

May 2009

# Sarva Newsletter

Summer 2009

Volume 7, Issue 3



Hi all and welcome to our Summer newsletter. Here we are in May already and hopefully sunny days ahead! We hope you are weathering this credit crunch. Sarva is bowing somewhat under the increase in rates and utility bills but we are determined to hang in there and ride out this rough patch.



On a lighter note a huge thank you to all who entered our Easter 'guess the baby' competition and the raffle. We have been able to buy 12 new yoga chairs, which you will find in the Oakwood studio. We will move them around to the other studios as the need arises so don't feel left out if your classes are always in the Sandalwood. They will also be of great help to those who come here for their teaching assessments, as many are only used to practicing with chairs like these — heaven help them if they end up teaching in a village hall with plastic bucket chairs! (And yes I know that the picture of the chair isn't right but you try finding a picture of a chair with no back in it — it just looks like a stool!!!- Ed)

And now to tell you of fun things we've organised for the months ahead :



Firstly to remind you of our yoga holidays: **25th July—1st August—** in Quinta Mimosa, Portugal. This venue comes highly recommended, with comfortable

accommodation and great food, swimming pools and yoga suitable for all levels. What more could you ask for. Sheila and Ally will be teaching two classes a day, leaving the middle of the day free for you to relax and enjoy yourselves. The accommodation consists of villas with self catering facilities, a communal sitting room plus a pool. All are air-conditioned. Costs are £465 for en-suite rooms, £440 for non en-suite, the price also includes brunch each day. We will soon need to let the venue know the numbers we are bringing with us so please let us know if you intend to join us on this relaxing trip by filling in the booking forms that are available on reception. Do get those flights booked to bag any bargains!



Secondly our two weeks in Turkey. Yet again we are delighted to have been invited by Heliotrope to teach in their wonderful venues in southern Turkey. The first week is suitable for all levels of student and there is plenty to do if you wish to bring a non-yogi friend or partner along on these weeks (they can lounge by the pool or use the Turkish baths. The hotel will arrange transport to the beach or they

can hire a car if they wish to explore the countryside while you stretch and improve your yoga).

Week one runs from **30th August—6th September** and sees us in the mountain retreat of Angels Garden where we have taught before. Costs, including two meals a day of delicious, fresh, Turkish vegetarian food, is £395 per person. Contact Heliotrope for prices for non-yogis.

Our second week, from **6th—13th September** suitable for more experienced students, is at their new venue just down the road close to Adresan beach. Again a beautiful venue with the beach and the river cafes nearby. Plus many interesting walks for those inclined. Again we will be provided with two delicious meals a day. Cost is £425 per person.

Turkey is rich in historical ruins for you to discover. There are several such sites close by, which whenever we have been there, have been devoid of tourists, so provide much of interest to explore and photograph in peace. Last year Sheila and Ally took a trip up Mt Olympos via the new cable car, the views were stunning. Olympos is the highest peak at sea level and well worth a visit.

All bookings for the Turkey holidays is via Heliotrope. Contact them on 07734086895. There is also a link on our website.



## New Classes!!

**9th May—Saturday class** These classes are suitable for everyone, including friends and family who are new to yoga. These classes, which will run once a month (you may remember Sara used to teach them but has been unable to this year owing to a change in child care commitments), will be taught by Binni Collings. Binnie trained with Sheila and will now be teaching a **Children's class** from 9:30—10:20am cost £5 and an **Adults Class** from 10:30 am —12:30pm cost £12 members/£15 for non-members

**Tuesday Women's class** - this lunchtime class (12:30—1:30 pm cost £6), taught by Jenny Phillips, is for those women who would prefer a single sex class or who simply find the time slot convenient. We are more than happy to put on a men only class if there is sufficient demand—so you fellas, if that's what you'd like please get in touch!



Our recent yoga days with Sheila have been well attended and enjoyed by all who came so here

are the **dates for your diary** for the coming months:-  
**20th June— yoga day with Pen Reed.** Pen has been teaching yoga for many years and was one of the first to work with Mr Iyengar when he came over to the UK. She is one of the most gentle people you could wish to meet and her teaching is full of depth and understanding. This promises to be a great day so get your booking requests in soon. 10 am—4pm £30members/£35 non-members. Salad rolls available for £3.50, these must be pre-booked.

