



yoga  
akasha

your space

December 2008

### A HOST OF NEW TEACHERS IN JANUARY

The New Year brings four new teachers to **yoga akasha** increasing the opportunity for experiencing yoga in all its forms. Starting on Thursday 8th January the following weekly classes will be added to the timetable.

Day	Time	Speciality	Grading
Mon 19 Jan	09.30-11.00	Iyengar Yoga – Victoria Bridges	All levels welcome
Mon 12 Jan	14.00-15.30	Living with Cancer – Sam Preston	Earth Specialist class
Tues 13 Jan	09.30-11.00	Flow – Snesha Malde	All levels welcome
Tues 13 Jan	16.30-17.30	Kids Yoga - Snesha Malde	Kids (5 to 11 year olds)
Thurs 8 Jan	09.30-10.45	Hatha – Maryvette	All levels welcome

### MARYVETTE

Having taught for many years in the area and well known to many of you, we welcome Maryvette to **yoga akasha**. Starting from 8th January, Maryvette will be teaching hatha yoga on Thursday mornings at 09.30.

### GO WITH THE FLOW

Starting on Tuesday 13th January at 9.30, join Snesha for an enriching and fun class that will give you a grounding in the practice, background and meaning of yoga. Drawing on elements of both passive and energetic qualities the class is a flowing, detoxifying, centering, and energising practice balancing mind and body.

Snesha has been practicing yoga for more than 10 years and teaching for the last five. Snesha finds teaching yoga to both, adults and children immensely rewarding. Her teaching style is a non-dogmatic, experiential approach using an eclectic mix drawn from the many yoga traditions she has practiced. Snesha teaches yoga to enable people to find "peace of mind".

Snesha has trained with David Swenson (Ashtanga Vinyasa), Sarah Powers (Yin Yoga and Meditation) and Simon Low (Yoga Academy BWY Teacher Training Module), amongst others. She continues her personal journey in Yoga by attending in-service training events and retreats and, most importantly, by bringing yoga into all aspects of her life.

### CHILDREN'S YOGA WITH SNESHA

During term time only, Snesha will also be teaching Yoga for Kids on Tuesday's so bring your 5 to 11 year olds for an introduction to yoga, and lots of fun. Traditional yoga postures, breathing, relaxation and visualisation techniques

are adapted for children to enhance flexibility, strength, emotional stability, self esteem and promote an overall sense of well-being.

Yoga oriented music; songs, stories and games are used to give a basic understanding of yoga philosophy.

### IYENGAR YOGA

We have had many requests for the introduction of Iyengar yoga to **yoga akasha** and we are pleased to announce that as from Monday 19<sup>th</sup> January, Victoria Bridges, who

has recently moved in to the area, will be teaching Iyengar Yoga on Mondays at 09.30. Iyengar yoga is the name for the school of yoga pioneered by BKS Iyengar, author of the classic, **Light on Yoga**, who turned 90 this year. Last December, Victoria studied with him, his son Prashant and his daughter Geeta in Pune in India. Hallmarks of Iyengar yoga include attention to detail in the postures and the use of props to help the student into postures otherwise unachievable. Victoria has been practising Iyengar yoga for 15 years and has been teaching for 8. She trained at the Iyengar Yoga Institute in Maida Vale, London, where she currently teaches a foundation course for beginners.

"Through my own practice of Iyengar yoga I have become a calmer more contented person. I believe that Iyengar yoga is a powerful tool to unlock long-held resistances, harmonizing the left and right sides of the body, building strength and increasing flexibility and helping us to stay steady in the face of life's ups and downs. Working with awareness of the subtleties of the postures, our mind is engaged and quietened, freed from the day's worries. I believe that mindfulness on the mat helps us to become more connected to our inner selves." Victoria

Iyengar yoga is open to all, regardless of your age or level of fitness.

## LIVING WITH CANCER .....

**While not a cure for cancer, yoga enhances physical and emotional wellness bringing a peace many patients had thought they'd lost forever.**

“Yoga has really helped me to understand what is important in life, and how necessary it is to strive for a sensible balance between mind, body and spirit. Before I had cancer, I was absolutely terrified of it, a completely irrational fear. That terror has completely gone. I am more relaxed and more open to new things. I take much more joy and pleasure in simple, ordinary things, I think how enormously lucky I am to love and be loved by my family and friends, I feel enormously grateful to have such a pleasant life. Before I was ill and before I started practising yoga, I had taken my body for granted, and been oddly unaware of it. I now enjoy the physical awareness that yoga has brought, and the ability to do certain actions, which would have seemed impossible before, simply by thinking about them carefully, and understanding how to approach them. If I were to be ill again, yoga would give the strength to keep myself intact, and avoid the horrible fragmentation that happened last time.”

Clare

“I have only been coming to the classes for a few weeks, but I find them very relaxing and positive. It is a very friendly class, and I appreciate being in a group where you feel people understand your situation and you don't feel like an odd one out.”

Helen

“I would recommend anybody to take up Yoga. I feel so much better since I started. Wish I had done it years ago. I have two tears in my aorta and had a mastectomy, all Specialist doctors and nurses I see say it's a good thing and I really enjoy it.”

Audrey



Samantha, a British Wheel of Yoga trained teacher, is introducing a weekly, Monday afternoon, yoga class specifically for people living with cancer. By practising yoga techniques in a class where they can work with the support of others going through the same journey, cancer sufferers are able to strengthen the immune system and foster the inner healing resources of the body.

