

## Present Moments

Thoughts from Susie Ascott - on living your Perfect Life

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### Welcome to July 2011 Issue of Present Moments!

Present Moments includes an update on what I've been up to and news of upcoming events.

It's hard to believe that it is 6 months since my last newsletter; at least I can console myself with the knowledge that I haven't been cluttering up your inbox!

You are receiving this because you have partnered with me in a coach-client relationship, you have attended my yoga classes or expressed an interest in coaching. If you would prefer not to receive these (infrequent!) newsletters, then please let me know, [susie\\_coach@bigpond.com](mailto:susie_coach@bigpond.com)

<b>Special Offer: Live The Life You Really Want 6 week e-course</b>
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Book your course to start in July for <b>just \$80 (reduced from \$120)</b> .
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Be one of the first 5 people to send me your answer to the following question and the price <b>reduces to \$60!</b>
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<b>Question "When was Vanda Scaravelli born?"</b>
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Send your reply to <a href="mailto:susie_coach@bigpond.com">susie_coach@bigpond.com</a>
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### What's been happening?

#### Yoga



I have just graduated the 1<sup>st</sup> Year 1 of an Om Kara Kriya course, exploring chakras, pranayama, mantras and

meditation, and I am about to launch into Year 2.

If you are interested to find out more about the course, check out Dr Jonn Mumford's sites  
<http://www.jonnmumfordconsult.com/>  
<http://anandakapilagradauateteachers.weebly.com>

I have been lucky enough to take on a weekly class teaching yoga to Year 1-Year 3 (age 5-9) Primary School children. Now THIS is a challenge! And there are moments when I wonder what on earth possessed me to say yes to this opportunity! When I see them sitting quietly in meditation at the end of the class all my doubts disappear.

### **My Life**

My son, Martin, went to Canada last November, to work on the ski slopes. I am sure that the snow must have well and truly melted by now, but he is still there. My daughter, Nicki, is currently in Alaska, on an Adventure Trek.

My trip to **Glastonbury** over Christmas/New Year was all I had hoped for and more.

Everyone was so friendly and helpful. The shops, local markets and cafes were full of organic and vegetarian food and local produce. So easy to eat really well. I attended Winter Solstice celebrations, a Fire Ceremony, a Gong Bath and heaps of yoga classes. I helped clear vegetation at a disused factory which is being restored into a local arts centre. One magical day I was lucky enough to be taken to a sunrise meditation INSIDE Stonehenge, then on to Avebury Ring, (a place which has been very special to me since my teenage years). I seriously considered buying an Ashram! And even more seriously considered buying a house.



Climbing  
the Tor on  
Christmas  
Day



The daily  
landing of  
starlings at  
sunset



Making New  
Friends



The Ashram I  
didn't buy



Stonehenge

## Recommended Reading

Books I have enjoyed reading over the last few months:

**Pagan Visions for a Sustainable Future** By Emma Restall Orr and Ly De Angeles and Thom van Dooren

I don't claim to agree with everything in this book, nor even to fully understand it, but I found it enthralling and it certainly made me think. After all, I am not going to learn much if I only read about information which I already know and ideas I already agree with.

Representing diverse arenas of Paganism, eleven established activists, authors and academics passionately debate the critical issues facing modern Pagans. These provocative discussions-exploring feminism, magickal ecology, ancient Egyptian ethics, political activism, globalization, the power of truth, sacred communities, and environmental spirituality -challenge readers to reconsider what it means to be Pagan in the twenty-first century.

<http://www.fishpond.com.au/Books/Pagan-Visions-for-Sustainable-Future-Ly-De-Angeles-Emma-Restall-Orr/9780738708249?cf=3&rid=482534058&i=1&keywords=Pagan+Visions>

**Yoga Therapy** by A.G. Mohan and Indra Mohan.

I wish I'd read this book before studying Anatomy in my Yoga Teacher Training course. It presents the essence of the workings of the anatomy of the body as we move through our yoga poses, in a straightforward and helpful way.

