

## *Karma Yoga Centre*

*5 Mandy Road, Southbroom, 039 316 8658  
Melody: 082 875 4495 - Bernie: 083 250 7055*

*Newsletter #10  
Oct to Dec 2010*

### **NEWS:**

Please find below the new weekly class schedule which applies from 1<sup>st</sup> Oct 2010 until the end of the year

### **AWAY/TRAVELS:**

Melody & Bernie will be away on retreat in Sikkim [northern India in the Himalayas] from 24<sup>th</sup> October 2010 to 17<sup>th</sup> November 2010 inclusive. During this period ALL the classes except Thursday mornings at 8:00 am will be as normal with Sally or Diego in attendance. Thursday 28<sup>th</sup> October class at 8am as usual with Sally

But Thursday 8-9 am classes cancelled for the month of November  
Evening classes will be taught by Sally as well as Tuesday 8:00 am  
Morning 9:30 am on Tuesdays will be taught by Diego

Due to us being away, if you are making your monthly payments via internet banking, please would you bring proof of payment in to the studio and give it to Sally or Diego as they do not have access to the bank while we are away. This will help a great deal with the admin in our absence

### **December Holidays**

This will be our first Christmas in Southbroom since moving here in July 2007, so we would like to know from all you yogis:

Who is interested in continuing with their yoga practice over the December holidays?

Please let us know.

### Meditation news:

We have started up meditation classes again - now every Wednesday evening at 5:30 to 6:30 pm - Except the weeks noted above while we are away in Sikkim in Rumtek Monastery being “filled up” with teachings 😊

### Visiting Tibetan Lama Report Back

We hosted Chamtrul Rinpoche in August and around 40 people attended over the 3 days - some from Durban and some as far as Cape Town. Rinpoche indicated his willingness to come back to Southbroom in 2011 if invited back & the interest is there

Check out the pictures on the website [www.karmayogacentre.co.za](http://www.karmayogacentre.co.za)

### My Health & Beauty:

Please see the latest issue of this magazine for news on yoga down the KZN coast. The price is now R10 a copy, with R1 being donated to CANSA. Please support this initiative as Lora, Theresa & Tracy as they to give our coastal people more information on goings on in Health & Beauty as well as education on various topics. Let's help them to make it what WE believe it should be with our positive hearts.

### Weekly Yoga Class Schedule Oct to Dec 2010

We reserve the right to cancel classes due to poor attendance

If only 1 student in class, then self-practice

Monday	Tuesday	Wednesday	Thursday	Friday
	08:00 to 09:00 Hatha Yoga [Melody]		08:00 to 09:00 Hatha Yoga [Melody]	08:00 to 11:00 Self- practice
	9:30 to 10:30 Gentle Yoga [Melody]	09:00 to 12 noon Self- Practice		
17:30 to 19:00 Hatha Yoga [Melody]				
		17:30 to 18:30 Meditation [Bernie]	17:30 to 18:30 Hatha Yoga [Melody]	

### **Self-practice:**

Reminder! Do not forget the studio is open for self practice on Wednesday & Friday mornings. Karma Yoga Centre is a beautiful space for you to spend time quietly on the mat exploring your mind & your body in whatever way you wish. Come & enjoy the sacred space with incense & relaxing music. No fee is charged for self-practice. However Dana [donation] is always welcome & goes towards sponsoring young nuns in the nunnery in Tibet as before.

### **Terms & conditions - Monthly payments**

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, if classes are missed students are permitted to make up for their classes during the month, but will not be carried over into a new month!

### **On special in our shop**

Meditation cushions and stools are all on special

Stool was R120 now R100

Cushion was R200 now R185


Incense small R15 Large R25

We also have a wide selection of prayer flags, mala beads, deities, books and CDs - pop in and see what we have [ideal little gifts]

Far inferred

*Karma Yoga Centre*  
*Home of yoga and meditation*

5 Mandy Road  
Southbroom  
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# 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 until 31 December 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](http://www.karmayogacentre.co.za) and follow the links -or go direct to [www.bodyology.net](http://www.bodyology.net)**

*The Invitation*

*By Oriah*

It doesn't interest me what you do for a living  
I want to know what you ache for and if you dare to dream  
Of meeting your hearts longing

It doesn't interest me how old you are  
I want to know if you will risk looking like a fool for love  
For your dream for the adventure of being alive

It doesn't interest me what planets are squaring your moon  
I want to know if you have touched the centre of your own sorrow, if you have been  
opened by life's betrayals  
Or have become shrivelled and closed from fear of further pain

I want to know if you can sit with pain  
Mine or your own without moving to hide it or fade it or fix it

I want to know if you can be with joy mine or your own  
If you can dance with wildness and let the ecstasy fill you  
To the tips of your fingers and toes without cautioning us  
To be careful, to be realistic to remember the limitations of  
being human

It doesn't interest me if the story you are telling me is true  
I want to know if you can disappoint another to be true to yourself if you can bear the  
accusation of betrayal and not betray your own soul if you can be faithless and therefore  
trustworthy

I want to know if you can see Beauty even when it is not pretty every day and if you can  
source your own life from its presence

I want to know if you can live with failure yours and mine and still stand at the edge of  
the lake and shout to the silver of the full moon "YES"

It doesn't interest me to know where you live or how much money you have I want to  
know if you can get up after the night of grief and despair weary and bruised to the  
bone and do what needs to be done to feed the children

It doesn't interest me who you know or how you came to be here I want to know if you  
will stand in the centre of the fire with me and not shrink back

It doesn't interest me where or what or with whom you have studied I want to know  
what sustains you from the inside when all else falls away  
I want to know if you can be alone with yourself and if you truly like the company you  
keep in the empty moments

*By Oriah*

*Mountain Dreaming*

# Movies in Q4 2010

## @ Karma Yoga Centre

Tuesday evenings at 5:30 pm

*Donation of R20 pp includes soup*

19th Oct	The Nature of Reality	Bigger Questions: How does one define Reality?
30th Nov	Jonathan Livingston Seagull	Academy nominated to lift your spirits & make your heart soar. Based on the award winning book by Richard Bach
Dec TBA	Life, Death & Rebirth	The story of Reincarnation