

The classes for term one were very well attended and we are looking forward to term two  
Thank you to all of you who have rebooked and welcome to our new students.

In February I attended a Professional Development Workshop for teachers with Jodie and Sari.  
The topic was Teacher Burnout. After attending the workshop I decided the theme for the classes in  
Term two would be CREATING BALANCE AND HARMONY IN YOUR LIFE.

We all tend to rush and do so much in our lives and forget we need space for mental and physical health.

Why not try playing a Yoga Nidra C.D. each day for say two weeks and see the difference it makes to your stress  
levels and quality of sleep.

Those of you who attend meditation classes could also benefit by setting aside 15-20 minutes each day for the  
practice of Stillness Meditation , also available on C.D.

Then there is the Stretch and Relax C.D. for those who are new to yoga or those of you who like a gentle practice to  
to maintain flexibility, balance and strength.

The children's class with Jodie recommences on May 1<sup>st</sup> at 9.00am. It was a joy to see the children practising yoga  
postures and learning breathing and relaxation techniques. I know the children also had lots of fun learning to  
visualise, develop their creativity and improve their self esteem.

After the success of the Friday evening workshops last term there will be workshops on Stress Management,  
Relaxation and Introduction to Meditation, A Study Group and Meditation and Kirtan.

“Quietness of Mind, Self Harmony, Loving Kindness, and a Pure Heart:  
This is the Harmony of the Mind. “

Bhagavad Gita. 17-verse 16.

Wishing you all good health and happiness.

Om Shanti,

Judy Morgan  
(Swami Karmashakti Saraswati)