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Inspiring News

March 2011

"If you make the **unconditional commitment** to reach your most important goals, if the **strength** of your decision is sufficient, you will find the way and the **power** to achieve your goals."
Robert Conklin

Greetings!

Today's *Inspiring News* has the theme of commitment, a particularly relevant theme as our 40 Days to a Personal Revolution course is currently in full swing. I've been overwhelmed by the students' response to the challenge and by their commitment to change. We all have our weaknesses but confronting them, with a firm commitment to change, is very empowering.

Now we are mid-way through the challenge I'd like to congratulate all our wonderful students for getting this far and look forward to celebrating with you next month when you complete it.

This newsletter also features my latest meeting with [Bernard Gitonga](#), who we introduced last month as one of the first people to train with Baron Baptiste as part of the [Africa Yoga Project](#).

Other news includes our usual SPY Smiler (because laughter is important too!), and an invitation to join us for SPY's first anniversary celebrations.

Lastly, I'd like to recommend an inspiring TED talk I saw recently about the [five lives of Raghava KK](#) which demonstrates to me the importance of making an unconditional commitment to change and how this can give you the power and drive to live your dreams.

See you soon!

In This Issue

[Africa Yoga Project update](#)

[One year anniversary celebrations](#)

[Tell us what you think](#)

[Upcoming SPY Retreat](#)

[Kids' Yoga & Teens' Power Yoga](#)

Soul Power Yoga Happy to help!



SPY Smiler...

A young woman who was worried about her habit of biting her fingernails down to the quick was advised by a friend to take up yoga.

Nicholas Turner
Soul Power Yoga

SPY Sponsors & Mentors African Yoga Teacher

SPY's very own Nicholas Turner helps create a Global Yoga Community by sponsoring and mentoring a teacher as part of the Africa Yoga Project (AYP)

Today my conversation with Bernard had the theme of "Being Willing to Come Apart" in the process of transformation. Making the commitment to "Let Go" in order to "Let Come" is a tough one for many of us as we struggle with the misconception that we can somehow control the external world. We try, often subconsciously, to control our spouses, friends, family, job, but this only creates struggle in our lives.

As fear is a big part of this control I asked Bernard what he most feared in his teaching. He shared his experience of...[read more](#)



SPY Celebrates One Year Anniversary

And you're all invited...

Director and creator of Soul Power Yoga, our one and only Nicholas Turner, has the pleasure of announcing SPY's upcoming one year anniversary celebrations.

Time: 7.30pm
Date: Friday 8th April
Location: TBC



"I want to be able to personally thank each and every single one of our students who has contributed to our success over the past year. One thing I know for certain is that SPY's success is really YOUR success!"

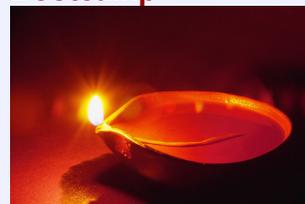
We'd love to see you there. Please register your interest in attending at info@soulpoweryoga.net and remember...

Connection is Community

She did, and soon her fingernails were growing normally. Her friend asked her if yoga had totally cured her nervousness. "No," she replied, "but now I can reach my toenails so I bite them instead."

News Shorts...

Upcoming SPY Bootcamp



We're in hot pursuit of a venue for our next retreat which, following feedback from previous retreats, will allow for plenty of time for both Power Yoga and relaxation.

Dates are TBC (end April/beginning May) so please register your interest in attending at <mailto:info@soulpoweryoga.net>

Kids' Yoga & Teens' Power Yoga



Kids' yoga is now available on:

Saturdays from 3-4pm

Soul Power Yoga Customer Satisfaction Survey...

...And a **BIG** thank you!

We'd like to take this opportunity to say **THANKS SO MUCH** for your support in building our local yoga community and as we are coming up to our one year anniversary we will soon be sending out a survey to find out:

What you like
What you don't like
How we can improve

The survey won't take longer than 10 minutes to complete and we'd be incredibly grateful if you could complete it for us. Watch this space!

Teens' Power yoga is now available on:

Sundays from 2.45 - 3.45

Hope to see you there!

\$20 for 20 days*

Take advantage of our amazing Introductory Offer. Click [here](#) to book now!

*Offer must be used in 20 consecutive days

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