



# Newsletter

Apr 2015

## The Cloaks

It happened to all of us. You meet someone that brightens up your life every time your eyes fall upon their face. It happened with your mother, then friends, then lovers, more friends, maybe a teacher, a child, sometimes even strangers.

You observe them with wonder and see a light that shines so bright you cannot believe its brilliance. A majestic, Divine flawless light that makes your heart sing in recognition of what you also are. You feel light, childlike around them, supreme, important.

Yet this drunkenness of Divine love is often followed by a pang of soberness. A feeling that we weren't seeing and now we can see. We don't grow sober because we realize their imperfections. We grow sober because we cheapen our love with words. Words that turn into concepts that we put on the other like a cloak of flaws because their brilliance is blinding. Blinding not from the truth but from the lies that we have been telling ourselves. Their brilliance is real, but the cloaks are illusions.

We get uncomfortable with their magnificence because it reminds us of our own. And so we put on our picky, critical cloaks on them, one on top of the other till we can't see their light anymore. And we do it not because they are flawed. But because knowing that we too are flawless around them gives us no space to forget our Divinity. Leaves no more space for the small self we have always identified with. Leaves no more excuses not to love completely, openly, madly and limitlessly the way we're created to.

Last but not least I carry good news:

1. I am humbled that Namaste was selected as microenterprise of the year at the Bahrain award for Entrepreneurs this year.
2. Namaste turns 4 this April and we have amazing offers to say THANK YOU. Read on to find out more.
3. We have 5 additional teachers on board, make sure to try out their classes!



Om Shanti, Shanti, Shanti.  
Metta Always,

# What's new



1. A Journey within - Bali Retreat



2. Mixed Level Morning Yoga



3 . Yoga for Beginners



4. Empower Your Life Yoga Workshop



5. Yoga For Joints and Energy Flow



6. Schedule





# Year Anniversary Thank you Offers

*If you have a Green Card you get 1 Free Class*

*If you have a Blue Card you get 2 Free Classes*

*If you have a Red Card you get 6 Free Classes*

*If you have an expired card renew it FREE*

*If you don't have a card get 1 month*

***Unlimited Yoga for BD30\****



*\*If you completed the beginners course*

# A Journey Within- Bali Retreat

## 21-31 Jul 2015



Namaste is running its third Yoga retreat! You are invited to Bali to enjoy a week long retreat of Yoga, breathing, meditation and introspective reflection.

This retreat aims to draw our awareness within ourselves to create immediate ease, acceptance and contentment in our lives. Once we draw our senses inwards and discover the sweetness within us, there remains no urgency in desperately seeking sweetness outside of ourselves, and we become more able to enjoy the gifts life brings without becoming attached.

### Location

We will be in one of Bali's most popular vacation spots, Canggu. Canggu beach, known as one of the most famous surfing beaches in the world with its legendary sunsets is only one kilometer away from the villa.

### What your package includes

- Daily morning practice of breathing, meditation and Asana (3 hour practice)
- Fresh breakfast daily
- Your accommodation in a luxury resort
- Afternoon reflection sessions or restorative evening practice (1-2 hours)
- Your transport from the airport

For further details

Please visit <http://www.namastebh.com/bali.html>



# Mixed Level Morning Yoga

Mondays and Wednesdays

10-11:30am

Starting 6<sup>th</sup> Apr 2015



This class is designed to suit all levels! Inviting both old and new students to experience a morning practice that will start or deepen your Yoga journey in a fun, nurturing and safe environment .

Whether you're looking to relieve physical pain, reduce stress, get more mobility, increase joy, build strength, improve health and help increase energy levels, this class is for you.

We will be focusing during our postures on the breath to still the mind, open the heart and heal the body.

This class is open to everyone of any age or size.



**BD50  
(1 month)**

# **Yoga for Beginners**

Mondays and Wednesdays

6:30-8:00pm

Starting 4<sup>th</sup> May 2015



Start or deepen your Yoga journey in a fun, nurturing and safe environment that aims to create a strong foundation for a healthy and injury-free yoga practice helping you relieve physical pain, reduce stress, find more mobility, increase joy, build strength, improve health and give you more energy.

This 12 class course focuses on the breath to still the mind, open the heart and heal the body. You will explore correct breathing techniques, proper alignment, the basics of Yoga poses and their benefits in alleviating physical ailments.

This series is open to absolute beginners regardless of adult age or size, as well as to those students with a background in yoga who wish to improve their yoga practice.



**BD70**  
**(12 classes)**

# Empower Your Life with Yoga

## An interactive exploration with Yoga Therapy with Chris Kummer

16-18 Apr 2015



Chris Kummer presents a practical workshop series that introduces the basis for building healthy habits to enhance yoga practice and daily life. Chris offers basic concepts and foundations for well-balanced postures by bringing increased awareness to our bodies and movement through yoga practice and anatomical explorations to improve our well-being. Participation is open to anyone with an interest in movement.

### The Schedule

#### Thursday 16th April

6:00-8:30pm Building the Foundation – The Feet

#### Friday 17th of April

3-5:30pm Hips & Pelvis

6-8:30pm Free the Spine

#### Saturday 18th of April

3-5:30pm Shoulder Stability

6-8:30pm The Knee, Alignment and Practice

**Price:** Single Session BD35  
Full day BD65  
Full Weekend BD120  
Early Bird\* BD100  
\*book before 28 Feb

More details on Chris can be found on [chriskummer.com](http://chriskummer.com)

For details please visit [www.namastebh.com/workshops.html](http://www.namastebh.com/workshops.html)



# **Yoga for Joints and Energy Flow**

## **A pavanamuktasana Course**

**Every Sun and Tue starting 19<sup>th</sup> Apr 2015 6:00-8:00pm**



This course aims to help remove energy blockages in the physical and emotional body and helps release built up tension that may cause certain imbalances and ailments. Practicing the Pavanamuktasana series helps open up major joints in the body and relax the muscles. It is particularly useful for those who have joints and digestive issues, including rheumatism, arthritis, indigestion, constipation and acidity. Not only does the practice help relief symptoms related to these conditions, but also prevent them from developing. The practice is also useful for general relaxation, flexibility and stability, and can be practiced by everyone\*, whether beginner or advanced in yoga, or young or older in age. \*Students with high blood pressure or recent injuries/surgeries must have their medical doctor's consent before starting the practice.

### **Who is Amal?**

Amal is a certified yoga teacher and yoga therapist (RYT200) who has received her training in both Bahrain and India.

She has experienced a deep positive shift in her heart and health since her journey began in 2011 with studying yoga and ayurveda and loves sharing knowledge with the world.

Amal enjoys teaching, nutritious vegan cooking, traveling and writing. She shares her thoughts with the world on Instagram @yogawithamal



**BD50  
(8 classes)**

# Apr 2015



Time	Sat	Sun	Mon	Tue	Wed
10-11:30am	Vinyassa Flow Sara 		Mixed Level* Amal 		Mixed Level* Amal 
4-5:30pm	Core Strength Ranya 				
5:6:30		Hatha Kaeb 	Gentle Flow Amal 	Vinyassa Flow Aisha F. 	Gentle Flow Amal 
6:30-8pm		Vinyassa Flow Weam 	Vinyassa Flow Aisha B. 	Vinyassa Flow Weam 	Core Strength Batool 



Classes are only open to students who completed the beginners' course or mixed level morning class.

Teachers may occasionally vary

\* Booking required





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