

You're The One Newsletter

DIGNITY & GRACE

Issue 13 Vol 8 August 2018

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Karen Recommends



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What's New With Karen

Welcome to August 2018! During July Mum and I shared a delightful brunch with two gorgeous women who shared their Mother-to-Daughter life lesson with us. The more senior (yet eternally youthful) of the ladies (a mother & grandmother) had passed down the example to her daughters of living with dignity & grace whatever situation we find ourselves in. Having spent 3 months in and out of medical appointments/hospitals dealing with Mum's sudden unexpected Cancer diagnosis/treatment (and will be ongoing for an extended time in the future), the message was such a blessing. It truly is a great time for us all to reflect that it is not what happens to us in life (as Mum's Oncologist says 'we never know what cards we may be dealt'). The true mark of character is how we deal with these more difficult situations; reminding ourselves that choosing to live our lives in a dignified and graceful way are the best attitudes for our mindset, heart and spirit. May we all find ways to live with serenity, grace & dignity so we can be in the best state ourselves & to support others around us. Love Karen xxx *(Mum, so proud of you for being so dignified)!*

Mojo Tip: EMBRACING GRACE WITH YOGA!



Cricketer, Shane Warne's ex-wife, Simone Callahan, a Yogi Instructor, has embraced yoga as an antidote to the stress of public life.

The 8th step on your mindful Mojo Mindset for 2018 is to remain serene, graceful and dignified. People with Mojo have embraced a more mindful, calm and serene state for dealing with life's more challenging moments. My perfect role model this month, is Simone Callahan (you may remember her as being Shane Warne's ex wife). During the turbulent and very public breakdown of her marriage, Simone longed for a life of peace, serenity and to be away from the media attention and scrutiny. Simone turned to the Yogis of India and found inspiration in the teachings and will soon open her own Yoga Studio in inner Melbourne where she personally will instruct others on this graceful way of living. Listening to Simone recently, I was so impressed with her new way of life and how she has transformed her body, mind, spirit

and lifestyle into one of peace, harmony, freedom and joy. Simone credits yoga with also helping her turn her divorce from Cricketer Shane Warne into a lasting friendship and that can only be another added benefit. She is such an inspirational role model to any of us who may find ourselves at a crossroad - and deciding to take our lives in a new direction. This brings me back to one of Mum's Oncologists (interestingly enough who too is of Indian heritage) who reminded us at our recent consultation *'It is a given in life that we are all going to die, and we do not know when this can happen - however deciding how we live is what really matters. Choosing to live in a state of flexibility is the best medicine.'* The Professor shared his prescription from nature 'living just like grass (which is gentle and grows back) rather than a strong, tough tree (which may be uprooted not to return)' *this being his wise recommendation on how best to live life with dignity and grace.* Perhaps this can help us all to be uplifted no matter what is happening in our worlds, knowing that you can embrace mindfulness, calm, dignity and grace are what will lead you to a life of bliss. Remember; It is never too late to follow your bliss. May you 'get comfortable with the uncomfortable' & open a new chapter to an exciting change in your way of living and 'be the change you want to see in the world' (Gandhi). Love Karen XXX

Life Coach Tool: 10 Yoga Benefits Beyond the Mat!



'Yoga Health Benefits Beyond The Mat' (Harvard University)

10 Health Benefits of Yoga For Daily Life

Below is an excerpt inspired by Sri Sri Ravi Shankar (The Yoga Center - Art of Living in India) on '10 Health Benefits of Yoga in Daily Life'. Yoga has many benefits. However, very often, yoga is only partially understood as being limited to asanas (yoga poses). As such, its benefits are only perceived to be at the body level and we fail to realise the Immense benefits yoga offers in uniting the body, mind and breath. When you are in harmony, the journey through life is calmer, happier and more fulfilling.

1. Yoga for all-round fitness.

As Sri Sri Ravi Shankar puts it, "Health is not a mere absence of disease. It is a dynamic expression of life - in terms of how joyful, loving and enthusiastic you are." This is where yoga helps: postures, pranayama (*breathing techniques*) and meditation are a holistic fitness package. The benefits accrued by being a regular practitioner are numerous. Some very discernible ones are: Improves health; Gives mental strength; Improves physical strength; Protection from injury; Detoxifies the body.

2. Yoga for weight loss.

Desire of many! Yoga helps here too. Sun Salutations and Kapalbhata pranayama help lose weight with yoga. Moreover, with regular practice of yoga, we tend to become more sensitive to the kind of food our body asks for and the time we take. This can also help keep a check on our weight.

3. Yoga for stress relief.

A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress. You can experience the calming effects of yoga in a yoga program.

4. Yoga for inner peace.

We all love to visit peaceful, serene spots, rich in natural beauty. Little do we realise that peace can be found right within us and we can take a mini-vacation to experience this any time of the day! Benefit from a small holiday every day with yoga and meditation. Yoga is also one of the best ways to calm a disturbed mind.