"This is a must-have volume for any serious yoga student, whether a yoga therapist or just an everyday practitioner. The mix of both theoretical and practical information allows readers to learn not only about the daily work of yoga, but its essential theoretical underpinnings as well. The book reminds us that yoga is the original holistic health care system."—Richard Rosen, author of "The Yoga of Breath "

"A. G. Mohan, a long time disciple of Krishnamacharya, and his wife Indra, herself a talented yoga therapist, are among the world's foremost transmitters of the master's mature teachings. In this book, they take you inside their process of yoga therapy from evaluating the students to planning and implementing a therapeutic regimen. I highly recommend it for teachers and serious students of this lineage."—Timothy McCall, M.D., medical editor of "Yoga Journal " and author of "Yoga as Medicine "

<http://www.fishpond.com.au/Books/Yoga-Therapy-AG-Mohan/9781590301319?cf=3&rid=1034103361&i=1&keywords=Yoga+Therapy>

## **Awakening the Spine** by Vanda Scaravelli

Vanda Scaravelli was an amazing lady, born in Florence in 1908. She studied for many years with BKS Iyengar. She continued to practice and teach yoga well into her eighties. A true inspiration. Even if you are not interested in yoga the book is worth buying for the photographs which are varied and beautiful.

<http://www.fishpond.com.au/Books/Awakening-Spine-Vanda-Scaravelli/9780062507921?cf=3&rid=800426584&i=1&keywords=Awakening+the+Spine+Vanda+Scaravelli>

I've been listening to **"The Journey into Yourself"**  
Eckhart Tolle

A recording of live talks given on retreat. The theme of this four-day retreat: "It's Always Now." There is plenty of wisdom, practical advice, new perspectives as well as the Eckhart Tolle brand of humor. Be prepared to smile and chuckle.

<http://www.audible.com/pd?asin=B002UZHQ4Q>

## **Events calendar**

### **Yoga Classes**

All classes are mixed level and all are welcome. Classes are held in Fremantle, Mount Claremont, Cottesloe, Claremont, Swanbourne and Subiaco

For timetable details see [www.presentperfect.com.au](http://www.presentperfect.com.au) or drop me an email [susie\\_coach@bigpond.com](mailto:susie_coach@bigpond.com) and I will send you a flier

### **Oil Painting for Fun**

Have fun discovering or rediscovering that painting is fun. No experience is necessary.

**Cost:** \$30 to include paints, canvas and use of easel

Bring your own materials and the cost is \$15

**Dates:** Sunday July 31st 2-5pm; Saturday September 3rd 2-5pm.

Register by sending an email to [susie\\_coach@bigpond.com](mailto:susie_coach@bigpond.com)

## Developing a Personal Practice



If you would like to practice yoga at home, but can't quite make it happen, then this is the workshop for you. We consider Why, Why Not, When, What and How to enjoy your home practice.

**Cost:** \$45 for 3 hour workshop  
**Dates:** Sunday August 14th 1pm – 4pm  
Register by sending an email to [susie\\_coach@bigpond.com](mailto:susie_coach@bigpond.com)

## Simplify Your Life

Create space and time for Your life

- Let go of "shoulds"
- Eliminate clutter
- Relax and enjoy

**Cost** \$60 for 2 hour workshop  
**Dates:** Sat Sept 17th; 2-4pm  
Register by sending an email to [susie\\_coach@bigpond.com](mailto:susie_coach@bigpond.com)

## Exploring Pranyama and Meditation



This will be a practical introductory workshop where will practice a variety of breathing techniques and meditation. No prior experience required

**Cost:** \$35 for 2hour workshop  
**Dates:** Sunday 25th Sept 2pm -4pm  
Register by sending an email to [susie\\_coach@bigpond.com](mailto:susie_coach@bigpond.com)

## Live the Life You Really Want – E-Course

A simple, step by step process to take you closer to living the life you really want. All you need is access to email and about 1 hour per week.

**Cost:** \$120 for 6 week class.

**Dates:** Send an email to [susie\\_coach@bigpond.com](mailto:susie_coach@bigpond.com) for more information and we can start whenever you want to

"All my benefits keep on growing from this course. If I haven't said it yet - **thank you.**"

"I really like your course, thank you for providing me with the materials. They are very simple, clear and easy to follow."

"This course inspired me to revolutionise my life and do things I had thought about doing, but never actually  
**"JUST DONE IT"**

"Thank you for being the "perfect coach." My life has completely turned around and I feel it is all through your guidance and assistance."

Thanks for Reading!  
Smiles, Susie