

*A weekend of Yoga and Dance
in Catembe, Mozambique
21, 22 & 23 August 2009*

For bookings
Contact Kelly Owen +258 84 215 4874 tiokelly@gmail.com
Bhavini Kalan +27 83 444 7061 bhavini333@gmail.com
Shameen Yacoob +27 83 785 5695 yacoob.sga@wol.co.za

Ashtanga Yoga Kundalini Yoga Hatha Yoga
Flamenco Capoeira Belly Dance
Dance of life Performance

Cost for the full weekend 175 USD R1400 5000 MT
(includes all activities, 2 nights ashram style accommodation & all meals)

Cost for Saturday only 70 USD R550 MT 2000
(includes meals & all activities for the day)

Sergio available for Deep Tissue Massage 800 MT for 60 minutes

TEACHERS: Bhavini Kalan (ASHTANGA) Kelly Owen (HATHA)
Shameen Yacoob (KUNDALINI) Marián Domínguez (FLAMENCO)
Elisangela (BELLY DANCE) Tory Ewing (CAPOEIRA)

SPONSORSHIP for local Mozambicans would be sincerely appreciated.
All contributions welcome!

So What Exactly is Hatha Yoga?

There is hot yoga, laughter yoga, dance yoga, and (if you can believe it) even dog yoga! At a recent yoga workshop, I was surprised to hear that there are at least 22 different kinds of yoga. In addition, myriad yoga styles and schools exist—some with trademarked routines, others with very structured series of postures, at least one that relies heavily on props, and yet another that must be done in a room that is heated to the specific temperature of 105° F. To make matters even more confusing, yoga literature also refers to the four paths and eight limbs of yoga. As a certified yoga instructor, I often find myself wondering just how to explain what yoga actually is. For me, I like a more traditional definition, such as the one used by the Sivananda organization. Their website explains, “Yoga Means Union. Although many people think this term refers to union between body and mind or body, mind and spirit, the traditional acceptance is union between the Jivatman and Paramatma—that is, between one’s individual consciousness and the Universal Consciousness. Therefore Yoga refers to a certain state of consciousness as well as to methods that help one reach that goal or state of union with the divine.”

Those methods include the physical postures, or asanas, most people associate with yoga. You may have already heard of such poses as the cobra, scorpion, down dog, crow, and corpse. While practicing the physical poses helps us maintain a healthy, fit body, it also helps us to sit comfortably and painlessly in meditative postures. After all, if we cannot sit to meditate for more than a few minutes because of that nagging pain in our ankle (or knee or hip, etc.), we will most likely have even more difficulty uniting with universal consciousness! Admittedly, practicing asanas is important. Physical postures alone, though, are not enough for most of us to attain enlightenment.

Yoga—especially the more traditional types or styles of yoga, including Hatha, Raja, Ashtanga, and others—is more than just the physical postures. Traditional yogic texts describe the eight limbs of yoga as follows: 1) moral restraints or injunctions (such as the familiar, non-violence and non-coventousness); 2) ethical precepts or observances (including purity of mind and body and austerity); 3) asanas or postures; 4) pranayama or control of the breath; 5) pratyahara (withdrawal of the senses to still the mind); 6) dharana or concentration; 7) dhyana or meditation; and, ultimately, 8) samadhi (known also as nirvana, superconsciousness, or enlightenment).

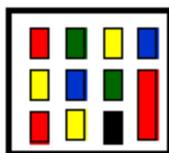
So, in a Hatha yoga class (including Ashtanga, Integral, Jivamukti, Sivananda, Vinyasa, etc.), a student may find herself or himself practicing not just a series of poses, but also some relaxation exercises, a few breathing techniques, and a few minutes of concentration. (The latter is often referred to in class as “meditation,” but, alas, it is not that easy! Meditation is something that most of us, myself included, have to practice a lot in order to master.)

The benefits of a hatha yoga class, then, are manifold. It helps keep our body healthy, fit, and flexible. It relaxes the body and mind, allowing us to let go of tension and stress. It brings us increased energy and balance. It helps us tune into our body and mind, giving us time to listen to our “inner voice.” It helps us, with continued practice and discipline, to experience true peace and good health, to find equanimity amidst the craziness around us, and, ultimately, to (re)discover our true nature. No matter what you call it, anything that promises all that is surely worth a try!

