



MY YOGA
MY WAY

FEBRUARY

*MENTAL CLARITY -
EMBRACING SAMATA*

Hello MYMW Community!

Well look at me getting all organised and sending out my newsletter early in the month!! <insert smug face here! LOL>

February's Affirmation

All I Need Is Within Me

With February being the last month of Summer, we can begin to think about the change of season and what that means for us. Metaphorically speaking it could represent the opportunity to get ready for a new start in Autumn (March), a wiping of the slate so to speak. A time to refocus ourselves on things we've shelved or popped a pin in - you know the old "I'll get to that later....." type of thing.

It could also represent the winding down or closing of a chapter. Perhaps on feelings, emotions and thoughts about a particular thing, that you believe no longer serve you, consciously acknowledging all that was, and giving yourself permission to let it go or even better still, let it be.

During classes you would've noticed that I allow time to set an intention for our practice as we are finding our stillness....not only is it an invitation for you to set the tone or feeling (Bhavana) for your time in class, but on a deeper level, it helps to seek out clarity and focus bringing us to a more balanced mind. This is called Samata.

So with that in mind, our theme this month is Mental Clarity - Embracing Samata.

A wonderfully simple quote:

"Clarity Is Not Found Through Intellect, But Experienced In Stillness"
Buddha

Things we can do to help us bring about a balanced mind...

Turning Our Gaze Inward | Move Toward Meditation | Make Time For Stillness

Some Yoga Poses you can do in the comfort of your own home that embrace the concept of Mental Clarity...

Seated Forward Fold | Tree Pose | Mountain Pose | Reclined Butterfly | Childs Pose

All of these poses and concepts embrace the idea of slowing down, if only for a few minutes, to create space for the heart and mind to connect, to send our gaze inward, to really listen to what our intuition is guiding us to do.

And don't be fooled with the word 'stillness' either...it doesn't always mean literally stopping, it can also mean simply being fully present - the ability to dim the internal chatter to really just be...with yourself and those around you.

Your challenge for February is to see how you can make time for some of that internal gazing to help balance the mind and bring about Samata or Mental Clarity.

A Mantra I would invite you to repeat to yourself in your moments of stillness:

I Clear The Lens

Classes and Current Changes

Go With the Flow - Beginners Yoga

Wednesdays @ 7pm - Deception Bay Community Hall - \$15pp

Fridays @ 9:30am - (Partnership Program) The Community Place Kalinga - \$5pp

Saturdays @ 9:30am - Narangba Community Hall - \$15pp

Book your mat space [HERE](#) or simply walk in on the day - Tap N Go or Cash Accepted

Early Risers Yoga @ Home - Online Class

Saturdays @ 7am - Online Class - FREE

Bookings are essential for this class, in order to receive the Zoom Class Link. Book [HERE](#) if you'd like to join your fellow online yoga community.

Please note, that you do not need to be a local resident to attend this class. Wherever you are in Australia, feel free to join the class, simply change the timezone to the one that suits you when booking.

Meditation Classes

I am in the process of developing an Online Meditation Series. Stay tuned for this one. I'm just workshopping days and times for this so that you can get the best out of your unwinding of the mind.

Yin Yoga Class

I've decided that I will be dedicating a whole class to Yin Yoga. The practice of holding certain poses for a period of time to really target our deeper, more subtle body elements like our ligaments, our joints and our fascia.

Props will be encouraged, but not everyone has extra yoga items like blocks, straps, bolsters etc so I'm currently plotting how I can make this achievable for those that would like to join this practice, without impacting your hip pocket too much.

It will be an evening class, so look out for notice through my FaceBook page as to when this will commence.

Stay Connected

I made the decision during the week, to focus my communication with you all through my FaceBook pages MY YOGA MY WAY and MY YOGA MY WAY BEGINNERS YOGA COMMUNITY PAGE and of course my Newsletter.

My brain struggles, at times, to keep up with the fast pace of Instagram, and I have found a very lovely home with you, my amazing Yoga Community, on Facebook. So this is where I shall stay.

Until we meet on the mat, please dedicate some time to stilling the mind and begin practicing the art of Mental Clarity. It won't happen instantly, but you sure as eggs can make a start on your journey to Samata.

Move regularly in a way that feels good for you and take some time out to breathe deeply inviting lovely fresh energy into your body...you deserve it.

With Gratitude,
Lauren

PS: If you have been attending my classes regularly, I would love it if you could help further support My Yoga My Way by leaving a Google Review. Reviews from amazing customers like yourself are an invaluable boost and support for me and my business. If you have the time, please click [HERE](#) to start your review.

MY YOGA MY WAY

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CREATING COMMUNITY THROUGH YOGA