5. Yoga to improve immunity.

Our system is a seamless blend of the body, mind and spirit. An irregularity in the body affects the mind and similarly unpleasantness or restlessness in the mind can manifest as an ailment in the body. Yoga poses massage organs and strengthens muscles; breathing techniques and meditation release stress and improve immunity.

6. Yoga to live with greater awareness.

The mind is constantly involved in activity - swinging from the past to the future - but never staying in the present. By simply being aware of this tendency of the mind, we can save ourselves from getting stressed or worked up and relax the mind. Yoga and pranayama help create that awareness and bring the mind back to the present moment, where it can stay happy and focused.

7. Yoga for better relationships.

Yoga can even help improve your relationship with your spouse, parents, friends or loved ones! A mind that is relaxed, happy and contented is better able to deal with sensitive relationship matters. Yoga and meditation keeps the mind happy and peaceful; and watch how your relations with those around you blossom!

8. Yoga to increase energy.

Do you feel completely drained by the end of the day? Shuttling through chores and multitasking continuously can be quite exhausting. A few minutes of yoga everyday provides the much-needed fillip that boosts our energy and keeps us fresh. A 10-minute online-guided meditation is all you need to charge up your batteries, in the middle of a hectic day.

9. Yoga for better flexibility & posture.

Yoga must become part of your daily routine to get a body that is strong, supple and flexible. Regular yoga practice, stretches and tones the body muscles and also makes them strong. It also helps improve your body posture when you stand, sit, sleep or walk. This would, in turn, help relieve you of body pain due to incorrect posture.

10. Yoga to improve intuition.

Yoga and meditation have the power to improve your intuitive ability so that you spontaneously realise what needs to be done, when and how, to yield positive results. It does work! You only need to experience it yourself.

Remember, yoga is a continuous process so keep practising! The deeper you go into your yoga practice, the more profound will be its benefits. Yoga practice helps develop the body and mind bringing a lot of health benefits yet is not a substitute for medicine. It is important to learn and practice yoga postures under the supervision of a trained Yoga teacher. In case of any medical condition, practice yoga postures after consulting a doctor and a Yoga teacher.

Be Inspired Article:10 Questions with Joanne Douge!

**Who is the real Jo?**

I am Jo Douge and I am 55 years old and I am married with three boys. I moved to the bayside area last year and I am enjoying a change of lifestyle living near the beach and inner city. I am currently renovating our property and have been developing and renovating for the last thirty years. I am at my happiest when I am creating something artistic, whether it's a painting, make-up or interior. I have a background as a hair and make-up artist, and while I still love making women beautiful, I had a desire a few years ago to return to study and change my career. I feel it so important to follow your heart and dream big, I have never had a set plan for my life I just go with the flow and do what makes me happy and fulfilled. I have had some huge challenges in my life which I have tried to deal with in a gracious and dignified manner, this has kept me grounded and determined to succeed. I believe in keeping life simple and meaningful by finding calmness and balance in my life.

Which five words best describe you?

Positive. Strong. Compassionate. Determined. Passionate.

What was your first job and what path have you taken since then?

Apprentice Hairdresser then progressed to a Make-up Artist and Hairdresser running my own businesses, working in Media, and becoming a Trainer. I am currently an Interior and Kitchen Designer, and a Freelance Hair and Make-up Artist.

What's your proudest achievement?

My children I am so proud of them.

What's been your best decision?

To have my kids.

Who inspires you?

My Mother.

What are you passionate about?

Interior Design, Make-up and Hair, Real Estate.

What's the best lesson you've learnt?

Be true to yourself and stand up for what you believe in.

Which person, living or dead, would you most like to meet?

Madonna, she's dynamic, talented and timeless. I would love to do her make up and hair.

What dream do you still want to fulfil?

Travel more and work as an interior designer.

What are you reading?

'12 Rules for Life' by Jordan B Peterson.

Daily Hint: Daily Reminder to S-L-O-W down & be mindful!

Thank you! Your Daily Hint this month is to find ways to become more calm, mindful and serene. This will involve deep breathing and slowing down. Focus each day on creating a way to be in a more mindful, calm, dignified and graceful state! Remember to rest, nurture your spirit, & feed your body the correct fuel to recharge, rejuvenate and revive yourself.

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am in a state of bliss being able to introduce you to beautiful Jo, my guest interviewee this month. Just being in Jo's presence, one feels calm, understood, nurtured and full of admiration for the way Jo lives her life, following her heart and what makes her feel happy. She is my perfect role model of a woman who shines with dignity and grace (especially when dealing with life's more difficult moments and chapters). Thank you Jo - always for your support and care. Love Karen xxx

'The ideal man bears

the accidents of life with dignity and grace, making the best of circumstances.'

-Aristotle-

Yours sincerely,

karen vella

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**EMBRACE your OWN STATE OF
MINDFULNESS:**
Breathe. Slow Down. Be Calm.

A beautiful reminder especially for you and to send on to your friends, family, loved ones, colleagues:

The ideal man bears the accidents of life with
DIGNITY AND GRACE,
making the best of circumstances.
- Aristotle

Please mention Karen at YTO when making contact

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Offer Expires: 31 August 2018

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