



## UPCOMING EVENTS

*See Moodle for more details*

Every Tuesday – Friday (term time) Yoga – 8 am  
 3rd August (Saturday) - On site NZCert  
 17<sup>th</sup> & 18<sup>th</sup> August – On site w/end BNatMed

## STAFF APPOINTMENTS

It is with great pleasure that we welcome Robyn Carruthers to the appointed role of Chief Executive. Congratulations Robyn! We also congratulate Karen Mees on her appointment of Acting Clinic Manager for Semester 2.

Last but by no means least we welcome to the college Vardhana Mistry as the new Academic Administrator.

## FUNNY OF THE MONTH



## YOGA FUNDRAISER FOR



## THE HOMELESS

Every time I walk past a rough sleeper on the streets of Auckland I wonder whether or not they have had a meal, how cold and uncomfortable they are and how they will sleep. I wonder what their story is, what led them to where they are and if there is any support available to them. Many rough sleepers have had trauma in their childhoods and some suffer from mental illness and addictions. I feel a responsibility as someone who is privileged enough to have a warm and comfortable home, food on my plate and a network of supportive people in my life to do something for those that are less advantaged.

After speaking with the Auckland City Mission, I was informed that this year funds have been low and there isn't enough food to go around. I decided to use my skills as a yoga teacher, the community I belong to and beautiful studio I teach at to organise a fundraiser. At 12:30 - 2:30 pm on Sunday August 4th we will be gathering at Yoga West Studio in Titirangi, 506 South Titirangi Rd, for a slow yoga flow class, group meditation, tea and treats. The studio manager, Haidee and I, the studio manager, will be teaching the classes and Yoga West have agreed to match the donations we gather from this event. All levels are welcome, even if you have never practiced yoga, we will support and guide you. You are welcome to donate any amount that you can afford, every dollar counts. Contact the studio if you would like to book in for this event.

For more information , phone Haidee on 021 635 962 or visit [www.yogawest.co.nz](http://www.yogawest.co.nz)

*Written by Shaz Babapour (SPCNM student)*

## LOST PROPERTY



There are a branded pair of sunglasses and a very good brand umbrella at reception, still to be claimed. If you think either of these belong to you please see Catherine.



**15% discount for the month of August for staff and students for products from LilyBee Wrap:**

<https://lilybeewrap-us.com/>

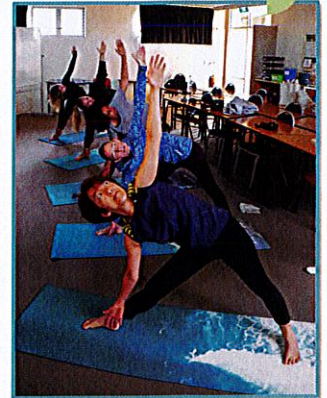
Please use this code at the checkout: **COLLEGENATURAL15**



## Note to Self: Love Me

*"Self-care is a deliberate choice to gift yourself with people, places, things, events, and opportunities that recharge our personal battery and promote whole health—body, mind, and spirit."*

— Laurie Buchanan, PhD



### Learning to Put Myself First

I came to South Pacific to learn how to assist others in their health; however, I've learned through this journey the importance in looking after yourself. The mind is a funny thing and it will somehow convince you that putting yourself before others is a selfish act; yet, how would I be able to sit across from another and listen to their concerns if I had mine competing for attention in the background?!

For me, school has not only become a setting for learning but a place of great support in self healing and discovery. It has given me the opportunity to reflect, to practice and get in touch with myself before I venture out into a profession where my focus will be set on others.

I have come to discover that it is easy to talk about holistic health, yet it is exceedingly difficult to incorporate and sustain it within your own daily life. Being patient with oneself, forgiving oneself, gifting to oneself and loving oneself is a daily practice that shall and should continue one's whole life.

How do I do this? Where do I start? In what form does this practice take shape? These are the questions to the start of the endless journey that only you yourself can answer. Luckily, we are all placed in the perfect setting, surrounded by resources, support and are being given the tools to find the answers for which we may seek.

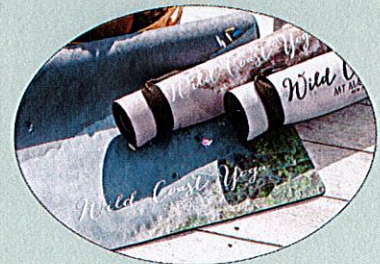
I relay these words to not only remind others of this importance but also myself, as it can be so easy to wake each morning and put others' needs before my own. It is on these days that I try to remind myself that nourishing oneself is far from selfish and that it has been said by many wise people, "You cannot serve from an empty vessel".

— Samantha Boon —



"We only have two lives, and the second one begins when we realize we only have one."

