

More about Namaste Yoga, with Nicole.

Namaste is a humbling gesture, an acknowledgement that we are all; connected, divine and one. The 'true me' sees and acknowledges 'the true you', we are one and the same.

Yoga is to get closer to the true self and freedom. True self is that inner place of acceptance, love, comfort and trust, it is you.

The intention of **Namaste Yoga** is to provide you with the guidance, motivation and understanding that a gentle but powerful yoga practice is the way forward to maintain a strong, healthy, happy, light, joyful mind/body/true self that is in a comfortable relationship with one and all.

Doing a yoga practice is a wonderful thing, with many immediate benefits, to go beyond this is to 'be' the yoga practice, this is **Namaste Yoga**, an intuitive practice that honours your conditions.

Namaste Yoga is nourishing, strengthening and flowing.

When you honour the conditions brought to yoga you are practicing your own yoga, a yoga that fits you rather than you trying to fit the yoga. The class is facilitated to offer a range of options and encourage the practitioner to modify, pause/rest or do more depending on conditions. it is a nurturing approach that brings great benefit for beginners and deepens yoga former experienced practitioners.

Nicole facilitates the mindful practice of '**paying attention**' to feel into your current conditions. it means your practice may differ slightly or significantly from others sharing the same session. Your yoga will change and adapt during and each time you practice. Sometimes your yoga will be; stronger or gentler, more flowing or still and you may do certain practices for shorter or longer periods than others. In this way you are practicing your own yoga, an intuitive practice.

The opposite of this is a 'distracted self' that ignores or doesn't react appropriately to body signals and is not true to 'what is right for you at any given time'. In this state it is more likely you will tire, aggravate certain conditions or perhaps injure yourself. it is not an intuitive practice.

Nicole focuses on foundational practices so that appropriate alignment for your body (your conditions) is explored and teaches that an intuitive approach is the way to wellness. Asking '**how does it feel?**' rather than 'how does it look?' is an indicator that you are 'being' rather than 'doing' yoga.

Nicole explains various practices and techniques including: asana (poses), pranayama (breath), chakra balancing (energy centres), vinyasa (stringing together of asanas), Markandeya (as taught by Guru Made Sumatra), during the yoga session to create an intuitive, meditative flow.

You will be very welcome at a **Namaste Yoga** circle (offered on the Central Coast, NSW) or **Namaste Bali** (a yoga holiday offered each year in Bali) and be part of a practice that can change your perspective on life. Or you will come away with a set of physical practices that will serve your mind/body well.

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