Other benefits include rehabilitation from surgery, improved coping with treatments, and the ability to reduce stress. Traditionally yoga postures can be demanding as the poses exercise every muscle, nerve and gland in the body, addressing tension and allowing energy to flow easily in the body. In a Living with Cancer class these postures have been modified to bring about all these benefits in a gentler, simpler and more profound way. The practices used in class are very simple and easy to learn so the student can use them anytime and anywhere. Even if someone can't do the postures, they can still benefit from breathing, relaxation and meditation practice. Breathing not only sustains life; it also acts as a cleanser of the chemotherapy and radiotherapy pollutants: Meditation and relaxation techniques offer a method to quiet the terrified voices jabbering in your head, bringing focus, letting go of nagging preoccupations, fostering calm and rational decisions in the face of incessant worrying, allowing relaxation in the midst of an extremely stressful event, bypassing anxiety and despair and learning to recognize and pursue more positive possibilities. Yoga is a complementary treatment and should be used alongside existing treatments; if in doubt please consult your doctor or oncologist. Samantha also co-teaches a class at the Olive Tree Cancer Support Group in Crawley hospital. If you know of anyone who may be interested please pass this newsletter on.

# SELF PRACTICE

During January, February and March, Kirsten is travelling India and the Far East, and Stuart has kindly offered to organise Self Practice on Wednesday evenings from 19.30 to 21.00. This is a fantastic opportunity for you to use the space at yoga akasha to spend

quiet time focusing on your own practice, enjoying this time to work through either the Ashtanga or Atma Vikasa series at your own pace or finding time and space to work deeper in to particular asanas such as shoulder stands, back bends or crow, before ending the session with a short relaxation. The cost of £3 for the one and a half hour session would go to offset the hire of the space.

If you are interested or would like further details please contact Stuart: email [stuangsam: aol.com](mailto:stuangsam@aol.com) or telephone 01825 790404 or 07776 319720.

Please note that no teacher will be present during these sessions.

## AN EVENING INTRODUCTION TO ISHAYAS' ASCENSION MEDITATION

**FRIDAY 9TH JANUARY 2009 WITH ANANTA & RADHA ISHAYA  
FROM 19.30 TO 21.30**

The Ishayas' Ascension offers a series of simple, mechanical meditation techniques, collectively known as the Ascension Attitudes. These techniques are based on Praise, Gratitude and Love, and require no belief whatsoever to practice. They effortlessly draw the mind inward to ever deepening levels of experience, quickly reducing stress and expanding awareness. The word "Ascension" literally means, "To rise beyond". In the context of the Ishayas' teaching, this means to rise beyond the entire limiting structure of the waking state mind to a deeper and more expanded experience. The Ishayas' techniques have the capability to eliminate stress, bring balance to life, and directly and permanently reveal the limitless nature of your own consciousness, an experience traditionally known as Enlightenment.

The evening will comprise of a talk/discussion on the benefits of meditation, and how the Ishaya method develops and expands your consciousness. A meditation practice will also be included in the evening.

The full Ishaya method is taught over a whole weekend so this taster evening will be perfect for those who wish to discover more about this method, learn more about meditation in general or for anyone who has an interest in expanding their awareness.

The evening will be conducted by Ananta & Radha Ishaya, who after many years of working with different meditation techniques, uncovered Ishaya Ascension as their direct route to true happiness and peace

**The evening is open to everyone and is on a donation basis.**

For further details email [yogiscott@mac.com](mailto:yogiscott@mac.com) or call Scott on 07951 574818.

# WORKSHOPS

## THE JOY OF MANTRA

With Hilary MacRae on Sunday 25<sup>th</sup> January 2009 - 10.00 to 13.00

This 3 hour session will give the opportunity to practise Vedic chant including the Gayatri Mantra and to incorporate mantra into yoga practices of asana, pranayama and meditation.

All are welcome. The price for the workshop is £15. For details or to book contact Hilary direct by email at [hilary.macrae@hotmail.com](mailto:hilary.macrae@hotmail.com) or on 01273 710505

## CREATIVE ASHTANGA: FROM THE GROUND UP

With Liz Lark

Sun 1st Feb 2009 – 13.00 to 17.00

“Combine the dual qualities of zeal & surrender in practice” – Patanjali

This workshop will have a strong grounding in Ashtanga Vinyasa Yoga & creative movement. Liz will lead yoga sequences, each leading to peak poses. There will be adaptations for safety and all levels will be able to practice.

### Session 1 – Connecting with the Elements through yoga practice

Earth (grounding), Water (fluidity), Fire (focus),  
Air (acceptance), Ether (being).

This session will be grounded in standing poses & arm balances that will develop upper & lower body strength.

### Session 2 – Slow Flow Vinyasa –

Backbends & twists will be the focus of this creative, fluid practice, interweaving peak postures & safe karmas (steps) with deeply releasing counter poses.

The price for the workshop is £40. To book send a cheque payable to Scott Johnson, 2 Skeynes Farm Barn, Lingfield Road, Edenbridge, Kent, TN8 5HN For further details email [yogiscott@mac.com](mailto:yogiscott@mac.com) or call Scott on 07951 574818.

## VITALISE TO REVISE

With Kriya and Jane Morris-Brown

Sunday 8<sup>th</sup> February 2009 - 10.00 to 16.00

A one day workshop for 15 to 18 year olds exploring supportive strategies to deal with GCSE and A Level exam pressure, including:

- Yoga
- Breathing & Relaxation
- Organisational skills
- Motivation techniques
- Peer support.

Kim Leys (Kriya,) experienced ‘young people’s yoga’ instructor & Jane Morris-Brown, secondary school teacher and complimentary therapist, join forces to inspire, empower & promote well-being in this decisive & stressful time.

The price for the workshop is £50.  
For details or to book contact **yoga akasha**  
07956969141 or email  
[enquiries@yogaakasha.co.uk](mailto:enquiries@yogaakasha.co.uk)



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