

# Yoga with Mary-Anne Newsletter December 2009

“Peace unto me. Peace within me. Peace in my mind. Peace in my surroundings. Peace to all. Peace to the Universe. May there be Peace All over the world, Forever” Yogi Bajan



Namaste / Sat Nam

Thank you all so very much for supporting me through the recent change in universally placed venue of our yoga practice.

All the students have been scattered into four venues since October 19. It has been an interesting time since moving from the studio, and I have been so grateful for the four venues. I did however create an intention to hold all classes from one venue. Where that would be was not up to me.

The knowledge of impermanence is what keeps me grounded. My personal value of trust is my life force. As of February 1, 2010, all classes will be at St Josephs Centre for Reflective Living. Thank you Universe!

Some students have experienced this venue and I personally feel that it serves our yoga practice. The venue is clean and has a lovely feel about it. The Staff are help full, polite and gracious. The grounds are beautiful and support our spiritual practice with the energy within and around.

Class prices have been stable since March 2007. To align with current market trends and the change of venue, the new price schedule is as follows. (Please note existing passes will be valid until used).

As of February 1, 2010, the following costs apply:-

Casual class	- \$18.00/ per student
Ten class pass	- \$160.00

## NEW TIME TABLE

Monday	11:00 am - 12:30 pm - Hatha Yoga
Monday	6:15 pm - 7:45 pm - Hatha Yoga
Tuesday	7:00 pm - 8:30 pm - Kundalini Yoga
Wednesday	7:00 pm - 8:30 pm - Hatha Yoga
Thursday	6:15 pm - 7:45 pm - Kundalini Yoga

The address of St Josephs for Reflective Living  
64 MacKillop Drive, Baulkham Hills. Once in the grounds  
you follow the sign that guides you to Conference Center

We will be in one of the following rooms depending on availability Annie Mackillop or Annette Henschke. The Annette Henschke room is the larger of the two and will always be given to us when available.

I am sure that you will adjust to this new change and regard it as your new home for your yoga practice for at least 2010. 2011 is too far into the future to advise what and where I will be teaching from, so learning present moment and acceptance is just a couple of my personal lessons presently being learned by myself. So I do hope you are also learning how this change affects your personal journey, as it will have some effect on you at some level.

Just as a note: Monday 20th to Friday 24th of September there will be no yoga as St Josephs have a very large event and cannot cater for yoga. You will be reminded closer to date. Any change along the path, you will always be notified in advance. Please refer to my web page [www.yogawithmaryanne.com](http://www.yogawithmaryanne.com) for updates.

I am still available for other projects and also private classes. If you are in private or corporate business, consider yoga at your seminars for break out activities. Retreats will continue next year, dates to be advised.

Last yoga day for 2009 will be Monday December 21.

Hatha Yoga . Monday morning as normal

Monday evening starting 6pm will be a celebration for end of year and summer solstice at The Village Green Community Center 109 Bella Vista Drive, Bella Vista (parking available down the left side of the shops in an undercover car park)

The celebration will be with a Kundalini Yoga Set, relaxation with the vibration of the gong, followed by chanting meditation. The evening will conclude with supper. Cost for the night is \$15.00 (no passes) and please bring in a small plate of vegetarian food to share.

The yoga community is constantly growing. It is a lovely opportunity to meet other yoga students from other classes, and to experience Kundalini Yoga if you have not yet. Come along if you are free to make the evening a success. It cannot happen without you.

*Yours in Yoga and Light*

*Mary-Anne also know as Hari Das*

Prayer of Abundance  
(The Law of giving and receiving),  
Author; Charles F. F. Filmore  
February 21, 2008 by shivatali

I dwell in the midst of Infinite Abundance.

The abundance of God is my infinite source

The River of Life never stops flowing.

It flows through me into lavish expression.

God comes to me in unexpected avenues.

God works in a myriad of ways to bless me.

I now open my mind and soul to receive my good.

Nothing is too good to be true.

Nothing is too wonderful to happen.

With God as my source, nothing amazes me.

I give freely and fearlessly into life and life gives back to me with wonderful  
increase.

Blessings come, in expected and unexpected ways. I am grateful. And so it is.

Voice this prayer every morning and evening. Feel the energy flow through you. Know that we are all connected in  
mysterious ways, embrace and hold this thought for we are all connected.