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Is it possible to be positive all the time?

by Natalie Edwards

We always hear so much about positivity and the power of positive thinking, but is it realistic to think we can be positive all the time? Do we need to have the balance of positive and negative? And is it ok to feel flat about things sometimes or should we always be choosing to see the positive?

Recently I was debriefing with my partner about a situation which I wasn't happy with, as it wasn't going in the direction I intended. He knows how passionate I am about working with children and the life skills I teach through yoga, so after chatting for a while about this he said to me, 'why are you being negative about this? Why don't you just use the techniques you talk about in your yoga classes to be positive about it?' This surprised me and stopped me in my tracks, and I've found myself pondering over this question for the past few days.

After much consideration, I came to the realisation that we need to have that natural rise and fall of our emotions to make any progress in difficult situations. When we feel sad or down about something I think it's our bodies' way of saying 'hey, this doesn't feel right, something needs to be addressed in this situation.'

If we are extremely upset about something I think it's incredibly powerful to express those emotions by venting with a friend or even crying, because only after we've let go of that reactivity to the situation can we clearly see a way forward. This is also vital for children, imagine if we told our children they shouldn't cry or show any negative emotions at all. They would hide them deep inside until one day they'd explode from all of that built up anger and frustration. We want our children to know that it's ok to feel sadness, anger, frustration or whatever the 'negative' emotion is, but it's the way we deal with this that matters. We can be the role model for them...

[Click here to read more!](#)



**REGISTRATIONS
NOW OPEN!
Term 1 2018**
Commencing 15 February

FEBRUARY OFFER

5 Week Package \$55
(yoga mats and props included)
or
9 Week Package \$90
(yoga mats and props included plus a
bonus crystal set + \$5 Voucher for our
monthly specialised class)

Thursday
St Thomas More's Primary School
3.30pm - Intro to Yoga (7+ years)
4.30pm - Fairytale Yoga (3-6years),

Friday
Pod Fitness
9.15am - Fairytale Yoga (3-6 years)

Registrations: natalie@littlestarsyoga.com.au www.littlestarsyoga.com.au



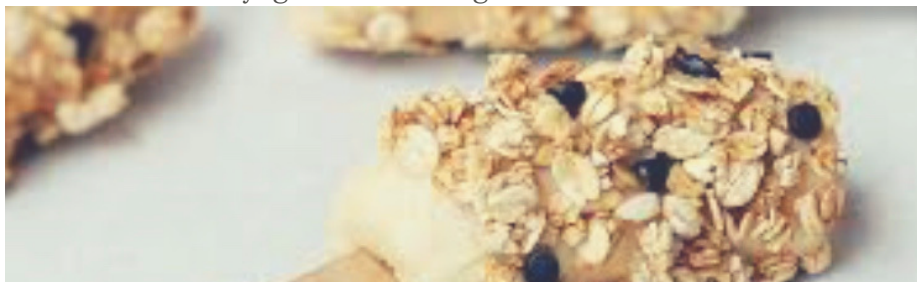
"We either make ourselves miserable or we make ourselves strong. The amount of work is the same!"

What's New This Month?

Registrations are now open with classes commencing Thursday 15 February!

We now have two class options including a 5 week or 9 week package. As well as these great offers we are running classes at St Thomas More's Primary School, Newstead and Pod Fitness, Launceston.

If you're child would like to try yoga for the first time we offer a 'come and try' class price of just \$5 - please email me at natalie@littlestarsyoga.com.au to register



Breakfast Banana Pops

Directions

- 1) Pour granola/muesli into a shallow dish or plate.
- 2) Peel bananas, cut in half and insert popsicle sticks.
- 3) Dip into yoghurt (or coat with a knife), then roll into granola and add-ons (see below for ideas).
- 4) Place on parchment or wax-lined tray and freeze.

Note: You can also add mini chocolate chips, coconut shreds, raisins etc.

RECIPE OF THE MONTH

Ingredients

- > 2 x Bananas (makes 4 pops)
- > Yoghurt of choice (I like Greek)
- > Granola or muesli of choice
- > Popsicle sticks or silverware to insert in the bananas