The above article was written by Kelly Owen’s (Kelly’s Program below) . Contact Kelly on 842154874— email tiokelly@gmail.com

The costs: 300 mt per class, 1350 mt for a 5-class package, 2400 mt for a 10-class package. (CAPOEIRA class taught by Tory from 17:30-18:45. Same price as yoga classes. You may use your card for both capoeira and yoga. For those who are feeling extra energetic, you may do the capoeira class and stay for yoga!)During special retreats, there will be no yoga classes at the Maputo studio. Capoeira class will still be held.

SEPTEMBER						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 17:30 (Capoeira) 19:00	8 8:00 18:00	9 17:30 (Capoeira) 19:00	10 8:00 18:00	11 ROOFTOP YOGA: Ilha de Moçambique	12 ROOFTOP YOGA: Ilha de Moçambique	13 ROOFTOP YOGA: Ilha de Moçambique
14 ROOFTOP YOGA: Ilha de Moçambique 17:30 (Capoeira)	15 ROOFTOP YOGA: Ilha de Moçambique	16 ROOFTOP YOGA: Ilha de Moçambique 17:30 Capoeira)	17 ROOFTOP YOGA: Ilha de Moçambique	18 ROOFTOP YOGA: Ilha de Moçambique	19 ROOFTOP YOGA: Ilha de Moçambique	20 ROOFTOP YOGA: Ilha de Moçambique
21 17:30 (Capoeira) 19:00	22 8:00 18:00	23 17:30 (Capoeira) 19:00	24 8:00 18:00	25 BUSH YOGA: Retreat in Ma- vilula	26 BUSH YOGA: Retreat in Ma- vilula	27 BUSH YOGA: Retreat in Mavu- lula
28 No Yoga Class 17:30 (Capoeira)	29 No Yoga Class	30 17:30 (Capoeira) 19:00				



COLUMBANUS TRAINING PROGRAM

Columbanus is pleased to present the Workshop “Conflict Management” on the 9th September 2009. The Workshop will be presented at the Hotel Avenida and will run from 09.00 to 17.00. The Workshop will be presented in Portuguese by Ricardo Carvalho, from Leadership Business Consulting in Lisbon.

The cost of the Workshop at the Hotel Avenida is \$275, plus IVA. Companies have already made reservations for this Workshop, so it is advisable to reserve a place before 21st August 2009. The numbers on the Workshop will be limited to 30 and Columbanus Courses are normally fully subscribed. To reserve a place on the Workshop, or for more information on the Workshop, contact Stephanie Walker on 84-3024370, or Cristina Quirino on 84 3998815, or e-mail, swalker@teledata.mz.



Applications are invited from suitably qualified personnel to fill in the following positions:-

Electricians, Mechanical Fitters, Mechanical Artisans, Instrumentation Mechanics
Boiler Makers, Coded Welders, Diesel Plant Fitters, Auto-Mobile Mechanics

We invite candidates from all over Mozambique but interviews, for the selected candidates, shall be conducted in the following Cities or towns:- Beira, Nampula, Cabo-Delgado, Nacala, Maputo

Qualifications: 3 or more years of experience, Relevant tertiary qualification, Knowledge of English, Willing to relocate, All interested applicants should submit their applications and detailed CVs by e-mail to The Human Resources Department on either of the following e-mail addresses: epresource@gmail.com, eprecruitagency@gmail.com For any clarifications please get in touch with Natacha on 82 530 9675 or Aida on 84 463 8386. By not later than 30 September 2009.

