

Martinis Meeting November 13 2024

Apologies: Evelyn Collins, Steve Clarke, Suzanne Kenton, Ian and Kerrie Wykes.

Thank you everyone for coming to our meeting. A full house again.

Our speaker was Mary Girishaa Westley who is an Ayurvedic Practitioner and yoga teacher with over 20 years of experience in holistic health.

Ayur means “life” and Vedic means “knowledge”.

Mary spoke about our unique relationship with nature and that there is a balance required.

There are 4 keys to know about:

- Awareness
- Regularity
- Consistency
- Commitment

The aim is to reduce our daily stressors. Mary stepped us through a short meditation which I think most people found fascinating.

Thank you Mary for giving us a very informative session!

General Business:

Next meeting Dec 18 – make sure you’re wearing your Christmas attire!

Welcome to new members Michelle, Craig and Chad