

Dear

Re: Missing You/FREE Classes

Hi, James Bryan from the Knoff Yoga School here and I am writing this letter to encourage you to come back to class.

I wish I knew the reason why we have not seen you for a while as I would like the opportunity to discuss any concerns or issues you have personally. Please feel free to phone me on 40342919 or 0415 362 534, or email me at james@knoffyoga.com.

If for any reason you do not wish to hear from us, please respond to this email, so we can take you off our student list.

For most people 95% of the effort of practice is getting from your house to the yoga school. We have found that the students who attend class regularly are the ones who have decided not to argue with themselves – have made a commitment to health and personal growth and have scheduled yoga into their lives. The students who don't attend regularly are the ones who try to fit yoga into their spare time. As you know we don't have much spare time!

“A person should set her goals as early as she can and devote all her energy and talent to getting there. With enough effort, she may achieve it. Or she may find something that is even more rewarding. But in the end, no matter what the outcome, she will know she has been alive.” **Walt Disney.**

Often students tell me that they have inner battles about not being 'good enough', that all the other students are better for some reason. That their arms are too short, their legs too fat, they are not flexible enough, or something!

In India, yoga is considered the science of the mind and not the body – specifically because we are dealing with our insecurities, our lack of self-worth, our feelings of inadequacy, when we get on the mat. In yoga, these 'inner' issues are considered an opportunity for spiritual growth. We use the physical body to access the mind. We use yoga to clear the mind and emotions, which allows our life-force to express itself more fully!

My recommendation to all students is to practice slowly and gently, without strain, adjusting day-to-day according to energy levels and not being concerned at all with what you can or can't do. It is important to work at your own pace and not attempt any comparisons with your fellow students. You are unique and yoga will help you express your own individuality.

In a way, your yoga practice is like a wood fire and you need to keep feeding it with leaves, sticks and logs to keep it alight. One of the bits of wood is the Knoff Yoga e-Newsletter which we send out at the beginning of each month. In it there are articles which are inspiring and help keep your enthusiasm high. Please let us know if you are not receiving the e-Newsletter and I will rectify it!

Another way to keep the fire of enthusiasm burning is to start a home practice. To help with this, the Knoff Yoga School now has the following Yoga DVD's:

- Level 1 – Discovery
- Level 2 – Foundation
- Level 3 – Intermediate
- Sun Salutations & Squat Sequence

Regular class attendance, combined with home practice, is the best combination to ensure you fan the flame of enthusiasm and progress with yoga. In the long run of our lives, it is progress and the feeling of being alive, which helps to keep us on the path!

“Success is not a place at which one arrives, but rather the spirit with which one undertakes and continues the journey.” **Alex Noble.**

I would love 2010 to be your best year yet and I know for years of practice that yoga is the most excellent vehicle to help you achieve a vibrant state of well-being. Please note we now have a very popular Sunday morning class and I have attached our current class timetable for you.

Our special offer to you is 1 or 2 FREE Classes:

- Purchase a 5 Class Pass and get the 6th class FREE.
- Purchase a 10 Class Pass and get the 11th and 12th class FREE.

To activate this offer you need to bring this email to class and give it to your teacher or the welcome committee person at the front desk! Please note this offer has a limited time and expires on the 28 February 2010. The 5 and 10 Class Passes are good for 3 months from the date of purchase.

Happy New Year to you and I hope to see you soon!

Namaste

James E. Bryan E.R.Y.T. 500 (Program Director and Senior Teacher)

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