Hobie Cat 14 Turbo for Sale - (US\$ 1,500.00 – CONTACT - 843982148)

Specifications: Length 4,25m, Width 2,31m, Mast height 6,78m x 2

Weight (ca.) 109kg, Main area 10,46m², Jib area (turbo) 2,80 m²

Trampoline x 2 complete. The original Hobie cat, the Hobie Cat 14 is one foot longer than the Hobie 13, and includes the patented raised trampoline system for dryer sailing and performance proven asymmetrical hulls without dagger boards. In its Turbo version, the Hobie Cat 14 is equipped with a furling jib and a trapeze. The 14 provides unmatched fun in the surf and is a great youth trainer for the larger Hobie Cat 16. The Hobie Cat 14, being recognized by the ISAF as an International Class, has proved its worth in European and World Championships.



Come and play a fun game of **Ultimate Frisbee!** Most Sundays (and some Saturdays!) on the beach at low tide in front of the Costa de Sol restaurant. Everyone is welcome! For more info contact:

www.mozultimate.com. Here's our schedule through the end of September:

Sunday 23 Aug 1100h

Saturday 29 Aug 1630h

Sunday 6 Sept. 1000h

Sunday 13 Sept. 1600h

Sunday 20 Sept. 1000h

Sunday 27 Sept. 1600h



House For Rent: Double Storey Home with 5 Rooms with 2 rooms en-suite. Open Lounge/Dining room. Older style Kitchen. Garden and parking for 4 cars. Rental Usd 4000.00.

House for Rent in the complex Bela Vista. 4 Bedrooms with Open plan Lounge/Dining room and small garden near the Portuguese School. Rental Usd 2800.00

Contact: Zaida on + 258 824255280 or zaida.hg@intra.co.mz

House Share/Rental. \$800/month. Includes maid, DSATTV, and internet. Available immediately. Male or Female internationals. Contact Tara 82.339.3140

Tete Rental Office opens 17th August 2009

For rates a reservations contact our Mozambique central reservations office from 08h00-12h30 and 14h00 to 17h30 Monday to Friday on:

82 3002410 / 84 3002410

reservas@europcar.co.mz

www.europcar.co.mz

Weekends are more fun with our **2/3/4 day** packages, with 150 kms included per day.

For more information contact our reservations centre, or visit our website.

Maputo Polana rental office is now open on **Saturdays**

from 8h00 to 12h30 and **Sundays** from 14h30 to 18h00.

Maputo Airport Rental office open **daily** from 06h00 to 20h00,

except on **Sundays/Public Holidays** from 09h00 to 20h00.

FREE GOLF LESSON SPONSORED BY **MCEL**— 17TH AUGUST—30AUGUST 2009—VENUE: GOLF CLUB POLANA .

To book please contact: 82 3961404 Rozane

* Mcel is supplying Golf Balls and Golf Clubs for all lessons

The following are the times for lessons which consists of 1 hour each lesson:- When booking please state if you are a beginner , intermediate or advanced player . Each group will have 5 players maximum



CAR FOR SALE - ISUZU 2001 DOUBLE CABIN PICK-UP, SOUTH AFRICAN ORIGIN. LESS THAN 74,000 KMS. EXCELLENT CONDITION. CARTRACK INSTALLED. NATIONAL NUMBERPLATE, ALL TAXES PAID. US\$11,000 (NEGOTIABLE) -

CONTACT: 82 8435000



OFFICE FOR SALE IN MAPUTO, IN THE PRESTIGIOUS JAT BUILDING (NO4) COMPRISING OF 267 SQM:- The office is fully furnished and equipped with divisions, air-conditioning and much more: Ready for Immediate occupation. Contact: Elena or Zaida for more information: Tel: + 258 82 3035940 or + 258 82 4255280

FOR SALE



FRACTIONAL OWNERSHIP OF BEACH HOUSE AT PRAIA DE XAI- XAI.

Xai xai is 320km from the Lebombo border post. It can be reached by regular vehicles – on tarred roads. The house has a 180 degree sea view and is 100m from the beach.

A protective reef provides ideal conditions for swimming, snorkeling and fishing. There is also a boat launching facility in close proximity.

The property consists of:

Large stand- 1458m²

3 bedrooms with built in cupboards

2 bathrooms (main bedroom en-suite)

Kitchen with scullery, Open plan Lounge/ diningroom.

Single garage , Servants courters with shower, toilet and WHB

Large storerooms under floor

160m² Wooden patio with braai and sunk-in splashpool.

