

NAMASTE MY DEAR YOGI FRIENDS!!

I hope you have had as great a start to the year as I have, let's make 2015 a ripper!! I missed you all in the break (which already seems forever ago), and love seeing all your faces each week and soaking up your beautiful energies.

A big welcome to the new yogis for 2015, I hope you enjoy the wonderful, friendly vibes created by the existing yoga students. Yoga is a great way to take a little bit of time just for you, without interruptions or the demands of technology and devices. Indulge and enjoy. Please listen to your body and feel free go at your own pace, as yoga is a non competitive practise.

RECIPE ALERT!! Late last year I released Mum's secret Christmas cake recipe, which was a great cooking success for those of you who gave it a whirl (including me). In this newsletter, I thought I'd also pop in Mum's secret sponge recipe, which is divine as well. It's not exactly a health recipe (whoops!!), but it's too good not to share, and Mum would always whip one up for birthdays and celebrations. It must be really delicious, as I'm not normally a sweet tooth at all.

It's so great to have Daph back on the door at the Wed & Fri morning classes with her beautiful smile to greet everyone again after losing her beloved Graham late last year. Tuesday morning we have the lovely Anne, and Tuesday night my little daughter Saffy works the door. Thankyou to all.

ELS'S SECRET SPONGE RECIPE (MAKES TWO)

<p><u>MIX ON HIGH IN A POWERFUL STAND MIXER FOR 15 MINUTES:</u> 4 EGGS 3/4 CUP CASTER SUGAR PINCH SALT 1 TEAS VANILLA</p>	<p><u>SIFT THREE TIMES:</u> 1 TBLES CUSTARD POWDER 1 CUP CORN FLOUR 1 TEAS CRÈME TARTAR 1/2 TEAS BICARB SODA</p>
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METHOD

***Gently fold the dry ingredients into the wet mix with a wooden spoon until mixed well.**

***Prepare two cake tins by rubbing entire interior with a layer of butter and then pop a small amount of corn flour in to shake around to give a thin coating over the butter.**

***Bake in a mod oven (175 deg C) for 20- 22mins. Test cake is cooked with a skewer.**

***Turn out onto a cornfloured teatowel; allow to cool and slice each cake in half horizontally to add freshly whipped cream and icing. Top the icing with strawberries or passionfruit.**

ICING

Melt butter, mix with icing sugar & hot water till it's a nice consistency for icing.

CREAM IN CENTRE

Whip cream with 1 teas vanilla, 3 Tbles icing sugar (soooo not a health recipe.....!!!).

A measure of health is what you take two at a time:
Pills or stairs?

HaHa!!!

A stressed-out doctor spotted Doug the hypochondriac sitting in the surgery waiting. 'Not again, Bob,' said the overworked GP. 'You were here on Monday AND Tuesday afternoons, and now on Friday morning?' 'Yeah sorry doc', replied

Doug,

'I couldn't make it yesterday, I was ill.'

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SANTOSHA- practicing yoga for mental health as well as physical.

Yogis are aware of the joys of positive thinking, whether it is in noticing beauty in the simple things around you, or finding the beauty inside others. It is also trusting in life, knowing that even in times of great challenge, there is a higher purpose which may or may not be revealed later. It is also taking responsibility for everything in our lives, not blaming outside forces for any perceived lack of success. One of the eight limbs of yoga 'The Niyamas', has a branch called Santosha, which is interpreted as total contentment with our life as it is right now, without feeling, 'I'll be happy when 'x' happens, or when I can buy 'x''. It is in finding the greatest happiness, the underlying joy that cannot be shaken by life's tough moments, injustice, hardship or bad luck. Lets all decide to take full responsibility in being happy right now no matter what.

*****'**BRILLIANT LIES**' by David Williamson (adult themes)

For those of you who enjoy seeing local amateur theatre performances, I have a part in the next Tweed Theatre Company's play called 'Brilliant Lies', an adult comedy/drama. It will be performed at the Tweed Civic Centre on these dates:

APRIL Friday / Saturday 10, 11, 17, 18, 24, 25 at 7.30pm, Sunday 12, 19, 26 at 2pm
Adults - \$18 Concession - \$15, Tables of 8 - \$13 **BYO drinks & snacks** (cabaret seating)

Tickets online www.tweedtheatre.com.au, by ph 1800 674 414, or at the door.

Carpets

For carpet and upholstery cleaning, call Ian (Tuesday Night class), owner/ operator of FIBRETEC on 0414 505 018 or 07 55339021. Ian comes highly recommended, and gives prompt reliable service.

Massage

If you are in need of a beautiful massage, Jane (Wed and Fri class) is a qualified therapist, and is offering 1 hr massages as an introductory offer for \$50.

Please call Jane on 0412 772286 to make an appointment.

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YOGA SCHEDULE 2015

TUES 9.30 AM BURLEIGH HEADS AMATEUR FISHING CLUB, MIAMI

** Just past the swimming pool on the left going west on Pacific Ave*

TUES 6PM TUGUN VILLAGE COMMUNITY HALL, TUGUN

WED 9.30AM TUGUN VILLAGE COMMUNITY HALL, TUGUN

FRI 9.30AM TUGUN VILLAGE COMMUNITY HALL, TUGUN