

**NAMASTE MY DEAR YOGI FRIENDS!!**

Here it is mid winter already!! We have all enjoyed divine weather and hope it continues. I have started bringing the blankets again for our relaxation, feel free to grab one or two, or if you prefer, bring one from home. Also, please don't hesitate to bring a pillow for under your knees in relaxation, as it can be much more comfortable for some lower backs and hips whilst lying still on your back.

Everyone seems to be enjoying the planks just before relaxation, it builds some heat for the body for this time of year, as well as amazing core strength, the foundation of all movement. It's easy to presume that when we're moving, our extremities do most of the work, however most movement starts at the core centre and moves outward. A rock solid centre will lead to strong, pain free movements and leave you less prone to injury. So plank away!! You might even want to add it to your daily routine.

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**MAKE TODAY SO AWESOME, YESTERDAY GETS JEALOUS!!**

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**SPINACH & FETA HUNZA PIE**

This is another delicious recipe from Byron Yoga Centre's Cookbook!!

I cup cooked brown rice	2 cups (500g) ricotta
1 large bunch silverbeet	2 teaspoons salt
½ cup parsley	2 teaspoons black pepper
1 tablespoon fresh oregano	2 teaspoons nutmeg
1 tablespoon fresh basil	150 g feta cheese
	Pine Nuts

**METHOD**

- \*Heat oven to 180 deg C
- \*Discard silverbeet stalks, thinly slice leaves, place in large mixing bowl.
- \*Grate feta, reserve 1/3 and add remainder to rice and silverbeet mix.
- \*Place ricotta in bowl, add salt, pepper and nutmeg and beat together. Add the ricotta to the mixture.
- \*Grease a casserole dish and press the mixture firmly into it.
- \*sprinkle some pine nuts over the top as well as the remaining feta.
- \*Bake for 30- 40 minutes until the top is golden and the silverbeet is soft.

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**Ha De Ha!!!!!!**

*3 very focused yogis are doing meditation in a remote cave. One day, a sound is heard from outside the cave. After about 6 months, one of the yogis says, 'Did you hear that goat? Once again there was silence. About a year later, one of the other yogis says, 'That wasn't a goat it was a sheep. Again there was silence. About 2 years later, the third yogi says, 'If you two don't stop arguing, I'm leaving.*

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**THE PAST IS A FOREIGN COUNTRY WHERE THEY DO THINGS DIFFERENTLY!!**

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## BEING AWARE OF KEEPING THE BODY EVEN

It's important to become aware of our everyday movements, and to make sure each side of the body is doing its fair share of the work. Start tuning in to your body and notice if you are favouring one side, potentially causing problems which could lead to pain or discomfort.

Become aware if you:

- \*Sit evenly at the computer. Check your shoulder, head, hip and leg positioning.
- \*Do up zippers at the back of a dress/ top using a particular arm.
- \*Push up on one leg when you get out of a chair.
- \*Use one side when reaching up to high shelves.
- \*Read holding your head to one side.
- \*Carry your bag on one shoulder.
- \*Hold babies/ small children on one arm or hip.
- \*Sleep on one side.
- \*Cross your legs one way.

You will soon become more aware, and find that you start sharing the load, keeping everything even in many different situations. Let's get that lazy side working again!!

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## FUNNY!! MEDITATION STEPS FOR THE MODERN GEEK

- \* **In your mind's browser, clear your cache...**
- \* **Now delete your history....**
- \* **Now navigate to a blank web page and focus on it.**
- \* **Do not Google anything else in your mind whilst meditating.**

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