

1. Yoga has been in my life for as long as I can remember! In fact, some of my earliest memories are of my Dad meditating, practising pranayama (breathwork) or standing on his head! I was fascinated and intrigued until this grew into my own practice. So Yoga has been a gentle evolution for me over the years and has unfolded for me in my experience of different traditions of Yoga. I have learned from teachers in the Iyengar tradition, Ashtanga, Kundalini, sound Tantra/ mantra, Satyananda, Kriya and Hatha traditions, and have always been open to learning in any way I can from this ancient and in depth spiritual science, and continue to expand upon its wisdom. In 2010, I finally decided to take the plunge and embark upon my Yoga Teacher Training! I didn't take this lightly, because I had always known that this path requires absolute authenticity and integrity, but felt I had something of value to be shared and that it was part of my life path. Completing my Advanced Diploma of Yoga Teaching with the Australian Yoga Academy in Prahan, Melbourne was a great choice in Yoga Schools, as they hold a very high standard and have a wealth of expertise, diverse resources and support for budding teachers! I really enjoyed my experience there and came out feeling ready to delve into teaching.
2. I established my Yoga business; Nectar Of Life Yoga and began teaching in Healesville and surrounding areas in 2011. Mostly offering classes aimed at a broad range General Hatha Yoga practise to fit in with the demographic here, which can be diverse in every class. I also began offering one-to-one Yoga practice sessions with people who needed something more specific. This can focus more intently on specific needs, whether it be remedial, pre or post natal, or just for people that cannot make a class due to a busy schedule and prefer a weekly yoga class in the privacy of their home.
3. The main reason as to “why” I began teaching, really comes from my roots of a lifestyle within the Yogic philosophy. I passionately feel that The Tree of Yoga offers profound wisdom to all who open to it. And really just wish to learn and share constantly. On so many levels Yoga is beneficial to ones lifestyle, no matter how deep you go into it. Yoga is practical, not dogmatic, it encompasses such wholistic and practical applications, that can really transform base level challenges into a knowing of empowered full potential. My wish is to be challenged by this always, growing, opening, maturing and offering this knowledge from my heart in a way that can assist others on their journey for health and wellbeing.
4. The practice of Yoga has very ancient roots and origins. Yoga’ -the very word radiates peace and tranquility. This feeling probably stems from the etymology of the word. The word Yoga is derived from the Sanskrit word 'Yuj' which essentially means to yoke, join or unite. The union referred to is that of the individual self uniting with Cosmic Consciousness or the Universal Spirit. Yoga is a means to achieving this goal. Born in India, almost 26,000 years ago, Yoga is believed to have evolved during the period of the ‘Sat Yuga’, also called the Golden age. This period became known as a time of everlasting peace and abundant blessings, filled with seekers of the Eternal Truth. It was not until the discovery of the Indus- valley civilisation, the largest civilisation, that knowledge about the origin of Yoga surfaced. Excavations give evidence of yoga’s existence during this period; yogi -like figures engraved on soapstone seals have been unearthed.
5. Yoga is made of eight essential tools, hence it is called the 8 limbs of the tree of YOGA;  
YAMAS (don'ts or restraints for the personality),  
NIYAMAS (do's or the observances in the personality),  
ASANAS (physical postures for breaking through body conditionings and limitations)  
PRANAYAMA (breathing techniques)  
PRATHYAHARA (controlling of senses)  
DHYANA (concentration)  
DHARANA (meditation)  
SAMADHI (liberation, super consciousness).

6 + 7. Anyone can benefit from Yoga, whether you have a spiritual propensity or not. Just simply learning how to breath properly and come into a relaxed state of being, can change things dramatically for your health. Participating in Yoga classes can assist on SO many levels for your commitment to health and quality of life. Physical, mental, emotional etc, Yoga offers tools to break through stagnation, find focus and clarity through developing utmost strength and flexibility. We always focus on spinal health in my Nectar of Life Yoga classes, and its amazing how simple repetitive movements can create space and promote synovial fluids in the spine whilst training the muscles around the torso to be strong and protective. Don't be fooled into thinking that Yoga is only gentle stretching.. whilst it can be, if thats what you need to heal, intermediate Yoga can be very strong and challenging! Ive had people come thinking that its just going to be gentle.. and dripping sweat onto the mat, and saying they never knew Yoga could offer them this. Of course this would be only for people who already have a strong physical ability. Generally, I am very intuitive with what my students need and keep an open communication at all times. I often have beginners and Yogis who have practised for 10 years in the same class (with all levels and abilities in between), and can easily adapt each posture to individuals in the class. It is a very NON competitive environment and cultivates courage to be centred in yourself and just give your BEST at every moment.

8. There are perhaps instances where a Yoga class is not suitable for someone, particularly if you have an acute injury episode and need to rest the inflammation, also say if your new to Yoga and are pregnant with also high blood pressure, then I would recommend private Yoga sessions, focussed on very calming breath work and stretching (very Yin). Its essential to tell your Yoga teacher if you have any long standing chronic health conditions, acute injuries, surgery, mental conditions etc- as they are your ally and can provide tools to transition into health. My particular teacher training had a large component on the anatomy and physiology of Yoga and specific adaptations, postures, breath work to help particular conditions and the contra-indications of others.

9. Top 3-4 Major benefits of Yoga;

1. Ability to breath correctly, helps the nervous system, brain & immune system profoundly.
2. Ability to use whole brain function and be more cognitively aware.
3. Integrating and anchoring a sense of calm and centredness.
4. Strong and toned muscles, vital organ health.

10. Yoga is very popular all over the world these days, and I believe it has a lot to do with how fast paced our working habits are and how far removed we are from nature and often from our true selves! Yoga definitely provides a remedy for the starved spirit and adrenally exhausted body and mind. But more than that, people are realising that we are the ones to provide empowerment to ones own lifestyle and integrate ourselves body, mind and spirit. We are the ones responsible to implement the tools of this integration within and create an inner landscape that corresponds with an empowered human experience. To be able to contribute to the whole through operating at a fuller potential capacity. This is ultimately healthy for everyone, from our family to our community to our Earth.

11. Integrating Yoga practice into your day or your week, is always going to be beneficial. Depending on your ability to get to a class, I recommend at LEAST one class a week and hopefully more. This would provide a basic maintenance level. But If you really want to establish change in your health, then find a few simple key postures (supplied by your Yoga teacher) and find a few minutes every day to do them. Whether it be first thing in the morning; take 15 minutes to do a few salutes to the sun and some breathing techniques. or a few specific spinal exercises with a mindful breath. Make a commitment and a long term investment to your health, by embodying it into your lifestyle. Be active and willing to practice!

12. One of my favourite things about Yoga is how inspired people become when they finally drop into the Yoga zone. Their body starts to really "get" it and they begin to go beyond their previous limitations and feel so empowered by their new potential! A certain liberation unfolds- which is just amazing!

13. Tips for someone looking to start Yoga, would be to talk to your potential Yoga teacher and communicate about your needs and make a connection with them. Make time in your busy schedule to get to class, and just come along with an open heart. Give yourself time to learn and

adjust, fully embrace it and let it take you on a journey beyond the perimeters of the small mind and ego, and into your fullest potential! A journey of healing empowerment and a journey of life!  
Sat Nam

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