

Ommyoga

& lifestyle

JUNE 2013 - £3.95

WIN 200hr Yoga Teacher Training in LA worth **£1800**

How to be a yoga teacher

a student survival guide

Injury time

A simple guide to staying safe on the mat

Mandala Yoga

Tapping into the magic of sacred circles



We love June

Celebrate the start of summer for real



ALSO IN THIS ISSUE...

- Yoga in the bath - find space in the tub
- Mini holidays - chill out every day
- Summer solstice - time for transformation
- Active relaxation - breathe for inner peace





KarmaStudios
yoga & treatment rooms



This new purpose made Yoga studio is situated in the heart of West Wickham (close to Bromley & Croydon) and is available to hire for qualified teachers to run their own classes

Owned and run by Caroline Jarvis, who has trained with appleyoga under the guidance of Katy Appleton, Louisa North, Leila Sadeghee and Gary Carter

Karma Studios offers a wide range of Yoga and Pilates classes to suit students of any level.

Classes include: Vinyasa Flow, Hatha, Iyengar, Seniors, Pre & Post Natal Yoga as well as various Pilates classes.

The studio is finished in specialised sports flooring, has heating and air conditioning and plenty of natural light. It is fully equipped with luxury Yoga mats, bolsters, blocks and straps.

Making this the perfect venue to hold training days, courses and workshops

Karma Studios can provide catering on request and there is ample parking nearby

For more information contact Caroline

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INSTRUCTIONS FOR HAPPINESS - PART 6

BY SUSIE PEARL

'Changing our habits'

We all have habits around our daily living – characteristic patterns that we repeat regularly. Some habits enrich our life and others can be negative and bring us down. When we bring our conscious awareness onto which habits are helpful and which are causing us harm, we can step up to make changes. Remember, if we do anything repeatedly for 21 days or more, it becomes a 'habit' and we find it easy to continue doing this – like being on autopilot.

Technique: Make a list with two columns. Make the left hand side: habits that support me. On the right hand side: habits that weaken me or harm me. You may want to include habits around eating, drinking, relationships, spending, exercise or any other area of life that springs to mind. Make a 'Bad Habit Buster' list noting any habits that you want to change. Make a step-by-step plan that is achievable to change habits – increase the good habits and drop those that are not helping.

Getting a buddy to check in with and support you while you bust the bad habits can really help. If you do it over 21 days – you'll have broken the bad habits and put some good ones in their place and it will be 'hard wired' to your neurology.

Affirmation: I can change anything in my life. What I do, feel, think every day is my choice. I make good choices and choose to change any habits no longer serving me

Susie Pearl is a writer and broadcaster on happiness. Her book 'Instructions for happiness' is published by Quadrille. Visit: susiepearl.co.uk