

The Harmony School of Yoga

ABN 31 215 170 119

Principal: Elizabeth Coon
Phone/Fax: 9803 3494
Mobile: 0414 452 412
Email: liz.coon@harmonyyoga.org



Office & Mail: 24 Sampson Drive
Mount Waverley 3149
Yoga Studio: 554 High Street Road,
Mount Waverley 3149

NEWSLETTER

DECEMBER 2011

Christmas is close upon us and 2011 is drawing to a close. One of the key-notes for this time of year is peace and harmony. It is a time when we all begin to think about "peace on earth" and peace to our fellow man. But "peace on earth" should not just be confined to this time of year, nor should it be confined to the human species, it should include all beings which inhabit this planet, including the planet itself. We all think and desire peace for ourselves and the people of our world. We need to remember peace begins with you and me. We must practise peace, make peace with things around us, and be at peace with ourselves. Full Moon Meditations focus on Peace for the world. This is one way we can give of ourselves in service to our world. There also seems to be an improved dialogue between followers from different faiths giving some recognition that we are all part of the whole.

Christmas is traditionally a time of reunion for families and friends and it also marks a very special celebration of birth. As well, it is a time for New Year Resolutions. One of your New Year Resolutions could be to practise yoga more regularly and make sure you come to a class each week to help you cope with the stresses of life.

2011 saw events, upheavals and challenges for a lot of families, and from this we have learnt to look closely at ourselves and into the events around us.

Doubtless you will be very busy preparing for Christmas and the holiday time, so until next year, on behalf of everyone here at the school and my family, I wish you all a happy Christmas season, and a peaceful and prosperous New Year.

Yours in Yoga,

Liz.

COMING UP

Training Workshop

Saturday 10th December 2.00 pm - 4.00 pm (Free to regular students, Casuals & non-students \$20.00)

Full Moon Meditation – Sagittarius

Saturday 10th December 4.10 pm at High Street Road. (Free class – all welcome)

Harmony Shopping Afternoon

Friday 16th December 1.00 pm to 4.00 pm at High Street Road.
Yoga Mats, Gift Vouchers, Mala Beads, Bath Bombs, Jewellery, Books and more.

Christmas Meditation & Celebration

Sunday 18th December. 2.00 pm
Please bring a plate to share.

CONTACT LIZ FOR MORE INFO AND BOOKINGS.

ASTROLOGICAL EVENTS FOR DECEMBER

Full Moon Eclipse 11th December, 12.36 am 19 degrees Gemini

This eclipse highlights the balance between what we know for sure, and what we trust in our heart. The Gemini Full Moon touches the South Node, while the Sun in Sagittarius aligns with the karmic North Node. Make a leap of faith to bring your destiny a little closer.

"Seeing the truth as a whole, use the arrows of thought wisely"

New Moon 25th December, 4.06 am 3 degrees Capricorn

A New Moon so close to the solstice always indicates a dynamic six months ahead. The Sun reaches its celestial point on 21st December. Power planet Pluto is in the New Moon mix giving us the determination to seek new challenges. Saturn and Neptune make a positive aspect providing the structure and support to manifest the whispers of the heart.

Planets on the move:

Mercury turns direct in Sagittarius 13th December

Venus in Aquarius 21st December – 14th January

JANUARY 2012

SUMMER PROGRAM

Hatha Yoga Classes	Tues 10 th	9.30 - 11.00 am
		7.00 – 8.30 pm
	Wed 11 th	7.00 – 8.30 pm
	Tues 17 th	9.30 – 11.00 am
		7.00 – 8.30 pm
	Wed 18 th	7.00 – 8.30 pm
	Tues 24 th	9.30 – 11.00 am
		7.00 – 8.30 pm
	Wed 25 th	7.00 – 8.30 pm

NORMAL TIMETABLE RESUMES FROM MONDAY 30th JANUARY 2012

ESOTERIC CLASSES RESUME MON 6TH AND THURS 9TH FEBRUARY

WORKSHOPS

- Chakra workshop Sunday 15th Jan 2012, 1.00- 4.00 pm \$35.00
- Pre/Post Natal workshop Saturday 21st Jan 2012, 2.00 – 4.00 pm \$20.00
- Pilates workshop Sunday 22nd January 2012, 2.00 – 4.00 pm \$20.00
- Childrens workshop Thur 19th Jan. 1.00 – 3.00 pm - ages 8–11 years \$20.00
Fri 20th Jan 1.00 – 2.30 pm - ages 4-7 years \$15.00

Note: Early bookings required with a non-refundable deposit for all workshops.

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