

Newsletter 2011-2012



Mind Your Yoga Meditation / Massage / Counselling



 Maya Savati

Winter greetings to everyone and I hope you are all feeling really good.

As we leave the fall and head into the winter season, we feel the presence of the season in the shadows of the long nights, in the depth of the dark. This is the season to gather our resources and prepare for life changes by gathering information, looking at options, dreaming and meditating.

In nature- water can be still and calm, but can also become fierce and destructive. As we observe this element in correspondence to our life, like water, we have the ability face an obstacle and create a new path-to go with the flow, or, to act with force and power and damage or destroy the obstacle.

Exercise and extra sleep and quiet time are recommended in order to preserve good life force quality in the winter. EK

The wheel of time is endlessly turning; there are 3 weeks left before the Christmas holidays; the last yoga session will end on December 15. I am travelling to India this year for 4 weeks or so to meet privately with my teacher in the Himalayas and later with His and my root teacher His Holiness the Dalai Lama to practice mental yoga! I shall return hopefully wiser and younger at heart. I will try to have access to a computer, but I would rather unplug, full stop, or, reply to new students mostly to save time and energy. It will be of great help and very much appreciated if regular practitioners could book their classes sooner rather than later as I am back on January 14th.

I will take bookings strictly in the order received.

January/February is usually a busy time, a confirmation will be sent to you and once the course is full I will let you all know. If you do not wish to book for a block you are most welcome to join on a drop-in basis if there is a space - please just let me know and I shall confirm if that is the case or not. Missed whole term classes may be made up during the same term, monthly/weekly classes in the same month if there is space.

Details of the 2012 timetable can be found **soon** on www.MindYourYoga.com

Winter term will start on **January 16, 2012**. Booking essential.

Edinburgh /Bush/ Blairdrumond	£	Concession*	2012
Mysore - 11 weeks	£99.00	£70.00	Jan 16 - March 26
Absolute Beginner - 11 weeks	£99.00	£70.00	Jan 19 - March 29
Mixed Level - 11 weeks	£99.00	£70.00	Jan 19 - March 29
4 weeks - 1 lesson per week	£40.00	£28.00	
3 weeks - 1 lesson per week	£30.00	£21.00	
2 weeks - 1 lesson per week	£20.00	£14.00	
Drop-in price	£12.00	£7.00	

**Concessions for full time students, unemployed and elderly with no pension left!*

Wednesday: x2 a month Mysore guided / Meditation new/full moon.

Friday: x2 a month – **Yoga for dog owners** – Booking required.

Bring along a yoga mat, an open mind and no dog allowed!

A public talk will take place **February 9 at 7.30** at the *Theosophical Society*:

“Give your dog a chance by keeping yourself align”

I shall explain happily why yoga helps a little when we have a furry friend and why it still helps a great deal when we do not have one. George the dog is invited to come along for free and you are invited too, but it will cost you £2 for tea and cookies- very important for some humans and dog alike, TS members love to munch on, including myself when nobody is watching!

Therapies include **private yoga lessons, Thai massage and well being counselling**: if a sliding scale is needed please let me know.

Block of 5 yoga sessions/massages/counselling last 75 min. instead of 60 min.

Block of 10 yoga sessions/massages/counselling last 90 min. instead of 60 min.

- Monday 4.00-5.30
- Wednesday 4.00-5.30 x2 monthly
- Thursday 7.00-8.30
- Friday 3.30-8.30 & 3.30-5.30 x2 monthly

Give a Gift of Health to someone you genuinely care about, yourself, and everybody else will benefit.

- 60/90 min. massage *gift certificate* £50/£70
- 60 min. private yoga lesson *gift certificate* £60
- 60 min. well being counselling session *gift certificate* £50
- Any of the group classes-whole term, monthly, weekly.

Orders open through to December 15. Gift vouchers will be sent my mail on December 16 – gift vouchers to be redeemed by June 15, 2012

If you enjoyed your sessions please say so by sending your comments, you can put your initials only if you wish to – thank you very much for sharing.

Workshops will take place in early **Spring** and early **Summer**; Capoeira is likely to be back on the menu again for a sunny week-end, it is just a matter of getting my brother back to Bonnie Scotland, once he has finished hibernating.

Bookings are now taken for yoga classes and therapies.

You book by sending an email to mayasavati@hotmail.com with the class or therapy you would like to attend and then, by making a bank transfer to the details that are going to be sent your way with a confirmation.

To contact me please call, text *07799736611* or email mayasavati@hotmail.com

On a final note:

2012 is around the corner and there are uncertain times ahead for a lot of people.

Please remember that I will always try my best to align myself with your needs whenever possible; there is always a way to keep you on the mat, we are meeting each other half way.

Lets look after each other

Maya Savati & George the mascot

WWW.MindYourYoga.COM

