

## Karma Yoga News letter

How you have helped us to stay on the path of YOGA.

- Your regular presence in the studio, week in and week out, have inspired us to stay in our commitment to ourselves through yoga.
- Those of you who leave here transformed after a yoga session, with a bounce in your step and a light in your eyes, keep us inspired to stay on the mat. Because with a regular practice, one maintains the benefits of yoga - so it is easy to take for granted or forget just how profound the benefits are, and we are reminded of them in you.
- Those of you who have shared your stories with me, remind me to rejoice in the little gifts or profound awareness that yoga brings
- Those of you who by being here, are part of the Karma Yoga Centre; a big thank you for your support and commitment to Yoga this past year

We look forward to sharing this magical journey with you again this year. We realise it takes commitment to yourself & us, and that it is often a struggle; often the hardest part is actually getting in through the door when life challenges that commitment you made to yourself - we honour you for making this gift to yourself a priority.

Hopefully you are all feeling refreshed, rested and ready to continue in health and vitality.

See you all on the mat on Monday 17<sup>th</sup> January

Namaste [all that is blissful and beautiful in me, bows to and honours all that is blissful and beautiful in you]

## Food for thought

### **Change is an action:**

You cannot change anything without actually making some change - it might mean changing how you think about something, or actively changing the kinds of decisions you keep making for yourself. So if your plan this year is to get/stay fit and healthy, mentally emotionally and physically, then you will have to do something about it...

A small step is to begin [again] at least 1 yoga class a week.

Regularity is far more important than erratic behaviour, and also will yield much better results. A big step is to take a monthly contract of unlimited classes and come as often as possible for the next few months, to really see the most amazing changes in your body & mind!

We offer once a week packages, twice per week packages and of course our unlimited package - so take charge of your life make a decision and we will try to help you stick to it.

A very big thank you to all of you who participated in all the extra classes that were put on during the December holidays.

As you have heard from us, this was done as “karma yoga” to raise funds for the Dongyu Gatsal Ling Nunnery of Tenzin Palmo in Tibet.

- A very big thank you to Clive and Sara Unsworth, who very generously donated R1000
- From those who attended yoga classes during December and put their money in the “donation box”, we collected R970
- And another sponsor donated R600

Thank you so much!

The amount collected of R2,570 is sufficient to sponsor one nun for one year at the nunnery.

The Nunnery really needs our help - if you would like to read up more about the place, or if you would like to sponsor a nun of your own for a year please, go to:

<http://tenzinpalmo.com/index.php>

Have a look at our website under gallery and check out all the fun photos from our trip to India during November 2010 [www.karmayogacentre.co.za](http://www.karmayogacentre.co.za)

Some exciting new equipment is coming into the Karma Yoga Centre soon to enhance your yoga experience in 2011..... so watch this space!

John Homewood will be coming to the Karma Yoga Centre in March of this year to do some more talks - you will be notified as soon as details are available

For those of you who attended his last workshop in late November, will agree a truly inspiring speaker - so don't miss out! Diarise March & contact all your friends

If you would like to read up more about Johns work please go to

[www.wisdomtonourish.co.za](http://www.wisdomtonourish.co.za) And remember, when John visits, bring along your wallets or purses. He brings along an amazing range of books, DVDs & CDs

## **Please note !!!**

**As from 1<sup>st</sup> January 2011 we have a new bank account please make banking transfers directly into the new account number below.**

**The banking details are:**

**Investec Private Bank**

**Acc: 10011369569**

**Branch code: 580105**

**M Vorster**

## **A thought for the year:**

*I know this will be a happy year! Easily release any old habits that are keeping me tied to the past. In the beginning of this new year of 2011, I want to move slowly and carefully, making sure that all my choices support the new pathways I want to take. I choose thoughts that make me feel good about myself, as well as others. I select foods that support my healthy body. And I make the decision to be with people who enhance my life. What a great way to begin the year!*

**Louise L Hay**