The house is fully furnished and can sleep 10.

The property will be sold on a fractional title basis. You can secure your 10% share now for only R220,000.00 - allowing you 5 weeks per annum. The conditions of occupation and schedule will be mutually agreed between all owners.

A levy of R250.00 p/m will be payable. For more information contact Alex Smith on 09258- 843981704 / 0027- 834413742 or on email – alexander.smith56@gmail.com

FOR SALE – A VENDA

Isuzu Wizard 4 x 4 3.0 Turbo Diesel



Expat leaving Mozambique is selling Isuzu Wizard 4 x 4 3.0 Turbo Diesel . Year 1998 – imported and bought in Maputo in 2008

135,000 Km: used mainly around Maputo

Serviced regularly and in excellent condition: new tyres, shock absorbers, and battery

National registration. Alarm installed

Price: 9,500 USD negotiable - Contact: Mabel 82 57 93 863

Hypnotherapy & Neuro-Linguistic Programming

Unleash the power within to realise your true potential

HYPNOTHERAPY A DEFINITION

First and foremost, Hypnosis is about change and about transformation, oriented for all who chose to let go of limiting fears, chose to change behaviours, beliefs and habits that no longer serve them. Hypnosis is not something one person 'does' to another, but rather an *inborn* talent that, when used with the guidance of an experienced hypnotist, you can expect to make the changes you chose to make. Hypnotherapy has been used since the ancient Egyptians and their 'Temples of Sleep', and having been target to a lot of speculation and study; we can define Hypnotherapy as *The bypass of the critical factor of the conscious mind and consequent acceptance of suggestions and change in the subconscious mind.*

Shelina Nazim

Shelina is a certified Neurolinguistic hypnotherapist, psychologist, EFT therapist and a consultant.

Shelina is presently living in Dubai and working at The Change Associates, where she specializes in various areas such as Hypnotherapy, EFT, Meditation, Colour Therapy and Reiki.

Invited by Santé, Shelina will be in Mozambique from the 23rd of August to the 15th of September, and is looking forward to sharing her knowledge so as to empower people to get in touch with, recognize and develop their inner strength.

HIPNOTHERAPY FOR:

- Smoking
- Compulsive Eating/ Sweets
- Emotional Health
- Pain
- Concentration, Learning Skills
- Fear of Public Speaking
- Sleepwalking
- Stammering, Stuttering
- Memory improvement
- Confidence/Shyness
- Jealousy, Broken Heart
- Survive Divorce, Relationship Problems
- Insomnia, Sleeplessness
- Relaxation, Learn Self-hypnosis
- Reduce Stress, End Worrying
-and many more

National Guild of Hypnotists:

The National Guild of Hypnotists (NGH) was founded in 1951 and is the oldest and largest hypnosis organization of its kind. Professional membership in the NGH signifies that an individual possesses specific qualifications, agrees to abide by a strict code of ethics and will pursue continuing education studies for annual recertification. Medical or psychological referrals may be required for certain conditions.

Sites: www.changeassociates.ae | www.ngh.net | www.nfnlp.com



FREQUENTLY ASKED QUESTIONS

(This report has been prepared by: **SANTÉ Av Tomás Nduda n 1050, R/C Maputo | Moçambique +258829251240**)

How many sessions do I need and how long is each session?

The minimum number of sessions is two and most people find this enough to stop smoking, be released from a phobia, etc. Others may prefer 4 sessions and rarely does anyone require more than 6 sessions. The need for the number of sessions is dependent of many factors: your level of suggestibility, willingness to trust and desire to change. When you come for your initial consultation we evaluate these factors and give you some idea – or inform you that we cannot help you. You can decide to leave at this point, no fee charged. If you do not *truly* want what you're looking for, it's pointless, as in any personal growth work, it only happens when you're *willing* to make it happen. The tools will be effective if you let them work on you!

Can I do this myself?

Yes, you can. In fact, we teach and encourage everyone to learn how to use self-hypnosis for success in many areas of their life.

When is the best time to come?

