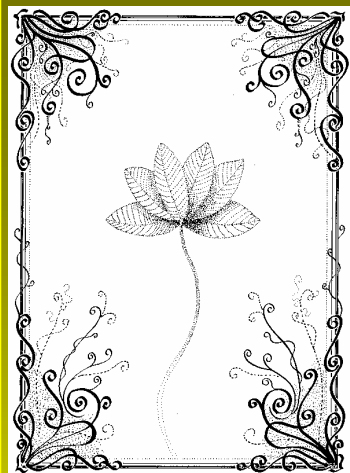


Gympie Yoga & Relaxation Centre

YOGA 2012
YOGA 2012



It's 2012! Don't wait any longer - come on - welcome yoga into your life. It's good for you - it helps maintain health and vigour - it provides you with a calmer, more content outlook.

Gympie Yoga & Relaxation Centre has yoga for everyone.

For those of you who are always on the go now is the time to give yourself the opportunity to be with yourself, releasing tension through yoga postures and relaxation. It is important! Instead of accumulating stress, learn how to release it!

For seniors yoga is a must for maintaining strength, balance and flexibility. Attending a weekly class is also a time to share with others.

Yoga provides so many techniques for those who need to take time to heal, nurture self and reclaim a healthy life.

For young teenagers who need to unwind after school - laugh a little - stretch a little and relax, try a teenage yoga class. Yoga is also the perfect compliment to sporting activities.

Mums to be can take advantage of our pregnancy yoga. Nurture yourself and your baby towards birth and enjoy this time to prepare for motherhood.

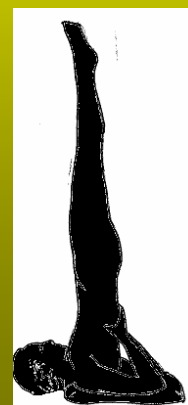
The teachers at the Yoga Centre are qualified, experienced and committed to providing you with the best possible care and tuition.

The yoga practiced at the Centre is designed to allow you to explore your own capabilities, determine your own level of comfort, encourage a compassionate yoga practice and to challenge yourself with care and awareness.

It is fun and joyful and once you discover the ongoing benefits, yoga will become a way of life.

We welcome you to another year of yoga

For further info Ph: 5482 6263 or visit our website
www.yogahouse.com.au





CENTRE NEWS

Hello Everyone,

I hope you all had a good break. It's great to be back with you all and planning another year of yoga. This is our tenth year at the Yoga Centre - a whole decade. I looked back over the first newsletter I wrote after we opened the Centre and thought I might share with you an excerpt from that newsletter. It began with a contemplation on balance and harmony.

"Right now I'm sitting in my 'cubby' in the garden. This is my office, my meditation room, my sanctuary. Towards the end of this year, I spent less time here - allowing work commitments to escalate to their usual crescendo before starting to wind down. In my absence, a family of native rodent creatures has set up home in a nice dark recess. Now I'm having a cleaning spree, I'm wondering how to remove them, with the least disruption to their lives. For go they must! Finding them a home of equal comfort and security could pose a problem though. I did contemplate (briefly) letting them stay until the children are old enough to leave home independently but I'm not sure we can live together harmoniously. They seem to like shredding paper and their personal hygiene leaves a lot to be desired which really affects my work space. So eviction is the obvious solution. All of which brings me back to where I was - creating harmony and balance in our lives. It's just like cleaning - knowing what needs to be let go and what needs to be in place to enable us to move forward without restriction.

So as I clean, I'll be moving through the events of this year and all the experiences that have flowed through my life. It's been a full year - the Gympie Centre of course being an enormous undertaking. But all that is past. For the next week or two, I aim to be sorting, letting go, rearranging and ultimately taking time to be still - to step out of the action for a while and step into the flow of energy that comes with balance and harmony."

When I read this, I realized I have done exactly the same this year - in fact every year - cleaning, sorting, letting go. I guess it's necessary so as to begin the new year afresh - release the old - move on to the next phase with a clean slate. All too often we drag the old along with us - it becomes a haze through which we perceive the present. So if you haven't cleaned the slate yet - best get to it and start a brand new year. The rodents, by the way, moved out of their own accord when I filled the 'cubby' with incense smoke!

So what's happening at the Centre? Yoga Basics the nine week block of foundation yoga classes begins Wednesday February 1 at 9am or Tuesday February 7 at 6pm. If you've never done yoga before or you feel like a refresher then this is the place to start.

All other classes remain the same. Heart Yoga classes are a gentle, compassionate yoga focusing on self-care. Yoga Vitality keeps you smiling - the name says enough. Healing Yoga is as always a quiet hour of relaxation and meditation.

All the classes remain at the same times.

Some of my students have expressed a keen interest to do a Yoga Expression Workshop so I thought it might be a good idea to spend another two days at the beautiful White Eagle Temple.

Vicki is running a pregnancy yoga course commencing Tuesday, February 14.

Nikki continues to provide her excellent Ka Huna massages at the Centre and if you haven't yet gifted yourself a session with Nikki, this is a great way to start the year.

