

SPRING NEWSLETTER 2016

NAMASTE MY DEAR YOGI FRIENDS!! Well what a whirlwind it's been for several months, and now we find ourselves in beautiful Spring. Since the last newsletter my darling Mother Els Stewart has passed away (July 11th) at the age of 86, and we all miss her so much. She will continue to influence our lives forever as a walking testament to the practice of yoga and healthy living, as well as the ability to make all situations tons of fun.

I was asked to write her story for the IYTA (International Yoga Teacher's Association) magazine, 'International Light'. They wanted the complete story, so I told it as it happened, although it was edited a bit to fit the page. A copy is attached as I wanted to share it with those of you knew her as well as those who didn't, to provide an insight into the dedicated person who started these classes over 40 years ago. Mum was the first yoga teacher on the Southern Gold Coast, commencing in 1972 at Currumbin CWA (now the 'Gecko' hall) on a Tuesday evening. This class has continued all of these years and was transferred to Tugun quite a while ago.

I am honoured to be following in Mum's footsteps and sharing time with you wonderful people who are attracted to the practise of yoga. A big welcome to the new yogis who have joined our yoga family, and it's lovely how friendly and welcoming the existing yogis are. Thank you all.

Lynne Bray who built my website, recently came to the Friday class to take some shots for Google Maps to link to my site. She did a great job and if you open the 'Google Maps' app and search for 'Yoga Tugun' my location comes up as 'Yoga Gold Coast'. Some of you who were there that Friday might be interested in checking out the photos. If you get a mo' please rate the classes as Lynne said I need some reviews for my website's searchability.

CHRISTMAS BREAK

The last classes for the year are as follows:

TUESDAY MORNING: 13th December

TUESDAY NIGHT: 13th December

WEDNESDAY MORNING: 14th December

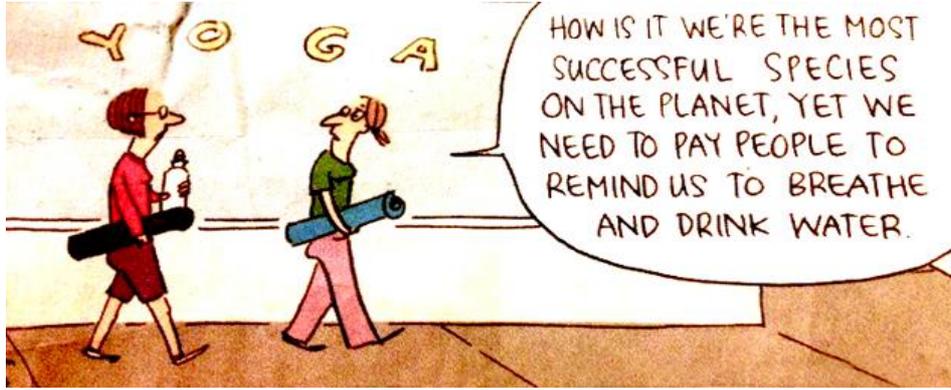
FRIDAY MORNING: 16th December

Classes will commence back for 2017 from Friday morning 27th January

*Tues morning & night commence 31st Jan, Wed morning 1st Feb



'Now just relax and feel your body slowly melting into the ground.....'



DELICIOUS HALOUMI SUMMER SALAD

Mix altogether in a large salad bowl and serve. A yummy summer light meal in itself!!

1 cup cooked Sunbrown quinoa and wholegrain rice mix (cooled) 1 capsicum sliced & fried in a touch of oil until softened & caramelised ½ cup corn kernels (freshly sliced from cob) 1 packet haloumi cheese, sliced & fried crisply 1 can cannellini beans drained	1 med packet baby spinach leaves 40g pinenuts toasted (in a pan on stove) 1 punnet cherry tomatoes sliced in half 1 TBLS freshly squeezed lemon juice Olive oil for dressing 2 spring onions finely sliced
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EGGCELENT NEWS FOR EGG LOVERS (FREE RANGE OF COURSE!!!)

Consuming just one egg a day reduces the risk of stroke by 12 percent, scientists say. A study, led by US scientists, also shows that eating egg each day had no association with coronary heart disease - the leading cause of death worldwide.

Researchers reached the conclusion by reviewing a host of studies published over a period of 33 years - between 1982 and 2015 - which involved more than 275,000 participants. They evaluated the relationships between eating eggs and coronary heart disease plus stroke.

Lead researcher Dr Dominik Alexander, of the EpidStat Institute, US, said research is needed to understand the connection between egg consumption and stroke risk.

But he added: 'Eggs do have many positive nutritional attributes, including antioxidants, which have been shown to reduce oxidative stress and inflammation. 'They are also an excellent source of protein, which has been related to lower blood pressure.'

One large egg boasts six grams of high-quality protein and antioxidants lutein and zeaxanthin, found within the egg yolk, as well as vitamins E, D, and A. Vitamin E has previously been found to reduce the risk of future heart attacks in people with heart disease while lutein may help protect against clogging of the arteries.

The findings lends further support to changes in the 2015 Dietary Guidelines, which now include regular consumption of eggs among protein choices.

Dr Tia Rains, from the Egg Nutrition Centre, said: 'This systematic review and meta-analysis underscores prior research, showing the lack of a relationship between eggs and heart disease and now suggests a possible beneficial effect of eating eggs on the risk of stroke.'

These findings were published in the Journal of the American College of Nutrition.

CARPET CLEANING

For carpet & 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.

Many thanks to Daph Wed & Fri morning, Anne Tuesday morning and Ian Tuesday night. And thank you to all for preparing the hall at relaxation time and for your smiles and bright energy. Love to you all, Lori xxxx

YOGA SCHEDULE 2015

- TUES 9.30AM RANSLEY DANCE CENTRE, MIAMI (Corner Ozone St & Paradise Ave)**
- TUES 6PM TUGUN VILLAGE COMMUNITY HALL, TUGUN**
- WED 9.30AM TUGUN VILLAGE COMMUNITY HALL, TUGUN**
- FRI 9.30AM TUGUN VILLAGE COMMUNITY HALL, TUGUN**