

## In pursuit of a balanced life...

One of my fascinations with yoga is the way in which the physical practice of yoga so often translates to aid our psychological needs. This is very neatly demonstrated with asanas designed to improve our balance.

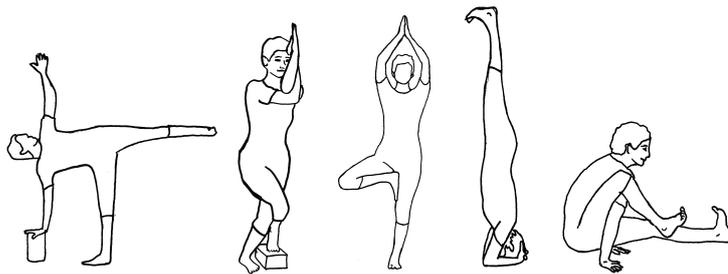
Our physical balance can be rather fickle; we lose it in windy weather, with tiredness, with over-busyness, after arguments and under stress...While you might notice some improvement over time with your general yoga practice, sustained improvement with balance is often elusive.

With so many demands on us: work, relationships, health, children, housework, as well as our 'big picture' concerns with global and environmental changes...it's difficult to find balance in our daily lives.

Asanas for balance, from the practice of tree pose (vrksasana) to the challenge of headstand (sirsasana), require us to focus on our core strength. It is in coming back to the 'centre' that the real benefits of balancing poses can be found. For it is in our 'centre' that we find strength, steadiness and the resources we need to cope with life's chaos.

Ask your teacher about the balancing poses best suited to you... There are many levels of practice — the easiest being simply leaning to one side (standing or sitting), the most challenging being handstands, forearm balance and headstand.

Above all, don't give up in the search for balance! Attempting balancing poses will bring you equipoise, equanimity, strength and a new perspective on your life. The pursuit of balance is an on-going practice as our health, life circumstances, and expectations change.



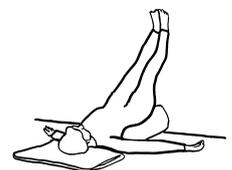

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## Behind the scenes...

After ten years, and with nearly three and a half thousand teaching hours under her belt, Ruth Estelle (Working Yoga's founder and co-ordinator) has decided to put her feet up for a while! She is taking a break from workplace yoga teaching for few months to pursue her passion as a writer. (She is currently working on a script for a feature film.) HOWEVER, she is still lurking in the background and with the assistance of newly-appointed business manager, Dharma Saraswati, will continue to be available for queries, complaints and compliments!

**CONTACT:**

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# Special offers for Working Yoga students:

The talented team of Working Yoga teachers is offering you a chance to experience some other effective therapies that they are skilled or training in...

## SHIATSU MASSAGE

Treat yourself to 20% off all Shiatsu Massage treatments with Dharma until the end of June 2006.

SHIATSU is a non-invasive Japanese massage therapy, suitable for all, that is excellent for stress & pain relief, & reputed as an important part of one's health & wellness regime.

It alleviates health conditions such as: back pain, neck & shoulder stiffness, headaches, fatigue, PMT, insomnia; & is also excellent for keeping you healthy and feeling relaxed!

Selected Health Fund Rebates available  
**Contact Dharma: 0424 597 109**



## BODY TALK:

### Rediscover Your Zest for Life!



Body Talk has effectively treated arthritis, back pain, headache, migraines, viruses, allergies, behavioural problems...and much more! Two more Working Yoga teachers have begun training in this new therapy. Shannan and Gayatri are offering 'donation only' sessions until the end of June 2006 in order to practise their new skills. Take advantage of this by contacting:

[shannan@workingyoga.com.au](mailto:shannan@workingyoga.com.au) (08) 8241 0020  
[gayatri@workingyoga.com.au](mailto:gayatri@workingyoga.com.au) (08) 8365 8968

**ALSO**, one of Adelaide's few qualified BodyTalk practitioners is offering WORKING YOGA students a **\$10 discount** on their first appointment. (Prices are usually \$55 or \$45 concession.)

**CONTACT: Lalli Parkin (08) 8390 1257** or  
[bodytalkmountlofty@fastmail.fm](mailto:bodytalkmountlofty@fastmail.fm)  
to make your appointment.

You are warmly invited to an evening introducing the Body Talk system:

**TUESDAY JUNE 13TH**

7:30 till 9:30pm

Effective Living Centre 26 King William Rd Wayville

Contact: Lalli Parkin (08) 8390 1257 for more details



[www.workingyoga.com.au](http://www.workingyoga.com.au)

go to the RESOURCES section  
Now you can download a hand-out on yoga philosophy:

**yamas and niyamas**

This newsletter will also be available shortly!

Taken the day off work? Recovering from illness?  
Join Ruth's restorative class:

**THURSDAYS**

**9:30—11am**

**At Barefoot Spirit Yoga**

Cnr 72 King William Road and  
Union St Hyde Park

Check out:

[www.barefootspirit.com.au](http://www.barefootspirit.com.au)

For other class times and workshop details.



## pumpkin & tofu green curry

- 1 bunch coriander—roots trimmed to 3cm stalks and washed thoroughly
- 4 cloves garlic, peeled
- Small piece of ginger, peeled and sliced
- 1 large onion, peeled and finely chopped
- 1—2 tbsps olive oil
- 1 heaped tspn green curry paste
- 400mls coconut cream
- 1 kg pumpkin, peeled, seeded and roughly chopped
- 350g firm tofu, cut in cubes
- 2—3 kaffir lime leaves
- 3cm stem of lemon grass (or equivalent dried)
- Pinch of salt

Finely chop together the coriander roots, garlic and ginger. Heat olive oil in a medium saucepan and sauté the onions until beginning to soften. Add the coriander, garlic and ginger with the lemon grass and cook for another minute or so. Stir in the curry paste and add the coconut cream with an equal amount of water. Add the lime leaves, pumpkin and tofu, stirring to combine ingredients. Bring to simmering, cover and cook very gently for about 30 minutes until the pumpkin is nice and soft. Using the back of a wooden spoon mash the pumpkin against the side of the pan so it becomes part of the sauce. Serve with rice and coriander leaves.

From Lucy Andrews

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