Mandy will again be conducting her yoga classes on Friday mornings.

On a personal note, in May I will be heading once more to Singapore and Malaysia to conduct a few workshops. Who knows if I might be tempted to wander a little further afield - we will see.

Hopefully this year, when I am at the Centre, I will offer more time for one on one consultations. These sessions are a combination of communication, healing and yoga practices to assist in times of transition - moving through the challenges in our life's journey with awareness and understanding.

So that's it for now. Let's make 2012 a great year - we all have the power to enhance our own life and the lives of others.

Love and blessings to you all,

Gerry

WORKSHOPS - FEBRUARY - MARCH

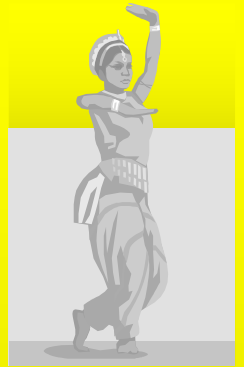
MARCH 24 - 25 Creative Yoga

This workshop includes the exploration of movement as communication, devotion, discovery and meditation. For those who want to fully embrace the body as a vehicle to deepen awareness, this will be the ideal workshop.

This is creative movement - it incorporates yoga with elements of contemporary dance, drama improvisation and other mediums of creative expression. It also allows time for quiet contemplation and reflection. (And it's fun!)

Venue White Eagle Temple, Witta

Cost \$350 includes accommodation, meals, materials & tuition



COMMENCING FEBRUARY 14 Pre-natal Yoga Course

9.30AM - 11AM

Vicki is passionate about pre-natal care and has spent many years researching yoga for pregnancy. Combining this with her skills as an Ayurvedic Consultant and Remedial Massage Therapist, Vicki offers a wonderful eight week course for expectant mums, nurturing the body and preparing it for birth.

Cost \$120

A Contemplative Space for Women

Last year we advertised 'A Contemplative Space for Women'. Only two ladies came and we decided it was the wrong time - too close to the end of the year - but we know you are out there so let's try again.

If you are interested in being part of a small group that meets regularly (but not too regularly) to share what inspires you, your spiritual journey, where you find solace in challenging times, your creativity, then this could be for you.

Do you long to spend time in silent contemplation, communal sharing and deep devotional practice? Would you like to share your special gifts and talents by way of service to others or be part of a group of like-minded women who take retreats of a meditative nature or make a yearly pilgrimage to a sacred place? I would love to hear from you. Please phone Gerry at the Yoga Centre.



The spirit of god
is a life that bestows life,
root of the world-tree
and wind in its boughs.
Scrubbing out sins,
she rubs oil into wounds.

She is glistening life
alluring all praise,
all-awakening,
all-resurrecting.

Hildegard von Bingen (1098 -1179)

Words Are Words

These words came to me recently in a meditation - 'let us not interpret - wisdom is wisdom.' I have pondered them quite a lot of late and there is a story I would like to relate that occurred many years ago. I was at the Royal Brisbane Hospital attending to a dear friend who was going through a serious health crisis. It was late on a Sunday afternoon and having been at the hospital off and on for two days, I needed a break from the comings and goings of the ward. My friend was asleep and so I wandered down to the 'canteen'. In those days this 'canteen' was in the middle of a concrete courtyard. It was very run-down and lacking in ambience to say the least but it was somewhere to have time out. On this occasion it was closed but I sat down anyway among the deserted tables and chairs for a little peace and quiet.

After a while a woman sat down nearby and we began a conversation. My companion was a thoroughly modern, educated career woman - beautifully groomed, well-spoken and definitely politically correct. She was visiting a loved one who was very ill and we began to discuss our situations.

Shortly we were joined by an older man. He was severely thin, sun-tanned and weathered and he spoke with a slow 'aussie' drawl indicative of his country origins. A 'roll your own' cigarette was never far from his lips or cracked, stained fingers. He hadn't 'dressed up' for his hospital sojourn and his clothes, like he, had endured an arduous life. He told us of his illness, of having to come to the 'big smoke' for treatment which was deemed impossible because, 'they reckon I ain't got enough country on me bones'. He talked in an open, friendly manner, greeting his foreshadowed death in the same way he had lived in his remote corner of the earth - with acceptance and blunt honesty.

I was just wondering how my other, very eloquent, companion was receiving this gentleman's dry anecdotes peppered with a rasping cough and numerous colloquialisms when she suddenly produced a cigarette, leaned forward and asked for a light. The man smiled and said cheekily, "for a good lookin' sheila like you, it'd be a pleasure".

