

WELCOME TO LIVING BEAUTIFULLY NEWSLETTER TERMS 1 AND 2, 2011

Terms one and two have been very busy with classes in Wallacia, Glenmore Park, North Penrith and Cranebrook for adults and the children's class on a Saturday morning at Cranebrook.

We have also had two study group sessions Exploring the Chakras and two Relaxation and Introduction to Meditation classes which were all well attended.

In March I was invited to give six yoga classes to Multiple Sclerosis sufferers and Jodie and Sari came along as volunteers. It was a wonderful experience for all of us as those attending the classes were suffering from M.S. in different stages and all were so positive and happy during the session. Some were in wheelchairs and the class consisted of postures in a chair and using a chair for support for balancing and standing postures.



Now that we are in the season of colds and sinus infections plus increased pollution, the practice of Jala Neti, nasal cleansing is important. Jala Neti, or just Neti as it is more commonly called in the West is a process by which a special pot called a lota is filled with warm salted water. This pot has a long straight spout on its end and can be made from ceramic, glass, stainless steel or any other material that won't contaminate the water. At the moment we have plastic lotas from Satyananda Mangrove which are wonderful for traveling. Jala Neti removes mucus and pollution from the nasal passages and sinuses,

allowing air to flow without obstruction. It helps to prevent and manage respiratory tract diseases and helps to relieve allergies, colds and sinusitis. If you wish to learn this cleansing practice you can contact Living Beautifully.

On the 17th of September we are having an afternoon workshop with Linda Bates who is a Herbalist, Nutritionist and Reiki Master. Linda gave a workshop for Women in 2006 at Living Beautifully and the feedback was so good we have invited her again, this time for men and women. The topic for the workshop will be the Digestive System and we will also be exploring and tasting herbal teas for health and wellbeing. More information and a flier will be available during term three.

As you continue with the practice of yoga you will find it contains all the tools, techniques and philosophy to help you face life with strength and equanimity and gives you the ability to connect and be at peace with your own inner strength.

Wishing you good health and happiness.

Yours in yoga,

Judy Morgan (Swami Karmashakti Saraswati)