— Confucius



## Wild Coast Yoga

RAGLAN

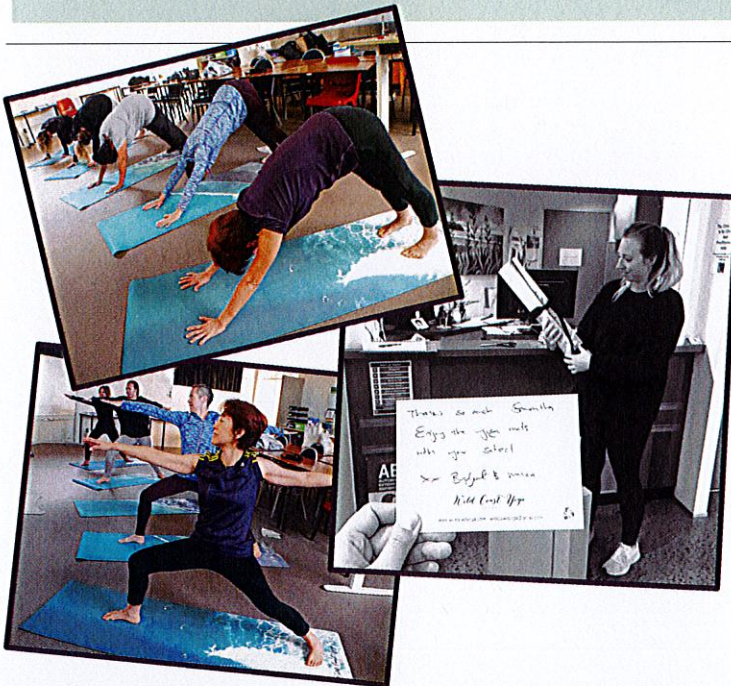
In our aim to support our own well-being, a couple of the students tossed around the idea of starting morning yoga sessions at the end of last year. We decided to move forward and presented the idea to our school staff who greatly supported the movement and allowed us to use the premises. It wasn't long before we had made a few rips and tears in the school's mats, thus we took a chance and approached a local and environmentally friendly yoga mat company, Wild Coast Yoga.

To our surprise, the two founders of the company were more than keen to support our initiative and aided in the donation of six mats to the school. Upon receiving the mats, we couldn't help but stroke the incredibly soft material and stare in awe at the beautiful prints, each presenting a beautiful scene from various beaches throughout New Zealand.

Curious? Come check out the mats and join us for some light yoga sessions (8am, Tuesday-Friday mornings)

or check out the Wild Coast Yoga website: <https://wildcoastyoga.com/>

Follow on Instagram @ wildcoastyoga





## What are our 2018 graduates up to?

This month we catch up with

Katie Noble.....



It's nice to reflect on my career so far, 7 whole months in! It's hard to believe it was last year I was in clinic learning how to be a practitioner. I've really enjoyed being Graduate Practitioner and seeing the clinic from the other side, and running my own clinic within such familiar surroundings. I am feeling very fortunate that I am going to see the year through in my new role helping out, as a substitute for Karen, in the dispensary Monday and Friday. I've really loved my changing role from student to sitting at the table with the adults!

I spent the first half of the year with Ange Haldane at Natural Ange. This was an incredible opportunity for advancing my QRA skills and enjoying the benefits of mentorship. I have continued to shadow Robin Day at Biotrace with a client of mine working on heavy metal detoxing and understanding more about the body's biochemistry.

An opportunity presented itself while I was on holiday taking some much needed R&R in Samoa to work at Biotrace on the upcoming Toxic Metal and QRA Courses. I have taken the opportunity and changed the direction of my ship to learn more and deepen my understanding of QRA and work part-time with a team and company that I admire.

I am still going to see clients in my small window of Friday afternoon as my true passion is Clinical Practice, but I see the next while being a chance to continue to learn and build my competency, deepening the layers of understanding of the human body. I am also going to prioritise some self-care and find a balance between work and home life so I can enjoy my family before my eldest embarks on her own life at the end of the year, possibly out of Auckland... eek!!

Reflecting on my time as a student, the most important advice is to keep your head up and take every single learning opportunity that gets presented. Treat the clinic like it is your own practice, and the clients as if they are ones you want to keep for life. Understand how fortunate you are to be surrounded by an incredible group of tutors / supervisors who openly and freely give their advice and share their knowledge. Lap it up and make as many connections as you can so when you finish school you are already part of the Natural Health community. Most of all try and enjoy it!

## NEW CLASSROOM SPONSOR



We welcome **PROHERB** as the new classroom sponsor of Classroom 2.

I (Catherine at Reception) was lucky enough to be offered a buttered slice of this yummy loaf by one of our lovely year 3 students last semester, so thought it would be a good recipe to share:

Recipe from <https://www.clairreturnbull.co.nz/life-changing-loaf/>

### LIFE CHANGING LOAF



**Ingredients:** 1 cup/135g sunflower seeds (or half a cup of sunflower seeds and half a cup of pumpkin seeds). Half cup (90g flax seeds). Half cup / 65g hazelnuts or almonds. 1 and a half cups / 145g rolled oats. 2tbsp chia seeds. 4 tbsp psyllium seed husks (3 tbsp if using psyllium husk powder). 1 tsp fine grain sea salt (add half a teaspoon if using coarse salt). 1 tbsp maple syrup (optional) or can use honey. 3 tbsp extra virgin olive oil. 1 and half cups / 350 ml water.

#### **How to make:**

1. In a flexible, silicone loaf pan combine all dry ingredients, stirring well.
2. Whisk maple syrup, oil and water together in a measuring cup.
3. Add this to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add one or two teaspoons of water until the dough is manageable).
4. Smooth out the top with the back of a spoon. Let sit out on the counter for at least 2 hours, or all day or overnight. To ensure the dough is ready, it should retain its shape even when you pull the sides of the loaf pan away from it.
5. Preheat oven to 350 deg F.
6. Place loaf pan in the oven on the middle rack, and bake for 20 minutes. Remove bread from the loaf pan, place it upside down directly on the rack and bake for another 30-40 minutes. The bread is done when it sounds hollow when tapped. Let it cool completely before slicing (difficult, but important).
7. Store bread in a tightly sealed container for up to 5 days. Freezes well too – slice before freezing for quick and easy toast!