



# Yoga is for Everyone Newsletter

December 2024



December's newsletter focuses on the warmth, reflection, and mindfulness that come with the end of the year.

As the year comes to a close, December offers us a moment to slow down, reflect, and embrace the gentle stillness that winter brings. This month is a beautiful time to honour our yoga practices, build inner warmth, and set the stage for a mindful start to the new year.

## Class News

**NO CLASS - 24th and 31st. We are BACK Tuesday 7th January 2025**

Class videos now available to Site Members so that you can enjoy the weekly class over and over. Check out the website for details.

Castleton Class every Tuesday 6.30-7.30pm

Gift cards for any classes, workshops, 121 - what a great gift 📺

Check out the website or email me 📧

121 classes available, just make contact with me. Tailored to you and what you need.

Yoga Mats, Blocks and Netti's all available for sale.

### **Asana of the Month: Seated Forward Fold (Paschimottanasana)**



December's pose helps foster calmness and inward reflection. Seated Forward Fold gently stretches the spine, hamstrings, and lower back while encouraging deep breathing and relaxation.

### Benefits:

- Calms the mind, relieving stress and anxiety.
- Stretches the spine and hamstrings, providing flexibility.
- Promotes introspection and mindfulness, a perfect way to end the year.

### How to do:

1. Sit with your legs extended in front of you, feet flexed.
2. Inhale, lengthen the spine, and as you exhale, fold forward, reaching towards your feet.
3. Focus on relaxing your shoulders and allowing the breath to guide you deeper into the stretch.

### Cautions

Avoid or modify this pose if you have a low back or neck injury, high blood pressure, glaucoma, hernia, or are pregnant.

### **Winter Self-Care Tips for Yogis**

1. **Stay Warm on the Mat:** As the temperature drops, start your practice with extra layers or a cozy blanket. Focus on gentle warm-up poses to ease into the flow.
2. **Hydrate & Nourish:** Winter can make us forget about hydration. Make it a habit to sip warm herbal teas or water. Also, nourish your body with warming foods like soups, root vegetables, and spices.
3. **Mindful Rest:** Allow yourself to rest when needed. Winter invites us to slow down, so consider adding more restorative poses to your practice or taking a few extra minutes in Savasana.

## Tea Light Meditation



Candles provide a wonderful focus for a meditation. Light a candle and create a comfy seat for yourself in front of it. Take 3 deep breaths and, as you do, bring your focus to the candle. Hold your attention on the candle. If your thoughts wander, know that that is fine and bring your attention back to the flame. This can be a hard meditation so why not start with a timer at 30 seconds and try and build on it each time you do it.

## Setting Intentions for the New Year

As 2025 approaches, take some time to reflect on your journey this past year. Instead of resolutions, try setting intentions—gentle reminders of the qualities, habits, and goals you want to cultivate in 2025. Join us in our classes to create and manifest these intentions through mindfulness, breath work, and relaxation.

Thank you for sharing this beautiful journey with us this year. We look forward to growing, stretching, and breathing together into the new year.

Merry Christmas and Happy practicing 2025 🙏🧘

See you on the Mat soon.

Enjoy 😊  
Namaste

Michele 🙏

