

## CONTACT DETAILS

NICOLE

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www.nurtureworks.com.au

Nurture Works offers:



NICOLE'S CLASSES ARE  
OFFERED IN  
3 LOCATIONS



ETTALONG

THE YOGA CIRCLE

WEDNESDAYS 6.30PM

SCHOOL TERMS ONLY

AT WADHAYI

KARINGI & BROKEN BAY RDS

\$15 CASUAL OR PACKAGES



EAST GOSFORD

MONDAYS 5.30PM

SCHOOL TERMS ONLY

AT EVOLVE WELLNESS CENTRE

78 YORK ST

\$18 CASUAL OR \$75- CLASSES



WOY WOY

TUESDAYS 7.15AM

AT PRIORITY ONE GYM

29-37 GEORGE ST

\$15/\$10 CONC



# Nurture Works

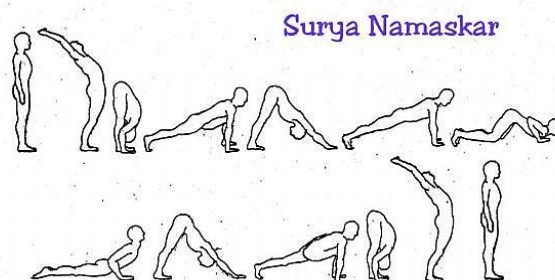
TERM 3 2012

## Winter warmth is just a Yoga Pose away

Winter is a time to boost your circulation  
and for inner reflection.

As tempting as it may be to laze around in front of the fire (who, me?!) winter is a good time to keep your yoga practice regular. Why!? Well yoga relaxes the nervous system, improves your circulation and oxygen flow, which is, vital for a strong immune system. A strong immune system means you will be better equipped to survive winter in perfect health, resisting viruses and bacteria that increase during the cold weather.

Ideally your asana practices are aligned with the seasons. Winter practices should be about increasing your circulation. The ancient yogis really knew a thing or two about winter. A good flowing Sun Salutation sequence is a perfect winter practice which warms the body promoting circulation and brings a wonderful sense of energy,



Surya Namaskar

## During this Winter Term we will boost:

### Our Mojo!

With Tree Pose, building core stability and balance which builds a 'strong foundation' developing confidence in yourself and your body.



### Our Energy!

With Bridge Pose. This 'backbend' pose stimulates the adrenal glands which helps release energy in your body. It's also good to do if you've been desk-bound, to literally straighten you out.



### Our Joy!

With Happy Baby Pose releasing your lower back and opens your hips-which feels good-and in yogi terms, this pose is known to open your heart.



We will also add dynamic standing poses, balances and twists that generate heat from the core and continue to develop our Warrior and Surya Namaskar sequences.

## Term 3 Begins

The Yoga Circle:

Wednesday 25th July 2012

East Gosford:

Monday 23rd July 2012

Sun Salutations can energise and warm  
you, even on the coldest, darkest  
winter day.

Carol Krucoff