

JANUARY, 2010 NEWSLETTER.

Thank you to all our students and friends for a wonderful 2009 and we are looking forward to an even more exciting New Year with more classes and workshops and ways to promote greater health, relaxation and happiness.

Jodie McNamara will be conducting a class for children age 7years to 11 years and that is just the beginning for the young people interested in the practice of yoga as we have plans to create classes for teenagers as well at a later date.

The Relaxation, Meditation, Kirtan and Master Classes will continue monthly and there will be a Yoga Study Group for those who have requested to know more about Yoga other than attending a weekly class. We will be covering topics like the Yamas and Niyamas, The Gunas, The Chakras and Koshas. All who have an interest are welcome to attend.

Each Yoga class is conducted by Judy Morgan and assisted by either Sari, Jodie or Renee, all qualified yoga teachers. This makes sure we give you the best attention in the class and assist you where necessary. Some classes are larger than others and in that case there are two assistants. It is important that everyone feels safe and cared for during the classes.

Yoga contains the means to manage our day
to day existence and in so doing so deepen our
awareness of the Self and the World around us.

Swami Niranjanananda Saraswati.

Yours in Yoga,

Judy Morgan. (Swami Karmashakti Saraswati)