



# Your Space

January 2012

Namaste, we hope you've enjoyed a wonderful Christmas and would like to wish you a very Happy New Year. If you're looking to come to more classes as part of your resolutions do remember that for £55 per calendar month you can purchase a membership card and come to unlimited timetabled classes. You are not tied in to a contract, just pay and practice for as many months that suit your schedule.

**New for January: -**

**Starting Wednesday January 11<sup>th</sup>**

## **Biodanza – Dance of Life - A healing practice of Music and Movement.**



Originating from Latin America, soon in the Yoga Akasha Studio in East Grinstead!

*'Not to move, but to be moved....to let life dance You!'*

In Biodanza music and movement are our main tools to revitalize and to become more aware of energy flowing through our bodies. It is a great way to release stress, to move into joy and pleasure and regain vitality. We discover our creativity and explore feelings whilst dancing to music from all over the world. We move into a greater sensitivity and love for ourselves and the people around us. Dancing and expressing who we are help us to

empower ourselves, open our hearts and connect with ourSelves, Humanity and Nature. There are no steps to learn, instead we start feeling and live our own truth. Biodanza is for Men and Women of ALL ages, no 'dance' experience needed.

**Come into the Circle and Dance your Life!** To help you remind to dance with life every single day!  
Every Wednesday, 9.45-11.15am, 1st Class on 11<sup>th</sup> January 2012, led by Monica Schuurman.

Monica has been practicing and studying Biodanza for 12 years and has been teaching in Holland for 3 years. She has been trained by Patricia Martello, biodanza pioneer and founder of many Biodanza schools all over Europe. For more information contact Monica: 07766005365.

**Also in the New Year:-**

**Starting Monday January 16<sup>th</sup>**

## **A second Pilates class with Nicky Dean**

This class introduces the fundamentals and principles of the classical Pilates Method of exercise that focuses on building a healthy, injury free body, by encouraging controlled & concentrated movements. Students will learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

The method focuses on using the body as a whole, not dividing it into separate parts. It improves strength, flexibility, balance, control and muscular symmetry. The series of rhythmic exercises promote elongated and toned muscle and dynamically strengthens your core and postural muscles.

The class is perfect for those students who are new to Pilates, or for those looking to 'brush up on the basics'. It is also appropriate for individuals who are recovering from mild injuries and are looking for a safe way to work out.

For further information please contact Nicky on 07530 284 034 or email [itsthedeans@btinternet.com](mailto:itsthedeans@btinternet.com)

**Graham is off back to Mysore** for another visit to his teachers Venkatesh and Hema. "The Atmavikasa Centre of Yogic Sciences" has moved since he was last there to sparkling new premises. He will be away until mid February, but you will find that all his usual classes are still running. Tasha will be covering Tuesday, Wednesday and Thursday, and we welcome the return of Yvonne who will look after the Gentle Friday class whilst Graham is away, please note at the later time of 12.00-13.00. We hope to receive regular updates so watch for news on our website [www.yogaakasha.co.uk](http://www.yogaakasha.co.uk) and on [facebook.com/yogaakasha](https://www.facebook.com/yogaakasha)

## The 8-Week Mindfulness Course for Stress and Well-Being is coming to Yoga Akasha

**Mondays from 1-3pm, starting 9th January  
(including 1-Day Retreat)**

**£200 per person  
Book early to guarantee a place!**

Mindfulness Meditation and Awareness offers us the skills to live our lives more fully in the present moment with a greater sense of ease, wonder and well-being.

Yoga Akasha is offering you an opportunity to join a safe and supportive space over an 8-week period, with the gift of a shared group experience.

### **In brief, Mindfulness can help you to:**

- Use your awareness to deal more effectively with stress
- Choose your reactions as opposed to being enslaved to them
- Develop breathing and meditation techniques to find a stable centre
- Connect with a place of inner calm in the midst of pressure
- Develop clarity and focus when you feel overwhelmed
- Improve self esteem
- Improve your relationships with others
- Develop an increased sense of aliveness and energy
- Learn to accept and let go of what you cannot change
- Improve your health and well-being

The course includes 9 x 2hr Mindfulness Sessions (including welcome session), 1-day meditation retreat, guided practice cds and a training manual with on-going practice support opportunities.



Places are limited to 10 participants per course so early booking is recommended. For more information, please call Deborah on 01342 719975 or email [deborah@themindfulorg.co.uk](mailto:deborah@themindfulorg.co.uk). Full course details are on her website: [www.themindfulorg.co.uk](http://www.themindfulorg.co.uk)

Considerable scientific evidence-based research confirms that Mindfulness based approaches are highly effective in supporting the development of well-being and empowering individuals to better manage their experience of stress, anxiety and depression.

