



## Winter Newsletter

Hi Everyone,

We are just back from yet another wonderful autumn retreat on the magical island of Lindisfarne. Such an amazing bunch of yogis, making for a great weekend of yoga, fun, friendship.

Read on for the class dates over Christmas and all the other news including our Christmas Curry!

### ***Christmas Class Closures***

Other than at Pinetree, which finishes on Wednesday 12th December, there will be a full schedule up to and including the 6pm class at Cullercoats Community Centre on 17th December. All classes will then restart from Monday 7th January. There may be a beach yoga over the Christmas period so keep an eye

on social media for this.

### ***Christmas Curry Night Out***

A couple of years ago we started to go out for a curry after the last Monday class at Cullercoats Community Centre and this has started to become tradition! This year the curry night will be Monday 17th December at 8pm and we will head to the Gate of India in Tynemouth. **All students** are invited to this event and whilst I hope you can make the Cullercoats class beforehand, you are welcome just to join us for the curry at 8pm. **Please email me by 9th December if you would like to join us so I can book a table.**

### ***New Home Studio Class in January***

The Home Studio class on Thursday mornings is a very popular class and often has a waiting list so I have decided to also run a Friday morning class at 9.30am from January. I hope that this will mean more people get the chance of a weekly home studio class. Whilst there will be ashtanga elements to the class it will focus much more on breathing at the beginning and end of each practice. These classes are run by Whats App Groups so if you are interested in them you will need to be added to the group for booking, please let me know if you are not already on the Thursday group, which will be used for both classes in the New Year, and would like to be added.

### ***Yamuna Body Rolling with Nichi Green***

Spaces for the Yamuna Body Rolling workshops on Sunday 27th January are filling up fast so please book on now if you would like to have a go at this great technique to release the tension in your muscles. If you have put your name down already please can I have your payment before Christmas to confirm your place.

### ***Class Specials***

There will be one Improver's class in December at Home Studio on Thursday 6th at 6.30pm, please book on via the Whats App group. I am just firming up dates for the next Yoga Breakfasts and Improver's classes in the New Year and will let you know these shortly.



## **Weekly Class Schedule January 2019**

**Monday**

6.00-7.15pm

*Cullercoats Community Centre.*

Drop in welcome.

**Tuesday**

9.30-10.40am

*Old Low Light, Fish Quay.*

8.00-9.15pm

*The Yoga Station, Whitley Bay.*

Drop in welcome at both.

**Thursday**

9.30-10.45am

*Home Studio, Tynemouth.*

Booking essential.

**Friday**

6.45 - 7.55am and 9.30 - 10.45am

*Home Studio, Tynemouth.*

Booking essential.

Classes are also available at Pinetree Leisure, Jesmond.

Monday 8-9pm and Wednesday 7.30-8.30pm

These classes are not available on a Liz Yoga class pass, payment is made to Pinetree direct so please contact them for details.

## Recipe Corner

### *Roasted Aubergine & Tomato Soup*

Over the Lindisfarne weekend I was asked for a few recipes so we are going to go for the lovely warming Roasted Aubergine and Tomato soup which is a recipe from *Hugh Fearnley Whittingstall's River Cottage Light & Easy Book*.

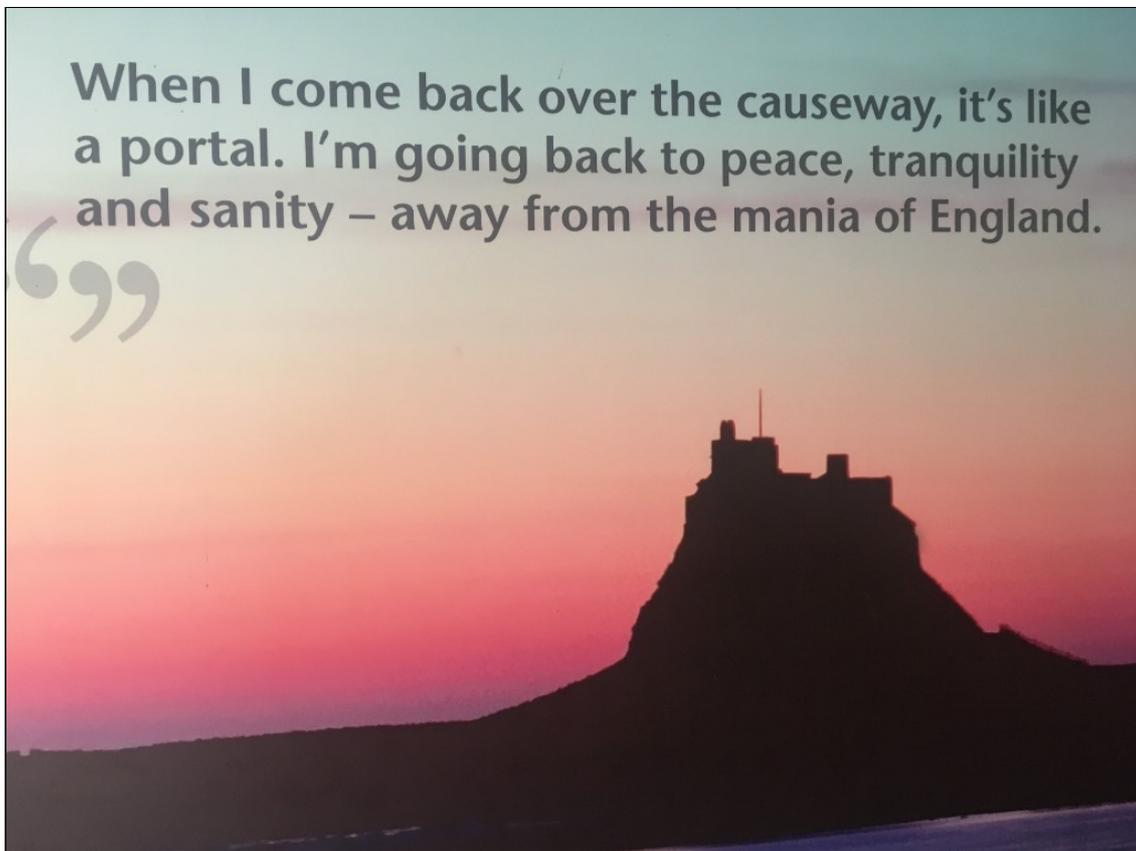
#### Ingredients

- 1 large or 2 small aubergine, about 400g
- 1 tbsp rapeseed or sunflower oil
- 400 g tin of whole plum tomatoes
- 2 garlic cloves, chopped
- 1 tsp vegetable bouillon powder or 1/2 veg stock cube
- 1 tsp sugar
- 1/2 tsp ground cumin, optional
- sea salt and freshly ground black pepper
- crushed cumin seeds, or basil leaves to finish (optional)

#### Method

- Preheat the oven to 190C.
- Halve the aubergine then cut each half into slices about 1-2 cm thick.
- Put them in a deep roasting tray, season with salt and pepper and trickle over the oil.
- Roast for 20 minutes, until the aubergine is tender and starting to brown.
- Crush the tinned tomatoes in your hands and add them to the tin, along with their juice and the garlic.
- Fill the empty tomato tin with water and add this too, along with the bouillon powder or crumbled stock cube and sugar and cumin (if using) and return to the oven for 15 minutes.
- Pour the contents into a blender and purée until smooth.
- Add a splash more water if you want it a little thinner and either eat straight away or pour back into the pan to reheat later.

Serves 3-4



Written on the island of Lindisfarne

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