



Karma Yoga Centre

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Hallo all

We are well and truly in the midst of our winter down at the coast [really, it's the end of July] and I am sure you will agree with us at the Centre, it has not been a bad one so far.

The mornings are getting lighter and brighter and the evenings are definitely lighter for longer so roll on summer!!!

It's time to think of getting off the sofa and onto your mats

We have decided, for various reasons, to change from our original card contract structure, to a monthly fee as from the 1st August 2010

All old contracts will be honoured by transferring the balance of the classes still outstanding on the contract to the monthly system. The balance left on your card will be deducted from the first month's payments - August

You will see that if you do a comparison as to the old contract pricing and this new method, you will not be paying any more for your classes - in most cases you will be paying less!

This will make it much easier for us at the Centre to monitor the activities and handle the admin.

We hope you like the idea - this was requested by a number of you as a preferable option.
We listened!

Why YOU! need yoga

Yoga is the best all-round exercise you can give yourselves.

The body and mind are strengthened by combining yoga poses with breathing techniques.

Introducing yoga just once a week offers huge benefits

- Yoga is for all ages young and old
- Yoga is for the fit and not so fit
- Yoga is for the flexible and not so flexible
- Yoga is for all cultures and religions
- Yoga is for all shapes and sizes

Yoga is for you !

Do you want to improve flexibility and joint mobility?

Do you want to build strength and stamina?

Do you want to lose weight?

Do you want to firm up and tone your body?

Do you want to reduce your stress levels?

Do you want to sleep better at night?

Then you need yoga!

Movies:

As usual, start time is 5:30 pm, bring friends and enjoy a cuppa soup &/or green tea with your movie for only R20 pp

- 24th August 2010
 - The Living Matrix

If you missed one of monthly movies, get 3-4 people together and make a booking at your convenience - and we will re-screen it & invite others!

At home in the present moment

The present moment is your home. Do you feel at home in the present moment?

“I HAVE ARRIVED, I AM HOME” is the practice of being, rather than doing. This means you don't put something in front of you as an object of pursuit. What you are looking for is already here. You already are what you want to become. Don't try to be someone else. You are wonderful as you are. You are always looking for something outside of yourself. You are always looking for happiness in the future. You are not capable of finding it in the present moment. You have to learn the art of living happily in the present moment. If you cannot be happy now, you will not be able to be happy later, because later always comes as now!

Take a piece of paper and write down all the conditions for your happiness that are already present. There is a paradise of sounds, colours and shapes all around you. But you don't treasure these existing conditions of happiness. You are looking for other conditions of happiness like money, wealth, success, fame etc. You don't have to go anywhere else to be happy. Conditions for your happiness are all around you. You just need the eyes to see them.

Happiness is here and now - not a distant goal in future. Our true home is in the present moment. To live happily in the present moment is a miracle. If you can breathe in and out and live in the spirit of “I have arrived, I am home, in the here and in the now”, you will notice that you are becoming more solid and more free. You have established yourself in the present moment, at your true address. Nothing can push you to run anymore, or make you so afraid. You are free from worrying about the past, and you are free from your worries about the future. Only a free person can be a happy person. The amount of happiness that you have depends on the amount of freedom that you have in your heart.

“I have arrived, I am home.” You have the capacity of living happily in the present. You know that life is only available in the here and now. You are content in the present moment. The energy that used to push you to the future, or to pull you back to the past is no longer an obstacle. Your happiness is here and now, not in the future. When you are present, you become present to life, in touch with life, inside and outside. You become fully alive. And to be alive is the greatest miracle. Breathing in, you can touch the miracle of life. Breathing out, you can touch the wonders of life all around you.

You can touch the Kingdom of God, the Pure Land of the Buddha here and now. You can touch it now - you don't have to go to the future, you don't have to wait until you die. Peace, immortality, nirvana is found in the present moment. This is it! If you have enough freedom and insight, you can touch the Kingdom of God, the Pure Land of the Buddha. You don't have to go anywhere. Everything you are looking for is right here, right now. Nirvana is not meant to be a separate place - it is here and now. Heaven / the Kingdom of God / the Pure Land of the Buddha is not a separate place - it must be found on this earth. - Extract from: Thich Nhat Hanh teachings during the Breath of the Buddha Retreat, June 2006 at Plum Village Monastery in France

New pricing
Monthly contracts

1 class per week → R150 per month

2 classes per week → R250 per month

Unlimited classes = R350 per month

Walk in/once off = R50 per class

Private Sessions R150 per hour (at studio)

Terms & conditions

All monthly fees are due on the first day of every month
Monthly classes are not transferrable if classes are missed, no refunds will be given if public holiday in that month, there are sufficient classes for students to make up there time

Now that summer is on its way, a lot of people have requested that some of the classes be reinstated again so..... **GOOD NEWS!**

As from the 1st August 2010 we are doing a class on Thursday morning 8.00 to 9.00 am This class will be an intermediate class catering for all levels; so you Gentle folks can join in on this class. Modifications of assanas will be done and various options will be discussed as needed.

The previous gentle class on Thursday mornings from 9.30 to 10.30 am and the Kundalini class on Wednesday evening 5:30 to 6:30 will still not be re-instated at this stage until more interest is shown. It's up to you.....
See "new" time table below.

