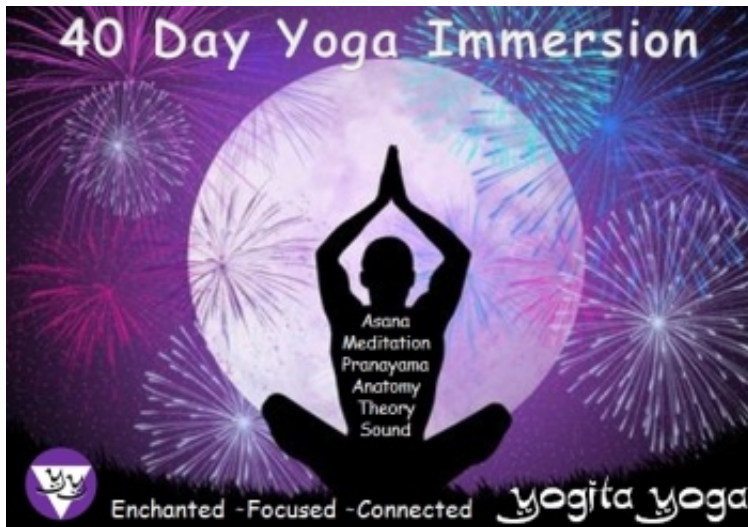
New Class Packs:

For those of you with busy and/or unpredictable schedules, we have brought out a new 5 and 10 Class Pack with 6 and 12 month expiry dates (\$90 and \$170, respectively), which will help you fit regular yoga classes into your schedule. **Click [here](#)** for the full list of all class packs.

Connect with us on Facebook:

Stay up-to-date with everything that's happening at [Yogita Yoga on Facebook](#).

Join the Yogita Yoga 40 Day Yoga Immersion!



Im-mer-sion: "complete involvement in a mental or physical activity or interest" Instead of yet another new year's resolution that gets made and broken, Yogita Yoga wants to offer you something different: A chance for an immersion in a holistic ([8 limbs](#)) yoga practice that will provide you with the foundations to challenge deeply ingrained patterns and an

inspiration to seek and look that little bit deeper and learn more about yourself and yoga. Join us for 40 days on a yogic journey that may provide the catalyst for you to make lasting changes.

Why 40 days? Many ancient texts refer to 40 days as a necessary period for lasting change and enduring transformation to occur.

What it contains?

- Unlimited classes for the 40-day period: to deepen your practice
- 4 special workshops (see above) to consolidate and practice your understanding of the 8 limbs: Meditation and Pranayama, Yoga Anatomy, Yoga Asana Intensive and a Sound/Chanting workshop
- 2 new early morning class times for the development of your own Guided Self-Practice: students practice a set sequence in their own time and abilities and teachers will individually guide and adjust/modify postures; we will start teaching elements of the sequence in Core and Vinyasa classes 2 weeks prior to the start of the 40 Day Immersion (Sequence handouts will be made available)
- a free Yogita Yoga tank top
- a movie/philosophy night that will cover specifics on how to approach the 40 Day Yoga Immersion.

When does it start? The 40-Day Yoga Immersion runs from **February 15th** to the **26th of March**

Who can join? Everybody who is committed to dedicate 40 days (and hopefully beyond) to yoga and to make lasting changes in their lives.

How much? You can pre-purchase everything as a package for \$285 (total value >\$350); workshops can also be attended separately

Want to book? [Click here!](#)

If you have a current class pack and would like to join the 40 Day Yoga Immersion, we'll gladly extend the expiry date of your pack.



1-Year Yogita Yoga Anniversary!

It's been almost a year now and we would love you to join us to celebrate the truly amazing transformation from a small yoga studio to a vibrant yoga community. Mark your Calendar for **Saturday, the 15th of March, 2014, 5:30 to 7:30pm**. Please RSVP by the **8th of March**, so we can have enough finger foods and various beverages available for you :-). We look forward seeing you there!

Reflections and Transformations



Andrew and Evelyn climbing at Arapiles during our Christmas break from the Shala

Many of us have the tendency to look to the outside, for a 'magic cure', to seek solutions that are ideally easy, painless and quick to solve our problems. And you may find something that will temporarily fix whatever you thought needed fixing. But over time, you may discover that something deeper down is still crying out for attention and the problem(s) returns in the same or modified form. Sometimes it is not until we hit a 'crisis point' that lifts us up and sends us crashing down to face whatever we needed to face. Maybe it's something within ourselves, our relationship, our occupation or how we portray ourselves to the outside world; in the long-term there is no avoiding it, if we want to keep our sanity and evolve and prosper as a human being.

So why is it so hard for many of us to confront these issues whether they are prior sanskaras or our true self (soul), trying to expose itself after years of conditioning? Often it is associated with the fear of being thrown out of our comfort zone; and

maybe this is exactly what we need to do purposely: Put ourselves into situations that make us feel a bit like a fish out of water, so that we can face future challenges with a bit more equanimity rather than hitting the 'panic' button.

For example, when we are rock-climbing, fears can sometimes naturally bring about a real sense of potentially falling - and sometimes we actually do! - but does that mean that only because there is the chance of falling, that we stop climbing? No, not if you love what you are doing; but rock-climbing, similar to yoga, doesn't allow you to close your eyes before the potential challenges! But when we practice becoming acquainted with this fear of the unknown, we can use it to develop a one-pointed focus, rather than a state of paralysis or depression. This is also akin to living in the present moment: by not allowing our minds to trick us into dwelling on past pains or conjuring up thoughts of what may occur in the future.

While yoga is not a magic wand to take away your problems, it can put you on the path of self-inquiry because over time stuck emotional energy (often manifested as physical stiffness or anxieties) gets released and the proverbial ripples of the mind calm down to let you take the necessary actions.

Reaching this point often spells the end of the yoga journey for a lot of people because it is too scary, confronting or painful with these 'issues' (sanskaras). But sticking with it will put you on a path towards living truthfully with yourself and the outside world.

You are not here by accident: you came to join the yoga journey with us for a reason and you are reading this blog for a reason. And maybe the dedication to 40 days of changing your life is what you decide to do!

We certainly look forward to our own journey for the next 40 days (and beyond) and look forward to sharing this with you.

Namaste,
Evelyn and Andrew

New Classes and Workshops:

TUE weekly	Restorative Yoga	11-12:15pm
THU weekly	Restorative Yoga	11-12:15pm
SAT weekly	Restorative Yoga	12:15- 1:30pm
SAT 15/02	Movie and Philosophy Night: Start of 40 Day Yoga Immersion	5-7:30pm
WED 19/02 to 26/03	Guided Self-Practice	6:30-8:30am
FRI 21/02 to 21/03	Guided Self-Practice	6:30-8:30am
SAT 22/02	Meditation and Pranayama Workshop	3:30-5pm

SAT 01/03 Yoga Anatomy (Theory) 3:30-5pm

SAT 08/03 Yoga Asana Intensive (follow-on practical from Yoga Anatomy) 3:30-5pm

SAT 15/03 **Yogita Yoga 1 Year Anniversary Party** 5:30-7:30pm

SAT 22/03 Sound/Chanting Workshop: The healing power of sound vibrations 3:30-5pm

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Yogita Yoga
1 / 435 Fullarton Road
Highgate, SA 5063
Australia

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