



BYRON BAY **DECEMBER 16-18, 2009**

“I am the space in between the rain drops. I am the rain itself. I am the cool breeze that blows on a muggy day. I am the moisture in the earth. I am the sun that prickles your skin. I am the moon. I am the water that pours from the tap. I am everything. I am completely nothing.” Dena Kingsburg.

This yoga nourishes my body and heart and soul - deeply, profoundly, without fail. If I am patient all is coming. I am learning over again to become unattached to the result and to be settled in the process. I am learning again and again to listen in and patiently wait for my body to take its shape. The last three days work has been back bending: legs straight, feet parallel, chest open and all without hinges in the knees or lower back. Dropping back with arms outstretched overhead, hands lightly touch the ground, chest reaches toward the wall then hips to the center and then back to standing. I am strong and light. I am the ballerina and the strong man. I am learning to trust deeply. Warmest blessings & love, Melanie