

## **Benefits of Connecting through Zoom Class to maintain your Practice and**

### **Inspiration**

Winter Inspiration on zoom

"Well indeed it was difficult to get out of bed on this cold winter morning, snuggled up in bed with a cup of tea and good book. Yet, without my regular classes with Swami Atmamuktananda, I know (through experience) that my week would not be the same. The benefits for me - centredness, steadiness, clarity, calm, contentment etc - are so great that they are motivators for me to transition from bed to lounge room floor.

I feel unhinged without my regular yoga practices which include these classes offered

by Rocklyn Ashram. I live about ten hours away, and Zoom provides me the opportunity to connect with the Ashram. While I feel connected to the Sangha (yoga community), I also feel like I have a one on one class (as it's live not recorded) which is amazing. It is truly a privilege to experience these offerings, including the ancient wisdoms, from Swami Atmamuktananda.

*Mandy Hillson*

### **To inspire others**

Thank you for the wonderful online yoga classes. I find they help me to keep a regular

practice up. I've paid and made a commitment and it makes get up on those cold mornings when I may otherwise falter. I know I will never regret having my me time before the business begins. It is great value for money as you can come more than once a week and it tops up my self-care tank a bit more, so I have more energy to draw no from within during the shorter days. I have practiced and taught yoga for over

20 years but still get plenty out of the classes and a fresh perspective which inspires my own practice and therefore my teaching. I love that the practices are soaked in awareness rather than feeling rushed and that yogic theory and philosophy are filtered

in as an appropriate reminder. It's nice to be taught and led and my practice has sharpened up. Obvious that the teaching comes from the source of an Ashram steeped in tradition and authenticity. A lovely way to start my day and nurture myself over the winter rather than being tempted to snuggle under the warm doona! If you are thinking of it, why not give it a go and support a community that offers us a way to connect spiritually and live more authentically.

*Esther*

### **Precious Jewels of Yoga**

Thank you for all the lovely and uplifting Yoga classes that you offer online. I have been a regular student of your zoom classes for nearly 4 years now, since they first started in the lockdowns of 2020.

The online regularity classes have truly had a profound positive impact on all aspects of my life. Sharing practice together online provides a beautiful support that holds us individually and collectively, bringing connection and raising the vibration wherever we are. I particularly appreciate the Yogic teachings and pearls of wisdom which you

share with us in each class, these are the precious jewels that guide and support us in our daily lives. The classes assist greatly with navigating life's ups and downs, and discovering the jewel of peace, stability and stillness that lies within. And as we unfold this precious jewel within, we carry this light into our day and touch the lives of others.

We are truly blessed to receive the precious jewels of wisdom and guidance from the beautiful and ancient tradition of Yoga. Long may we cherish these precious jewels as we continue to practice together on the Yogi screen.

*Rose*

“Attending the Zoom online classes with Swami Atma is very helpful for me in saying grounded in my daily life. I like the ease of being in my own home and the practice and wise reminders help me stay in balance between my visits to the ashram.”

*Elizabeth*