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## *Are You Present in Your Life?*

by *Natalie Edwards*

Are you really present in your life? Do you live in the here and now? Or constantly get lost in the past or dream about the future?

Deliberately choosing to live in the present isn't always easy, but once you master it you'll find your life will be filled with positive changes and genuine happiness. Have you ever been fortunate enough to view the world through a baby or toddlers eyes? I'm blessed to have a 15 month old daughter and I feel so lucky that being around her reminds me constantly to be aware that the way we view things as we get older changes, dramatically. Something happens as we grow from a child to a teenager to an adult, I think it's the way we view the world around us, and what we focus on, including life's challenges, which takes us away from the present.

I've noticed many valuable things while witnessing my daughter explore the world. Firstly, she has eyes for only one thing at a time, it doesn't matter what else is happening around her, that tiny leaf or feather on the ground is all that she notices, forget what she was playing with a minute or two ago, that's old news to her!

We can adapt this idea in our everyday lives too, by reminding ourselves to focus on that one thing we are currently doing. If we are cooking, just cook, instead of thinking about what bills need paying, or what's on at work tomorrow, choose to be mindful and bring your attention back to what you are doing. If you're playing with the children, enjoy it, even if you have to set a timer on your phone so you're not worrying about running over time, be present. The children will love spending quality time with you and you won't feel like you're missing them growing up as much.....

[Click here to read more!](#)



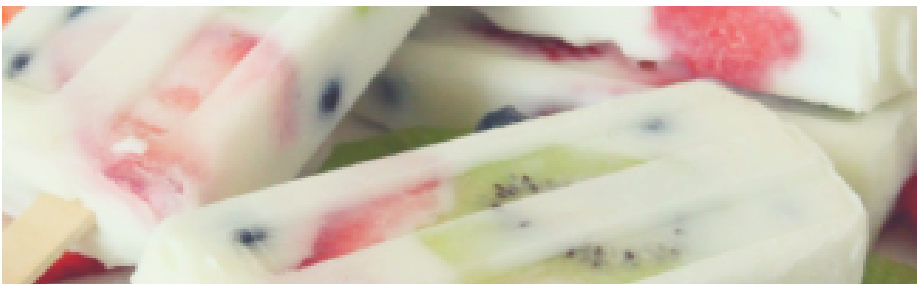
## *What's New This Month?*

This month it's all about planning for 2018!

I'm excited to announce that new things are in the pipeline at Little Stars Yoga & Wellness. So, as well as offering our favourite classes which include Fairytale Yoga and Intro to Yoga, we are introducing a new concept, a specialty class each month. These will be fun, new classes held once a month on a casual bases. Some current ideas include:

- ~ Yoga in the Park
- ~ Mothers and Daughters
- ~ Mums and Bubs/Toddlers

I'd love to hear from you, [natalie@littlestarsyoga.com.au](mailto:natalie@littlestarsyoga.com.au) if you have any great ideas and if we run it you can attend the first class for free!



## *Breakfast Popsicles*

### **Directions**

Add a little yoghurt to the mold, slide fruit slices down the sides if you want them to look pretty. Add more yoghurt and then more fruit until the mold is full.

Note: You can also blend all of the fruit together before pouring into the molds and then top with small pieces of fruit.

"DOUBT KILLS  
MORE DREAMS  
THAN FAILURE  
EVER WILL"

## *RECIPE OF THE MONTH*

### **Ingredients**

Yoghurt (I used Greek vanilla)

Fruit, thin sliced (I used kiwi, strawberries and blueberries)