

May Yoga Ishta Style Newsletter

Having spent the first few days of May in Munich doing a workshop on AUM with my teacher Rachel Zinman, I feel inspired to have consolidated some of the things I know on the vast topic of yoga and humbled to have had the experience to learn more and meet wonderful people. In the workshop we uncovered AUM- as a symbol, and as a sound which is often chanted in a yoga class to unify the group and help us discover our true nature.

One of the things Rachel said was that when you start to study the vast world of yoga it seems that the more you learn, the less you feel you know. Rather than getting discouraged from continuing on a journey of yoga however, I think we need to realise that all of the ideas and philosophies in yoga were borne from yogis having experienced them physically in their bodies and on a more subtle spirit or energy level in meditation and pranayama.

So I'd like to invite you to have your own individual experience, since the Sanskrit word for individual is ISHTA- in each Ishta Style Yoga class you are encouraged to listen to your individual self.

WORKSHOPS and CLASSES IN LONDON ARE LISTED BELOW

- 1. Early Tuesday morning yoga classes in Hammersmith**
- 2. Pregnancy Yoga Thursdays**
- 3. Chakra Workshop Wednesday May 14th 6.15pm**
- 4. Community Yoga in Ravenscourt Park**

******* SPRING INTO SUMMER- a 6 week early morning course. Each Tuesday 7.00- 8.00am starting from June 10th - July 15th. At Hammersmith Fitness First 26-28 Hammersmith Grove, W6*******

Make a commitment to yourself and commit to an early morning Ishta Style yoga class to spring into summer. Raphaella will combine energising and strengthening poses to open the body and stimulate the mind. Classes are open to all levels and to non-members of Fitness First.

Cost: £40 for all 6 weeks (£8 saving) or £8 for drop-in.

For enquiries or to book your place, call me on 07806 274 202 or email me.

******* PREGNANCY YOGA started and continuing *******

Thursdays 19 :45- 21:00- Revival, 227- 229 Chiswick High Road, Chiswick, W4, drop-in, 0208 994 8582 to reserve place or for enquiries.

Provides a space to nurture yourself, your changing body and baby.

Classes will include gentle asanas to open, strengthen and stretch your body along with breathing and relaxation techniques to prepare for birth. Suitable for beginners.

******* CHAKRA WORKSHOP Wednesday May 14th 6:15pm- 7.45pm at Go-Yoga *******

Please book with Go-Yoga on 0208 740 1989 or email me for more details.

Workshop Details: Chakras are energy centers which connect between our subtle and physical energy systems. They affect us mentally, physically and emotionally. To live a more balanced life in these aspects, we can fine tune our chakras through yoga. In this 1 1/2 hour workshop you will learn the basics about the chakra system philosophy, and how to empower and harmonise the chakras through Ishta-inspired yoga asanas, pranayama, and a chakra meditation

******* COMMUNITY YOGA in Ravenscourt Park - 1st Saturday of every Month starting June 7th 2.30pm – 4.00pm*******

Details: In the spirit of community and getting outside when the weather is fine (let's hope it lasts!), I am starting monthly yoga classes by donation...followed by a picnic in the park. 'Kula' a term adopted from Anusara yoga basically means community. So to start our community, it would be great to get to know you by sharing a yoga class then a picnic. Feel free to bring friends along, and a plate to share after class.

Location: Shady grass area behind the Ladybird Pre-school, Goldhawk Road entrance. Weather permitting, call beforehand if in doubt 07806 274 202

Bring: Your own mat and something to share for after class.