**Karma
Yoga
Centre**

**Weekly
Class
Schedule**

**Karma
Yoga
Centre**

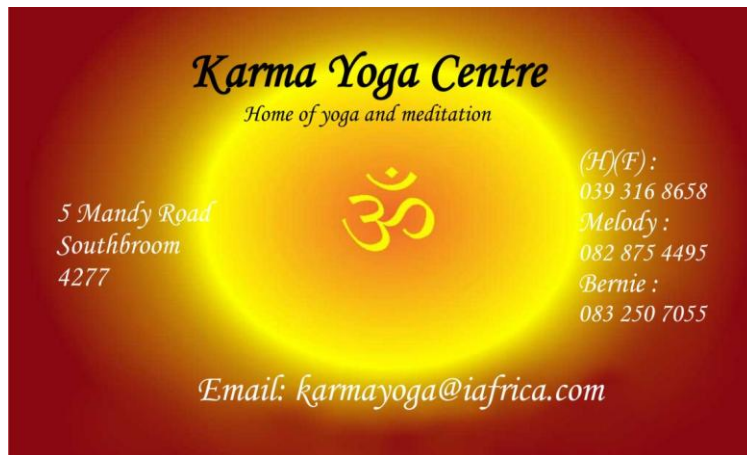
Monday	Tuesday	Wednesday	Thursday	Friday
	08:00 to 09:00 Hatha Yoga		08:00 to 09:00 intermediate Yoga	08:00 to 11:00 Self- practice And Meditation
	9:30 to 10:30 Gentle Yoga	09:00 to 12 noon Self- Practice And Meditation		
17:30 to 19:00 Hatha breathing yoga			17:30 to 18:30 Hatha Yoga	

We reserve the right to cancel classes due to poor attendance

If only 1 student in class, then self-practice

Please support a petition started by George Wright from Pam Golding in Southbroom. He is trying to get airlines to fly into Margate to prevent those long drives to King Shaka. If you agree

**with this petition, please visit our Southbroom library
and sign up! Before the end of July!!**



Winter Special

**Discount on Far Infra-Red sauna only R400 for 5-session card
[usual price R450]**

But that's not all!

With every card purchase in July & August you will receive a bottle of aromatherapy oils specially formulated for your needs to take home.

Don't delay, book today!



Insomnia, aches, colds, hypertension, arthritis, detox, joint pain, depression, anxiety, and more. FIR is great for weight-loss – so burn off that winter fat! Speak to Melody for your special needs.

She will also provide special oils for each session in the FIR as per your individual needs

Also listen to relaxing music and enjoy colour therapy during your sessions

For more information visit www.karmayogacentre.co.za and follow the links –or go direct to www.bodyology.net

Yoga Mats

We have Mango yoga mats and biodegradable mats for sale at the centre

Mango mats are R200

Biodegradable mats are R380

And mats on special for R150 and R125

We have a selection of colours ranging from lime green to red & to earth colours

The studio yoga mats that are available for use in the studio are meant for first timers, who just want to try out yoga, and are not provided to be used on an on-going basis by regulars. So please purchase your own mat at the centre.

It is also hygienic & much nicer to do your practise on your own private mat

We have placed a basket at the door of the studio where all regular students may leave their mats if they choose - or you may still take yours home

Also available at the centre are yoga bags to carry your yoga mat to and from classes

Have a look at our range.....

Chamtrul Rinpoche will arrive in Southbroom on Wednesday 11th August and depart on Monday morning 16th August

His visit will be in three parts - some rest & relaxation, and 3 day's worth of talks. Those who wish to do so, can turn the time spent here into their own personal retreat:

Absolutely final closing date for booking and all payments is Friday 6th August 2010

**Banking details:
B & M Vorster
Nedbank
Branch 168405
Acct# 1684 038065**

Bookings have reached 42 out of a potential of 60 over the three days [with 5 people still undecided....] - so hurry, hurry, hurry!

Part 1:

- When? Thursday 12th August
- Time? 10:00 am to 4:00 pm
- Breaks? Lunch & teas
- What? The 4 Noble Truths + The Law of Cause & Effect [known also as KARMA]
- Cost? R300 per person

Part 2:

- When? Saturday 14th & Sunday 15th August
- Time? 10:00 am to 4:00 pm
- What? Union of Bodhicitta & Emptiness
- . Compassion [Buddha of Compassion]
- Cost? R300 per person per day = R600 for week end
- Breaks? Lunch & teas

Basic daily programme for the 3 days teachings:

- Session 1 will be from 10 until 12:30
- Break for 1 hour lunch for a vegetarian lunch
- Session 2 will be from 13:30 until 16:00

Part 3:

So, Rinpoche will be free on Wednesday afternoon and Friday to do a little local sight-seeing. Please visit his website at www.chamtrul-rinpoche.com

Please feel free to call us for more information or visit our website at www.karmayogacentre.co.za

ACCOMMODATION:

Coral Tree Colony B&B is available across the road [50 meter walk] for anyone who wishes to stay over

Check out their website at www.thecoraltree.com or call 039 316 6676

- Coral Tree Colony has kindly offered a discount to us
 - B&B single is usually R650 now @ R500 single B&B per day
 - B&B sharing is usually R495 now @ R400 double B&B per day
pp
 - Both single & double options less R30 per day per person without breakfast
- Alternatively, we have a house for rent at R1,500 per day [accommodation only - self catering] which sleeps 6 sharing. This works out to R250 per person per day. All we need to do is get 6 people together to share!
- House and B&B are within walking distance [300 m] of small village with a supermarket and restaurant and 50 m away from Karma Yoga Centre - and only 1km to the beach

First aid course

The first aid course that took place at the centre last month was a huge success, so much so we are planning another - probably some time in September. So if you missed out or are interested, please contact us so we can put your name down
Cost is R500 for the two-day course [8:00am - 4:00pm] including a manual and certificate
This will qualify you to Level I in first aid

Time to get on the mat!!!
See you soon....