For bookings made before 5 December, Deborah is offering a complimentary ½ hr one to one session to support you with the start of your Mindfulness journey

For more information about Deborah please see the teacher's page on our website.

### **FRIDAY NIGHT KUNDALINI & MEDITATION**

Kundalini Yoga is the Yoga of Awareness. Thousands of years old, it was brought to the west in 1969 by Yogi Bajan and is safe for anyone to practice. Kundalini & Meditation classes begin with a short warm-up and Kriya to get your energy flowing and prepare for meditation. Kundalini meditations as given by Yogi Bajan improve mental focus, help break through negative thought patterns, support the nervous system, and bring an experience of your true self. More time for meditations allows for healing through a deeper experience of consciousness.



Tasha Aulls/Hardman Kaur is a visual artist investigating psycho-spiritual connections with nature and wilderness. She discovered Kundalini Yoga in 2009 and trained at ANS with Karta Singh and Harpal Kaur, after a decade of practicing Hatha and Vinyasa, (and teaching from 2007). When teaching, she creates a neutral space, allowing students to focus inward and connect to the subtler aspects of the practice as they unfold. She continues to observe the teachings and their effects on day-to-day life, and highly recommends the company of trees.

## Therapies at akasha

We love our space at akasha and are enjoying it being used for more than just yoga. We now offer a range of therapies too, so do check our website to see what is available and maybe treat yourself or your family/friends to a special treatment. Call us on 07956 969 141, or email [enquiries@yogaakasha.co.uk](mailto:enquiries@yogaakasha.co.uk) to book an appointment.

## Therapies at akasha include:- Shiatsu, Reflexology, Swedish massage and Craniosacral therapy

If you are a therapist and would like to use our space please email us for details.

**More Space** is a notice board in this newsletter offering advertising for therapies, items for sale, accommodation, services etc. For £3 per 30 words these items will be circulated by email with the monthly newsletter to our community. Please email [newsletter@yogaakasha.co.uk](mailto:newsletter@yogaakasha.co.uk) with ads by 12.00 on the 20th of each month.

Payment by this date please to yoga akasha.

Yoga akasha does not accept any responsibility for items in More Space. Editor's decision is final.

## SNOWGA

Benefit both your body and mind this winter season by combining your snow sport holidays with yoga! Join us in



the stunning resort of Val d'Isere for an unforgettable week, skiing some of the best slopes in the world and practising yoga in your in-house yoga studio at the chalet. Although skiing/snowboarding and yoga may seem a world apart, they are actually very complimentary to one another. The high energy and fast paced action of snow sports is like the 'yang' to your wonderfully restorative, strengthening and injury preventing yoga 'yin'. This holiday is all about having an amazing time on the mountain whilst still caring for your wellbeing.

*All levels are welcome*

The all inclusive Snowga Experience **includes flights, transfers, luxury accommodation** at the ski in ski out Chalet de Pierre, **all meals** (breakfast, lunch, afternoon tea and dinner), **all wine** with evening meals and **two yoga classes a day** (optional).

Available departure dates:

26<sup>th</sup> February 2012

4<sup>th</sup> March 2012

11<sup>th</sup> March 2012

Call to book – 01342 529227 ~ 07902 151800

Email – [info@snowga.co.uk](mailto:info@snowga.co.uk) [www.snowga.co.uk](http://www.snowga.co.uk)

**Ironing Service** Either regularly or as and when you need. Please call Sammy on 01342 410045 / 07875348887

**Gardening Service** For all your gardening needs, big, small, regular or one-offs please call Ed on 07766431079

**Local Electrician** No job too small. Qualified and reliable. Hourly or daily rates. Electrical Certificates. PAT testing. Fuse board specialist. Call PA Sam to book 07912 352575 / 01342 317644

**4 Days 3 Nights Yoga in Spain £295** at Les's idyllic Andalucian Mountain retreat.

Many glowing testimonials see [www.yogatone.co.uk](http://www.yogatone.co.uk)

**Acupuncture with Simon Casciano** BSc MBACC - Acupuncture is a remarkable time-tested complete system of medicine originating from ancient China. It treats the 'person not the disease' and fosters a gradual yet steady return to better health by strengthening the body's own self-healing capabilities. It is suitable for all people of all ages and conditions and can also used 'preventatively'. Acupuncture is gentle and completely safe. Sessions are £45 for 1 hour. Call Simon on 01342 313695 / 07816 113967 or go to [classicacupuncture.co.uk](http://classicacupuncture.co.uk)

**Simon also offers Swedish massage at Yoga akasha**, please see the therapies page on our website