



nāmaste

# Newsletter

Mar 2015



# Being “Self” centered

I received the news that my beloved grandmother has left this world. Grandma or "Ayya" was our endearing name for her was an embodiment of Divine mother. She was nurturing, accepting and greatly loving.

When I received the news my initial reaction was to habitually respond the way I was conditioned to: "we belong to God and to Him we returned" I calmly mumbled, my head spinning. Then I took a deep breath and the sobs came.

I don't know why I sobbed. I was relieved. I don't mean to say this but in compassion. Ayya lived her last years with very little sense of hearing and seeing. Her senses were completely withdrawn. She sat there hour after hour mumbling prayers. I can only imagine she was in a constant state of meditation.

But I was relieved because her last months were of physical suffering. I was relieved she was finally free of the dress we call the body. And yet I sobbed. And in my sobbing a side of me was still very calm, very aware of the grief and yet unchanged. And I heard it between sobs asking me "how are you going to use this pain to awaken?". I felt like a child with a tantrum responding to a calm loving parent. "I know you are still with me" I cried back.

I owe this insight to years of mindfulness practice. I watch my mind often and although I haven't completely mastered it, I have managed to detach from it. I have managed to look at it without being in it and that had made me feel safer, calmer and stronger.

In our grief, in our joy, in our ups and downs of the always changing mind there is always a silent witness within that remains calm, remains the same, watches without judging. Who is that witness?

Who are we?

Word from founder



namaste

Om Shanti, Shanti, Shanti.

Metta Always,



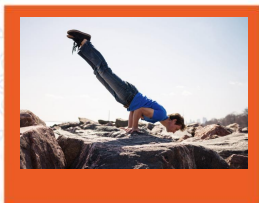
1 . Yoga for Beginners



2. Mixed Level Morning Yoga



3. Yoga for Joints and Energy Flow



4. Empower Your Life Yoga Workshop



5. Schedule

# Yoga for Beginners

Mondays and Wednesdays

6:30-8:00pm

Starting 15<sup>th</sup> Apr 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)**

# Mixed Level Morning Yoga

Mondays and Wednesdays

10-11:30am

Starting 4<sup>th</sup> Mar 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 Joints and Energy Flow

## A pavanamuktasana Course

Every Sun and Tue starting 15<sup>th</sup> Mar2015 6:00-8:00pm

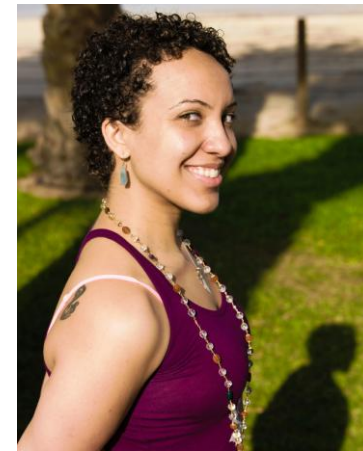
This course aims to help remove energy blockages in the physical and emotional body and helps release built up tension that may cause certain imbalances and ailments. Practicing the Pavanamuktasana series helps open up major joints in the body and relax the muscles. It is particularly useful for those 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)**



# 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

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)

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



# Mar 2015



Time	Sat	Sun	Mon	Tue	Wed
10-11:30am			Mixed Level* Weam ♀		Mixed Level* Weam ♀
11am-12:30pm	Intermediate Rami ♂♀				
5:6:30	Intermediate Ranya ♀		Intermediate Amal ♂♀		Intermediate Amal ♂♀
6:30-8pm		Intermediate Weam ♂♀	Intermediate Aisha ♀	Intermediate Weam ♂♀	Intermediate Batool ♀

Intermediate classes are only open to students who completed the beginners' course.

Teachers may occasionally vary

\* Booking required