When you know the time is right for you, you will come. You don't have to wait for your day off at work. Appointments can be made day, evening or weekend.

Is hypnosis approved by the medical community?

Yes. The British Medical Association (BMA) and the American Medical Association (AMA) approved the use of hypnosis as far back as 1958. A positive mindset or 'mind over matter' has been used as a great healer for longer than that.

Will I lose control or do anything I don't want to in Hypnosis?

Absolutely not! You will actually gain even more control over your body and mind with your newly acquired knowledge. Furthermore, you will not do anything in hypnosis that you would not do otherwise. You will not do anything that is against your moral, religious or ethical values.

Will I be unconscious or asleep during hypnosis?

No, on the contrary, your mental awareness is increased and you are even more in tune with your surroundings than when not in hypnosis.

Is being able to be hypnotized a sign of a weak mind?

No, in fact, the opposite is true, the more intelligent and imaginative a person is, the easier it is. Mostly, people who do not go into hypnosis have the mistaken notion that hypnosis will hurt them.

**THE CHANGE ASSOCIATES Knowledge Village Block 2B 1st floor Office F26 Dubai | UAE
+97143902217 +971559236855**



Internal Audit Managers Workshop

KPMG Auditores e Consultores, SA will be holding a management workshop to assist executives setting-up or managing an Internal Audit function. The workshop will cover the following modules:

- * **Establishing an Internal Audit Function** , * **Corporate Governance**
- * **Managing the Internal Audit Activity (IAS 2000 series)** , * **Team Building and Communication**
- **Legal & Tax issues for managers** , **Investigative and fraud related assignment** .

The workshop will run over a two day period from **10 to 11 September 2009** at KPMG Maputo offices and it will be presented in Portuguese and English. The workshop fees are **14.000,00 MT** pax and there are limited places. Registration will close on **31 August 2009**. **For more information contact:** Flora Kamphambe, land line 21 355200 or cel 82 5379482

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Tendas de Moçambique, Lda

Tarpaulins / Tents / Awnings / Boat Covers / Burglar Bars
Lonas / Tendas / Toldos / Lonas dos barcos / Grades de Ferro

GAME FISHING TOURNAMENT

BEIRA

25TH AND 26TH SEPTEMBER 2009

TOTAL PRIZE MONEY

USD 5000.00

One boat per team, maximum five team members.

First prize USD 2000.00

Second prize USD 500.00

Third prize USD 300.00

Balance of prize money to be awarded for largest of species caught.

Entry Fee USD 400.00 per team.

Competition limited to [twenty teams](#).

Full details, competition rules and entry forms available from [Ron Walaron](#)

Sponsored and organised by [TENDAS de MOZAMBIQUE Ltda](#) and [TAYLORS CANVAS](#).

POINTS TO NOTE:

- **No visas are required for Zimbabwe or South African passport holders. Other passport holders (British) do. Check up with the Mozambique Embassy in Harare or the Consular office in Mutare.**
 - **Temporary vehicle and boat import permits (TIP) must be obtained on entry to Mozambique and are available at the border. Vehicle insurance must be taken out.**
Ensure that your vehicle registration book , insurance certificate , TIP and drivers licence are with you whenever you are driving your vehicle.
Ensure that everything on your vehicle and trailer are in working order (including reversing lights).
Ensure that you carry 2 red triangles for display in the event of a breakdown.
Ensure that your towing vehicle has a blue and yellow triangle mounted on the front.
- The road from the border to Beira is in generally good condition but be aware that there are no agricultural fences on the road side and livestock is a major hazard. Most accidents between Beira and the border tend to happen at night so try and avoid driving in darkness.**
- Traffic police normally have a presence two or three kilometres from the outskirts of towns. It is advisable to stick strictly to speed limits and other rules of the road.**
- Malaria is prevalent in Mozambique and it is recommended that travellers take the necessary precautions.**
- The Mozambique currency is relatively stable and has settled around the 25 to 28:1 mark against the US dollar for the past three years. USD is freely exchangeable at Banks and Bureaux de Changes as well as some restaurants and shops. The exchange rates offered by the latter establishments tend to be less favourable than that of the banks.**