

May 2018

YOGA NOTES

"Train yourself
to let go
of everything
you fear to lose."
- Yoda



NAMASTE
I bow to you

Trust me ...

.. this is one of the most difficult decisions I have ever made. I can't even recall that moving from Sweden to South Africa was as emotionally challenging.

But it is not out of the blue, and inevitably bound to happen. So why now? The truth is I am not sure. I know a few of the reasons and some are more obvious than others. But it is not one or the other, it is all of them together.

I think some of you anticipated that I would quit when we moved from the farm and I took on the job in Cape Town. I had an idea to take time out, a sabbatical, already when we left for Europe and my 50th last year. However, I think too much was happening at the same time and I did not dare to let go of the yoga, of you, my anchors in life. Six months down that lane I am still scared, fear it, but the difference now is that my body indicates that I am ready. My heart is and I have made a promise to be true to myself.

I think it is easy to be caught up and identify yourself with something you love doing, are passionate about whilst trying to fit everything and everyone together. I have really tried to do my utmost in terms of times, days and places to please as many as possible. I have tried to accommodate beginners and advanced old-timers alike and would like to think we have managed. Last year I had 12 sessions per week, blinded by speed and slightly flattered by the need I eventually ran out of fuel. Even if you guys are my fuel and I am down to 9 sessions per week, there is never a good time to quit. But it is time.

On the 3rd of May this year, it was 8 years since we started at Breytenbach in Wellington. Gosh guys, what a journey, what a privilege! Paarl, what can I say, we have had happy days at die BoKamer and at OutBreath, a few of you already at reVolve and it has been worth all the heartache between 2012 and

now. You have all been unbelievably patient, forgiving and understanding. The fact that we are still struggling in Paarl is a burden I must confess. I am not prone to giving up, and with all my heart I hope that is not how this will be interpreted.

Everything is relative, but 8 years to me is a long time. I actually have never stayed at a job that long before. A lot has happened over the years, people have come and gone. We have grown and changed individually and together. Friends only crossing our path and others staying. Some of you have figured yoga is not for you, or not just yet, others have found parallels or alternative routes and teachers. Whether you briefly passed by or you have hung in there with me, you have touched me, my life, and for that I am forever grateful. When I now find that it is time to wrap up "yogamarie" I will still be there for you, if needed; to chat, to ask or just to be a friend - I am here, always.

Who knows I might try to either host on my own, or co-host workshops, retreats or events.

Fortunately, the yoga scene has changed since we started. Not only globally but locally, even in Paarl and Wellington we have more to choose from. So please continue your journey, find the guidance you need and continue to shine your light ... you are an absolutely amazing being, from the inside out. Don't ever forget that, it is only a breath away and you have got it!

Not to make this more lengthy I would like to ask you to help me making June 2018 the best and most memorable yoga month ever - deal?

With all my love

THANK YOU THANK YOU THANK YOU

We don't meet people by accident, they are meant to cross our path for a reason.

Abigail	Dalene	Kim	Pauline
Adele	Dawn	Krishka	Rachel
Aletta	Debbie	Kyle	Renée
Amanda	Deidre	Leske	Retha
Amy	Deliana	Liesel	Riaan
André	Di	Liezl	Robin
Anel C	Duarita	Liezl S	Roger
Anél	Ed	Lilla	Rosario
Anelda	Ega	Linda	Rosemarie
Anja	Elize	Liz (Elizabeth)	Sam
Anke	Ella	Liz	Sandra
Ankia	Elmari	Lizanne	Santi
Anna-Karien	Elsabe	Lizeri	Sari
Annamarie	Elzé	Lizette	Sheila
Annamarie H	Elzette	Lizette TB	Skye
Anne-Ghrett	Emmanuel	Lou	Sonja
Anneke	Erma	Louisa	Sonja & Willy
Annelie	Esbé	Louise	Stephan
Annemarie	Estelle	Lucinda	Surene
Anniza	Esther	Lydia	Susan-Mary
Ansia	Fahema	Lyn	Suzelna
Antoinette	Fanie	Madeleine	Tana
Antoinette S	Fred	Mandie	Tanya
Arene	Frik	Mandy	Tom
Aries	Gemma	Marcel	Tomke
Avril	Hazel	Marcia	Tracey
Beate	Heidi	Maret	Trish
Bernice	Heillette	Margaretha	Uschi
Bianka	Hermanus	Marguerite	Val
Carelén	Hermine	Maria	Vanessa
Carla	Hester	Mariana	Vera
Caspar	Hester B	Mariette	Veronique
Cassandra	Ina	Marsia	Warwick
Catherine	Inger	Marzanne	Werlinda
Chantal	Isabel	Melanie	Werner
Charlotte	Jana	Melvin	Willemien
Cherise	Janine	Mianda	Wilna
Cherona	Janine W	Michelle S	Yolandi
Cheryl	Janneke	Michelle	Yvette
Christa	Jeanetta	Mieke	Zelda
Christel	Jeannine	Mignonne	
Christelle	Judy	Milda	
Christina	Julie	Mitch	
Christine C	Karien	Nadine	
Christine	Karin	Nadine D	
Claire	Karin A	Natalie	
Conrad	Karmi	Nikki	
Conrad S	Katja	Olivia	
Corlia	Kayla	Orali	
Dalene J	Kelly	Pam	

Life is a balance...
of holding on and letting go...

