

Hello there All

Well 2010 was certainly a time of change for me and it has ended up in the decision to make some rather large geographical moves.

I have been teaching in Brisbane since October 2002 after making the move from Melbourne, and I must say that Brisbane and it's people have imprinted a very special, loving vibration in my heart, and the decision to leave was not an easy one.

But none-the-less, change came a'knocking and I've always been one to dive into the unknown. Hence my heart is a little heavy in saying good-bye to everyone and excited to say hello to the new.

At present my partner and I are looking around NSW. We have visions of chickens and vegie gardens and presently are looking around the Bowral area.

I want to thank every one of my students (long or short term) for their loving kindness, dedication to the practice of yoga and general beauty. I would continually feel blessed by all the smiling, teary, confused, contented or unsure faces as they walked up the stairs and bravely made the choice to more deeply understand and connect with the depth of one's own 'being-ness'.

We are indeed such complex creatures and simultaneously so pure and simple. To ride the waves of complexity and simplicity makes life quite an adventure indeed!!! So dear souls, please continue to enjoy the ride with your new principal teacher Dan Alder. He is a most passionate young man and a new Yogi on the block, and I entrust your loving Selves to his guidance.

Please do keep in contact. I still have the same email address katepelican@optusnet.com.au or another newer address kate@yogapresence.com.au.

I wish you all the very best for 2011 and hope sometime throughout the year to organise to do a workshop or two at The Yoga Den.

Also, Zara and I will be in Brisbane once a month to run our Yoga Presence teacher training courses, of which you are welcome to join in on, on a full or part-time basis. Please check www.yogapresence.com.au for all the 2011 dates.

Much love and many, many blessings.
Happiness to All and contentment too.

Kate

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