

NAMASTE MY DEAR YOGI FRIENDS!! The year continues to march on with discussions now turning to Christmas plans and holidays. I love school holidays and we're all looking forward to spending this Christmas with John's family who live in Perth. We're leaving Christmas eve for the (usually) scorching west!

Christmas Break

The last classes for the year are as follows:

Tuesday Morning: 15nd December

Tuesday Night: 15nd December

Wednesday Morning: 16nd December

Friday Morning: 18th December

Classes will commence back for 2016 from Wednesday 27th January

(Fri commences 29th Jan; Tues morning & night commence 2nd Feb, due to the previous Tuesday being Australia Day).

I'm hoping you will all be ok with the classes for 2016 sneaking up a couple of dollars to \$12 to cover costs (last rise was in 2006).

VEGETABLE MICROWAVE RISOTTO

(by Val Tues/ Wed morning)

This is a deliciously healthy and easy recipe. It was a great hit with my family with requests to make it more often!! Thanks Val xx

1 onion chopped	1 small zucchini chopped
30g butter	2 mushrooms chopped
1 tablespoon olive oil	1 tomato chopped
1 clove of garlic crushed	½ cup capsicum chopped
1 cup arborio rice	½ cup parmesan or tasty cheese
2 cups vegetable or chicken stock	chopped parsley.
	1- 2 dessertspoons teriyaki sauce

METHOD

*Place onion, butter, oil and garlic in a large microwave safe dish. Cover with lid and microwave for 3 mins on high.

*Stir in rice, blend in stock, zucchini, mushrooms, tomatoes and capsicum.

*Microwave covered on high for 15 mins. DO NOT STIR.

*Blend in parmesan and parsley.

*Stir through teriyaki sauce.

* If desired you may add in some chopped bacon pre fried to crisp in a pan, and a scrambled egg (fried rice style) to rest 2 mins before cooked.

Ha De Ha!!!!!!

A new yoga student enters the class:

TEACHER: Have you tried yoga before?

STUDENT: No but I do a lot of exercise, all day long in fact.

TEACHER: What type of exercise?

STUDENT: Well, I jump to conclusions, climb the walls, drag my heels, push my luck, make mountains out of molehills, bend over backwards, run around in circles, put my foot in my mouth, have mood swings, go over the edge, and beat around the bush, but I still can't seem to tone up!!

DOES YOGA REALLY KEEP YOU YOUNG?

This article was published in 'World of Knowledge' magazine.

For centuries, one technique has been used to stimulate the connection between the brain and the body: yoga. The distinctive poses harness the power of thought and even have positive benefits at a cellular level. Canadian researchers demonstrated this in an experiment at the University of Calgary. Breast cancer survivors who practiced mindfulness based meditation and Hatha yoga every day for eight weeks had healthier telomeres than those that did not. Telomeres are the protective protein strips at the end of chromosomes. Longer telomeres protect against disease. Using yoga, subjects managed to manipulate the structure of their DNA so that they aged more slowly than those in the control group!!

MY COLESLAW ADDICTION

A couple of you who know about my coleslaw addiction have asked the details of what I use. Every day for lunch I mix my favourite raw dry mix (Coleslaw Supreme in Coles, or Four Seasons mix in Woolies) with a forkful of 'Birch and Waite' whole egg mayonnaise. This is only available in Woolworths in the fruit and veg section, as it contains no preservatives and has to be kept refrigerated. I then sprinkle on top a little tasty grated cheese and some cashew nuts. It's a well balanced, filling lunch, and simply delicious.

Ha Ha

A pessimist says to the shop attendant, 'I was going to buy a copy of 'The Power of Positive Thinking', but then I thought, 'What good would it do?' (not a yogi!).

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The Importance of Posture

Having visited Mum in Currumbin Clinic quite a bit this year, I became very aware of how easy it was to pick those people admitted for treatment, from those who had popped in to visit friends or relatives. The thing that stood out a mile was posture. Those souls battling mental health issues often seemed to be slumped over with shoulders well forward, backs rounded and eyes to the ground. Visitors generally stood tall with their head held high. So I was very interested to read this recently in a science magazine:

Our posture has a direct effect on how we feel. A slumped body not only reflects negative thoughts- it also produces them. Researchers in New Zealand studied the effect of posture on mood. 'The upright participants reported feeling more enthusiastic, excited and strong, while the slumped participants felt fearful, hostile and sluggish', said the study's authors. Shoulders back everyone, and like they say, 'Chin up!!!'

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.

Nails & Tanning

Paige (my niece) is a talented, friendly nail artist (shellac and extensions) & spray tanner. She works from our home in Tweed Heads. Call or text 0477 430919 for an appointment.

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Many thanks to Daph Wed & Fri morning, Jules while Daph was away, Anne Tuesday morning and Ian Tuesday night. And thank you to all for preparing the hall at relaxation time. Love to you all, and have a wonderful silly season, Lori xxxxx

YOGA SCHEDULE 2015

TUES 9.30AM 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