

Jane Macpherson Yoga



Dear Yogi Friends,

I hope you have all had a peaceful and joyful festive season and I wish you a very happy 2013. I am sitting here surrounded by a rather tired looking tree, some very droopy mistletoe and I know I have at some point got to face the chaos of my fridge and not leave left over cranberry sauce at the back to be discovered next Christmas!

This time of year, I think we may all be feeling a little jaded and lack lustre – we may have over indulged just a little and the body is now feeling a little unloved and neglected. So take this opportunity to renew yourself. It is a great time for some changes – big or small. I am not one for resolutions as I tend to break them with alarming regularity but I do relish doing something a little different each New Year. And so the start of this New Year has made me change my yoga practise to include more meditation, which includes a walking meditation – try it! Go for a walk and really notice how you feel when you are walking. Find a pace that is comfortable for you and then watch your breathing, feel your feet moving in your boots, listen to the sounds around you, breathe the air in and out of your nostrils and see how different it feels on the in breath and on the out breath. Just be in the present moment and notice how good it feels!

So make a change - however big or small but make the change for you. I send you my love and best wishes for 2013, and I hope you enjoy this wonderful poem which I think is so beautiful.

Namaste,
Jane x

Limitless Brilliance by Dr Radha Vasudevan

At the deepest level
An uncharted territory
We all are
Where everything abounds.
Connecting to it
Discovering ourselves
Is why we have come here.
Dropping all thoughts at periphery
Going into the very core of our being
And exploring ourselves
Limitless brilliance, radiant shining selves, like the sun
Seeing the beauty within
No need to go searching outside
For, everything is within us
Waiting to be discovered and used.

Yoga Classes and Events

All classes start week commencing January 7th for 5 weeks.

Yoga for Runners

January 18th

7.00pm - 9.00pm

The Faringdon Clinic, Faringdon

A Weekend of Yoga and Relaxation

June 21st – 23rd

Arundel, West Sussex

Yoga and Brunch

February 7th

9.30am - 12.00

Oxleaze Farm, Filkins

For details on all the above, please see my website
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