

Welcome to the December 2009 Yogahealth Newsletter!



Namaste Everyone

Christmas already! A stressful time of year for some.

Next terms dates in WA are: Monday 1st of February – Saturday the 3rd of April

9 weeks - \$140

Casual - \$20

3 years or more - \$120

There will be some **Holiday Classes** during the break. Register with your instructor and/or see website for dates and times. I will also put up a new free home practice 15 min class in a few days.

Teacher-Training begins in March/April in WA. If you are keen on sharing the benefits, please email your interest to Anna at yoga-health@hotmail.com

Here is a quiz to find out just how stressed you are. (I'm assuming that it's 'not-so-stressed' if you are attending YogaHealth classes.

Click on the link here to take the test: <http://health.howstuffworks.com/stress-quiz.htm>

...and while we are quizzing, how much do you really know about the aging process (and how to slow it down)

<http://health.howstuffworks.com/skin-care/beauty/anti-aging/anti-aging-quiz.htm>



Seeing as it is the time of year where **we celebrate giving**, I have arranged with magazinedistribut.org for the first 50 of you to receive some of the latest magazines on health/happiness.



These are only accessible online. You should have received an email from us with these gifts attached. If not, go to our website www.yoga.com.au and sign-up for the newsletter on the left hand side.

In the end, **everyone is simply looking for a way to be happy**. Some people seem to make it without even trying. Here are a few tips:

<http://health.howstuffworks.com/human-nature/emotions/happiness/being-happy/5-ways-to-trick-yourself-into-being-happy1.htm>

Speaking of happiness, **Shambo and Uma will be in WA on Sunday 3rd January for a Yoga day** with the theme: **Detox: Mind and Body** where we will show you practical ways of detoxing and staying that way. Cost for the day, which will be from 10 - 4.30pm, is \$77. Naturally there will be also be some new yoga moves, lots of humour and some new meditations, as well as free samples of Ayurvedic detox herbs (Triphala) for you to take home and try. Start the new year off the way you intend to live it! See website for details: [CLICK HERE](#)



Detox: Yoga Day Sunday Jan 3rd

Shambo will also be running live-in weekend retreats on Integral Evolutionary Unfolding next year at the <http://www.worldviewcentre.com.au/default.asp> and **a ten day retreat in Vietnam and Cambodia (Angkor Wat Temple) in September/October next year**. Email us for details and bookings.



http://www.sacredsites.com/asia/cambodia/angkor_wat.html

See you in the New Year,
In Health,
Shambo &
Uma

www.yoga.com.au