

Kendra Healing Arts

Restoring Wellness and Wisdom



Member Yoga Australia Level 2 No.3049

Diploma Yoga Teacher Training
Assoc Dip App Sc Exercise Science

"Yoga is the stilling of the fluctuations of consciousness" Sutras 1.2

Thank you for your interest in the Monday 9.30am or Monday 6pm, Yoga MINDBODY Class at The Wellness Space, Health Point Phillip.

Adopting a **regular yoga program** is an investment in your mental and physical wellbeing.

Please print off and bring along your enrolment form to your first class.

To get the most out of your Yoga practice, it is important to give it priority by clearing a space in your diary ahead of time.

Your Investment

Term 1 \$170 8 classes or \$25 casual

\$130 for concession card holders (includes Pensioner Concession Card, Low Income CC, Health CC, Ex Carer Allowance HCC, Commonwealth Seniors HC)

This term payment is **valid for the term, after which time it expires.**

You have 4 classes to choose from during the week, so it is easy to get to a class regularly. If you can only attend half a term for medical reasons or travel, then please apply via email for a reduced term rate.

Casual attendance is not encouraged unless requested for special circumstances

Fees are due on the first week of term or on your first class to secure your mat space.

Cash payments can be paid after a class or simply do a bank transfer 2 days before.

INTERNET BANK TRANSFER DETAILS

Account Name: Kendra Boone

BSB 923100

Account No. 31620858

If class does not proceed due to low number of enrolments, then a full refund will be given.

Today many health funds encourage a preventative approach to good health, encouraging their members to be proactive. Yoga is one such approach. You may also be interested to know that I am a Level 2 Yoga Australia member, the peak body for Yoga teaching in Australia. Fortunately this means that you may be able to claim a health insurance rebate from your Health Fund for attending Yoga classes. The following health funds have the green light approval; AHM, Aust Unity, BUPA, CBHS, Grand United and some others are following soon.

For further info visit www.yogaustralia.org.au or call your health insurance provider.

Parking and Entrance

Canberra Health Point is located at 16 Wilbow St Phillip. Limited 2 hour parking is available around the area residential precinct or alternatively parking is free in the long day car park opposite Health Point. It is better to plan to use the Westfield Parking with first 2 hours free, and simply walk across the lights. The Wellness Space is up the stairs, near the lift on level 2.

Yoga Etiquette

- Mobile phones are not tolerated unless necessary.
- As lockers are not provided and there is limited space in the studio, please avoid bringing valuables including handbags and wallets.
- Do not eat a large meal within 2 hours before a class. Bananas or yoghurt are a great pre-snack to keep your energy up. Bring along a water bottle to rehydrate.
- During menstruation, especially the first 3 days when energy is low, it is important to listen to your bodies needs and inform me prior.
- Please bring your own mat and bolster. Extra cushions, bolsters and blankets will be supplied if you forget your own. Sometimes we sit or lie on these, and use them for meditation. If you wish to purchase your own bolster or mat then try <http://www.kendrahealingarts.com/resources> or Lets Be Natural in Mawson, or visit www.lovearth.com.au for eco yoga mats made from jute and natural rubber. If you are uncomfortable sitting cross legged, then you can use a chair provided.. Try to avoid petrochemicals such as PVC PER and TPE which tend to be in the bright coloured cheap mats. Please do not dispose of old yoga mats, reuse wherever possible ie. Dog mats, bath toys, rug stabilizers, furniture foot pads, mouse pads etc.
- There is a 10 minute window of time between the doors opening and commencement of the class. I encourage you to make use of this space for transition into relaxation (diffuse traffic stress) and awareness. By minimizing speech, it begins the journey inward... of course, it is vital to communicate to me whenever there is a need, but please minimize gossip!
- Wear loose comfortable clothing. Thin layers are best as you can add or subtract them during the class. Avoid wearing jeans.
- If you are uncomfortable sitting cross legged, then there are bolsters and chairs to make yourself comfortable.
- Please remove all jewelry and avoid wearing perfume, and using hairspray. As you progress in Yoga your sensory awareness, particularly your sense of smell is enhanced. Some participants may also have allergies.
- If you cannot attend a class, please advise me via a text or quick call.

Moving into Mindfulness

This 75 minute class will help refine your self-awareness and cultivate more presence in your life beyond the yoga mat. Yoga MINDBODY class awakens the union of body breath and mind, following Hatha Yoga principles.

There is an emphasis on meditation, both in motion and stillness, so yoga can 'do you', rather than 'you do' yoga. What makes this class unique is we simply give more attention to the process, and respond more expressively to our bodies insights moment to moment.

Like in all Kendras classes, emphasis is on the natural, gentle and fluctuating breath. In this way you begin to see how our breath and mind are intimately related. But firstly mindfulness needs to be cultivated in the body with the breath

being a guide for the movements and an anchor for the mind. This is where you will begin to experience movement in stillness, and stillness in movement.

Why is this so important?

In the stillness, we can experience our true self. So much of our thoughts and actions are conditioned and habitual. The mindfulness practice helps you to see this conditioning, and in seeing this you can begin the process of freely choosing how to respond, rather than blindly reacting. Freedom.

Occasionally there will be insightful discussion and reflection on the language of an asana and yoga philosophy.

Please consider the following;

- All yoga postures are optional and you have the freedom to do any posture that feels best for you. You are the expert of your own body!
- Perfection of a posture is not the goal in Mindfulness Yoga. Focus on what you can do not what you can't.
- Moving into and out of asanas (postures) are just as important as the asana itself.
- Communicate to Kendra whenever you are uncertain... quite often emotions can bubble to the surface for no apparent reason and you may not be the only one experiencing it! Go to a restorative posture, get grounded over a bolster, breathe and let it go.
- If Yoga philosophy interests you then please speak up.
- Always work following the principle of 'Ahimsa' non-violence and a connection to the whole.
- Be playful with your body. Explore new movements... feel more and think less.
- It is common when commencing a healing practice like Yoga to experience some slight discomfort and unease for 24 hours after the class as your lymphatic system can begin waste removal. Please communicate with me.
- As you begin to open and move the body, it is natural for the body to want to release its tensions. Experience and trauma can get locked in the bodies, and the wholeness of yoga supports these natural releases. This can be in the form of shaking, crying, coughing etc. Simply support these releases by coming into child pose or a safe posture. This has happened to most of us at some point. You are not alone! A new found freedom will follow.
- Don't be afraid to bring along extra pillows and props to support your intuitive adjustments.
- Practicing everyday makes all the difference.
- This class is suitable for beginners who don't have any chronic health problems, and more advanced students who are looking to deepen their practice. It is a natural progression from the YOGA RELAX Class, for those ready to widen their experience.

A beginning is always a time of experimentation so try to cultivate an open mind. I am quite confident that you will find what you are looking for, because Yoga can meet so many different needs.

If you have any further questions, please don't hesitate to call.

Om Shanti (universal peace)

Kendra