

Yoga & Meditation Made Easy

Newsletter

July/August 2018



Trisha-Rose Tirase

Contact Details

Ph: 0424 277 033

Fb: Meditation Made Easy

Fb: Pathway to Healing Self through Yoga and Meditation

Fb: Intuitive Energy Healer/Teacher/Counsellor

E: trisha-rose@intuitiveenergyhealing.com

W: www.intuitiveenergyhealing.com

Yoga Training ...

Shiva Rishi Yoga School, Varkala, Kerala, South India

200 hours Teacher Training (Vinyasa & Classical Hatha) Yoga

For over 30 years, I have travelled the world as an international Intuitive Energy Healer/Teacher/Counsellor helping individuals become the master of their own mind, body and soul.

I have been teaching meditation for over 20 years and running 4-week Meditation Made Easy Courses for the past few years here on the Sunshine Coast.

Practicing yoga has been an important part of my life for many years. Towards the end of last year, I was guided to travel to India and be trained as a yoga teacher . . . finally!!

On my return from India, I was guided to combine the yoga and meditation into two-hour classes; 1-hour gentle yoga followed by 1-hour meditation.

My dream is to help each individual come back to the 'SELF' and this can be achieved by practicing yoga and meditation.

Practicing yoga and meditation helps the individual heal on the following levels: physically, mentally, emotionally, spiritually.

Yoga & Meditation Made Easy

Classes held at
Maroochydore Community Centre
Milwell Court
Maroochydore QLD

Tuesday Evening 6.30pm to 8.30pm

Thursday Morning 9.00am to 11.00am

Sunday Morning 8.30am to 10.30am

1-Hour Gentle Yoga followed by 1-Hour Meditation

Small classes and spaces available

Please bring the following:

Yoga mat and a good size blanket for meditation.

Optional: (anything you feel will make your session comfortable)

Bolster, blocks, belt, cushions and socks.

MINDFULNESS is taught as part of the yoga/meditation classes.

When watching the breath every moment during the yoga exercises, feeling our body as it stretches and noticing our thoughts as we settle, we then become aware of **OURSELVES**.

Present, gentle, attentive, compassionate and grateful for each moment.

Mindfulness ...

- what is happening right now
- noticing how your body feels
- noticing what your mind is doing
- can make us feel emotionally and physically stronger
- decreases stress and anxiety
- improves health
- improves sleep
- improves focus, awareness and even higher life satisfaction.



Yoga and Meditation Made Easy Classes

I help you reconnect with your body through gentle stretching poses perfect for beginners and those who lack flexibility. I help you increase your flexibility, reduce stiffness, eliminate stress and find more energy. It's about giving your body the attention and love it deserves through the breath and gentle body movements. It's about being healthier and happier at any age. After the gentle yoga, the body is deeply relaxed and can flow into a deeper state of meditation which follows.



Meditation

After the gentle yoga, one then prepares themselves for meditation. We begin with a guided meditation journey followed by 30 minutes of quiet time.



Free hugs, discussion & nurturing finishes the session!!

FEEDBACK FROM INDIVIDUALS

WHO HAVE ATTENDED THE CLASSES

Quite often during our yoga/meditation classes, **energy healing** is experienced by one or many of the participants. In fact, everyone is experiencing a collective **energy BOOST** that stays with them well after the class finishes.

Testimonials

Trisha-Rose has mentored me through an amazing personal journey. I am not the same person who walked through her door several years ago.

With a deeply relaxing meditation technique at its base, she has packed my therapeutic suitcase with tools that lift me over the daily hurdles as well as the mighty mountains of life we all crash in to from time to time.

She has taught me how to nurture my own mind, body and spirit.

Yoga has always played a major role in Trisha-Rose's life.

So, with her compelling need to help people take control of their own bodies and spirit, Trish-Rose journeyed to India to train as a yoga teacher, supplementing her spiritual healing practice.

My body is responding now, even at this early stage, to her sessions of gentle, yet focused, yoga followed by meditation. Bliss!

~ Sally R
Mudjimba



Two hours of gentle yoga practice plus a guided meditation and intuitive healing a perfect combination.

Trisha-Rose is a skillful teacher who creates a healing and safe haven in which to exercise mind and body and connect with universal energies.

Oxygen for the soul ... Highly recommended!

~ Wendy H
Buderim



I met Trisha-Rose well over 3 years ago, joining her beginners' Meditation classes, with the greatest results . . . But . . .WOW . . . I have now experienced Trisha-Roses' Yoga/Meditation classes and I am so impressed with her teachings.

She is extremely dedicated and spiritual, with enormous knowledge to help everyone.

Take it from me, it's so worth your time as your body, mind and spirit will thank you.

~ Marie L
Woombye



Being 72 and somewhat less flexible than I used to be, I searched everywhere to find a slow and gentle form of yoga to stretch my body, comfortably.

I also enjoy meditation but sometimes find it hard to make the time for it.

When I joined Trisha-Rose's gentle Yoga/Meditation class, I found the perfect combination.

This gentle practice is now a wonderful and unique part of my weekly workout –of the body and mind.

The sacred space thus created by Trisha-Rose is also very healing and nurturing.

Thank you, Trisha-Rose, for developing this combination for everyone ... especially us oldies!

~ Garth G
Buderim

NAMASTE