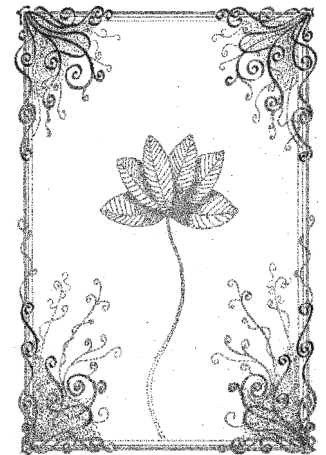
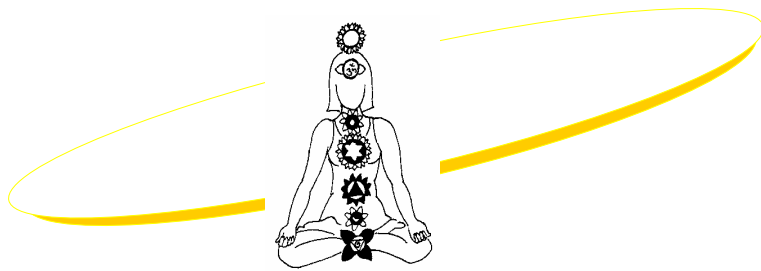
I waited for her reaction but she simply accepted the proffered match and returned his smile.

When he stood to leave, he shook our hands, thanked us for the chat, wished us all the best and told us what nice 'sheilas' we were.





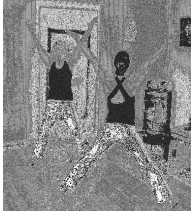
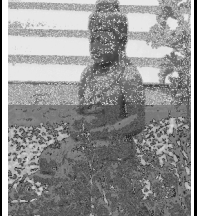
After he had gone, my companion said, "You know, if a man called me a 'sheila' he would receive a quick rebuke but coming from that man, I consider it a compliment."

So why am I relating this story? Because words are simply words. The next time you get caught up on something that has been said, consider the intent behind the words before you take offence or leap forward to have your say. So much simple, honest care and wisdom is missed through interpretation and that interpretation is filtered through our persona - forever seeking to make the world the way we think it should be. Learn to listen with your heart - it is by far more accepting and joyful.

G. Hillier



Gympie Yoga and Relaxation Centre

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|---|---|--|--|---|---|
| 9am Yoga Vitality ☀️ (1hr 40m) | ॐ | 9am Yoga Basics (1hr 40m) | 6.30am Yoga Vitality ✨ (1hr) | 9.15 am Heart Yoga ☀️ (1hr 30m) | Centre available for workshops | Centre available for workshops |
| 11am Heart Yoga ☀️ (1hr 40m) | 4pm Teen Yoga (1hr) | 1pm Heart Yoga Healing (1hr) | 9am ☀️ Yoga Vitality (1hr 40m) NB Cooran |  | ॐ |  |
| 3.30pm Yoga Vitality ☀️ (1hr 40m) | 5.45pm Yoga Vitality ☀️ (1hr 40m) NB Cooran |  | 11am ☀️ Heart Yoga (1hr 40m) NB Cooran | ॐ |  | ॐ |
| 6pm Heart Yoga ☀️ (1hr 40m) | 6pm Yoga Basics (1hr 40m) | 5.30pm Yoga Vitality ☀️ (1hr 40m) | ॐ |  | ॐ |  |

COST OF CLASSES

Yoga Basics is a pre-requisite for attending the Yoga Vitality classes unless student already has completed a yoga basics course elsewhere. This is a nine week course, consisting of one class per week. These courses are offered continuously throughout the year. Cost \$150).

☀️ These casual classes are currently \$15per class.
 ☀️ A yoga card of ten lessons can be purchased for \$120.

✨ Yoga Vitality (1hour class) \$10

Heart Yoga for Healing is by donation only.
 Teen Yoga Classes \$8

The Centre is closed on public holidays and some classes are not offered during school holidays.

CONTACT US—PHONE 5482 6263 OR EMAIL info@yogahouse.com.au

www.yogahouse.com.au

Gympie Yoga Centre

PRACTITIONERS



Gerry Hillier
Centre Coordinator
Level 3 Senior Yoga Teacher, Yoga Australia
Counsellor
Drama Teacher

"We all deserve to be listened to - to be given the opportunity to share and explore our journey in a supportive and caring relationship. We all deserve to be understood and accepted - to know that it is okay to acknowledge how we feel. Sometimes we need assistance to enable us to develop a deeper awareness of our self - why we feel the way we do - what motivates our behaviour - how we can open our hearts to change and growth. It is my hope that what we offer at the yoga centre enables others to find their own way to understanding."

VICKI NEVILLE
Registered Yoga Teacher IYTA
Remedial Massage Therapist
Ayurvedic Consultant



"I realize how much I love what I do and it is such a joy to teach what you love doing yourself. It gives me the greatest pleasure to share what I am passionate about with others, in the hope it will enrich their lives also."



NIKKI BERRY
Yoga Teacher
Kahuna Massage Therapist
Beauty Therapist

"To restore balance, allow acceptance and embrace love into one's life it is necessary to approach healing holistically, accessing body, mind and spirit. Changes in one will have an effect on the other. I find it a great privilege to assist others in making these changes."

MANDY CILENTO
Accredited Satyananda Yoga Teacher

"Through yoga, people discover their own deep, intrinsic identity and so are able to find the peace and strength needed to live in a complex, ever-changing world."