**27th June—First Aid Day with Elaine Martin.** Elaine was a paramedic who now runs her own first aid training company and is also an Iyengar yoga teacher so this training day is very much geared to the sort of situations that you could come across in a yoga class. It is therefore ideal for yoga teachers and fitness trainers who need a fully recognised first aid certificate in order to work. It covers CPR and other scenarios, so is suitable for anyone who wants to do first aid training for the work place. Places are limited and we do have quite a bit of interest as it is a required element of Iyengar yoga teacher training but if you'd like to join us please let us know soon. The day costs £40 and run from 9:30 am prompt till 5pm.



**Summer Weekend Workshop with Sheila Haswell—**

This weekend workshop is suitable for those with at least a few months yoga experience (i.e. no complete beginners)

**Friday 21st August—**Pranayama class 7-9pm

Cost £12 members/£15 non-members

**Saturday 22nd August—**Rope-work and back-bending workshop, 10am—4:30pm £35members/£40 non-members.

**Sunday 23rd August—**Inversions workshop 10am—2pm, cost £25 members/£30 non-members

ALL THREE DAYS—£65 members/£75 non-members. Saturday and Sunday only £55 members/£65 non-members.

Lunch of cheese or houmous salad rolls is available on Saturday for £3.50.



**Summer classes:** The Summer term ends on Friday 17th July. We will be running drop-in classes as follows:

**4th/5th/6th ; 11th/12th/13th; 18th/19th/20th, 25th/26th/27th - August**

**Tuesday** 10am–12pm with Sheila

**Tuesday** 6:30-8:30pm with Ally or Sara

**Wednesday** 10am-12pm with Linda or Ally

**Wednesday** 7:30—9:30pm with Sheila

**Thursday** 7-9pm with Sheila

Cost £12 for members/£15 for non-members. £10 per class if a group of four classes is paid up front.

Please note there will be no classes on Mondays or Fridays in August. We will try to keep to the teachers advertised but may have to make changes if family commitments require it, after all it is the summer holidays and most of us have kids!



The talk given by Nicola Strand on Tuesday 23rd April about Transference Healing was well received. Appointments can be made with Nicola for treatments here in the therapy rooms. To contact her call

01423 861061 or visit [www.NicolaStrand.co.uk](http://www.NicolaStrand.co.uk)

We have also received an offer of a creative writing day



from Sarah McCartney. Sarah has done days like these for Breast Cancer Care, Great Ormond Street Hospital, Innocent Drinks, Aviva (Norwich Union) and Lush for whom she writes Lush times. This would give you more confidence in

your writing, whether it's e-mails, poems, annual reports or thank-you letters, anything really. She has even offered to do a yoga class first, just to get the creative juices flowing (Sarah was trained by Sheila and has been a good friend of Sarva since that time). We would very much like to gauge the likely take up of such a day, so please give your name in at reception. It won't commit you to anything but if we get a good response, we'll set up a date and let you know the cost.

Sarah Mc also does the YogaTeds cards and T-shirts—talking of T-shirts we are putting in the next order on



**15th May** so if you would like a new t-shirt for yoga please get your order in soon. Details are on the long table in the stairwell. The sunshine design is back by popular demand. There are still a few of the Indian T-shirts available for sale—take a look in the

snug off the coffee lounge.



We have some new yoga books in stock.

Sheila found these when she was in India and we've had some shipped back. There are two volumes of **Yogshastra** which are aimed at those teaching children, however

they make great reference books, with clear instructions for the poses and some short sequences further on in the book but the best thing about them is that they explain the names and some of the philosophy behind the poses. They cost £4 each and are available from reception.



Good luck to all our level 1 trainees for their upcoming assessments at the end of June and the beginning of July and thank you to all our students who are so supportive when our trainees are assisting in class with your regular teachers. Our selection day for the September intake is Sunday 12th July.



We are delighted to welcome a new therapist who will be using the therapy rooms at the centre. Rebecca Cox is an Acupuncturist.

Acupuncture can help with many health issues so check out her leaflets, which can be found in the changing rooms. Contact Rebecca on 07768 955261 for an appointment.



That just leaves space to wish you all a good summer. Take care and have fun whatever you do and fingers crossed for some sunny days. For those that are going to Geeta in London at the end of May, we'll see you there.

Love and best wishes from all at Sarva

Sheila, Ally, Jo & Sara

