



Yoga is for Everyone Newsletter

May 2025



Check out our website www.yogaisforeveryone.net and [Facebook page](#)

Class News

Castleton Class every Tuesday 6.30-7.30pm

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

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.

Flow Into May: A Water-Inspired Yoga Journey

As we step into May, we invite you to embrace the element of water—fluid, intuitive, and ever-adapting. Water reminds us to flow through life's challenges with grace and to nourish

both body and spirit. This month, our classes, meditations, and journaling prompts will help you connect with your inner current.

Theme of the Month: WATER

“Be like water, my friend.” Anon

Water Element Meditation

Pause

Sit

Breathe

Visualise water washing away stress and restoring your inner clarity.

Let the mind ‘chitti’ go, flow with the water

Repeat setting a timer for 5 minutes

Affirmation of the Month

“I flow with ease, I move with grace, I am aligned with life’s current.”

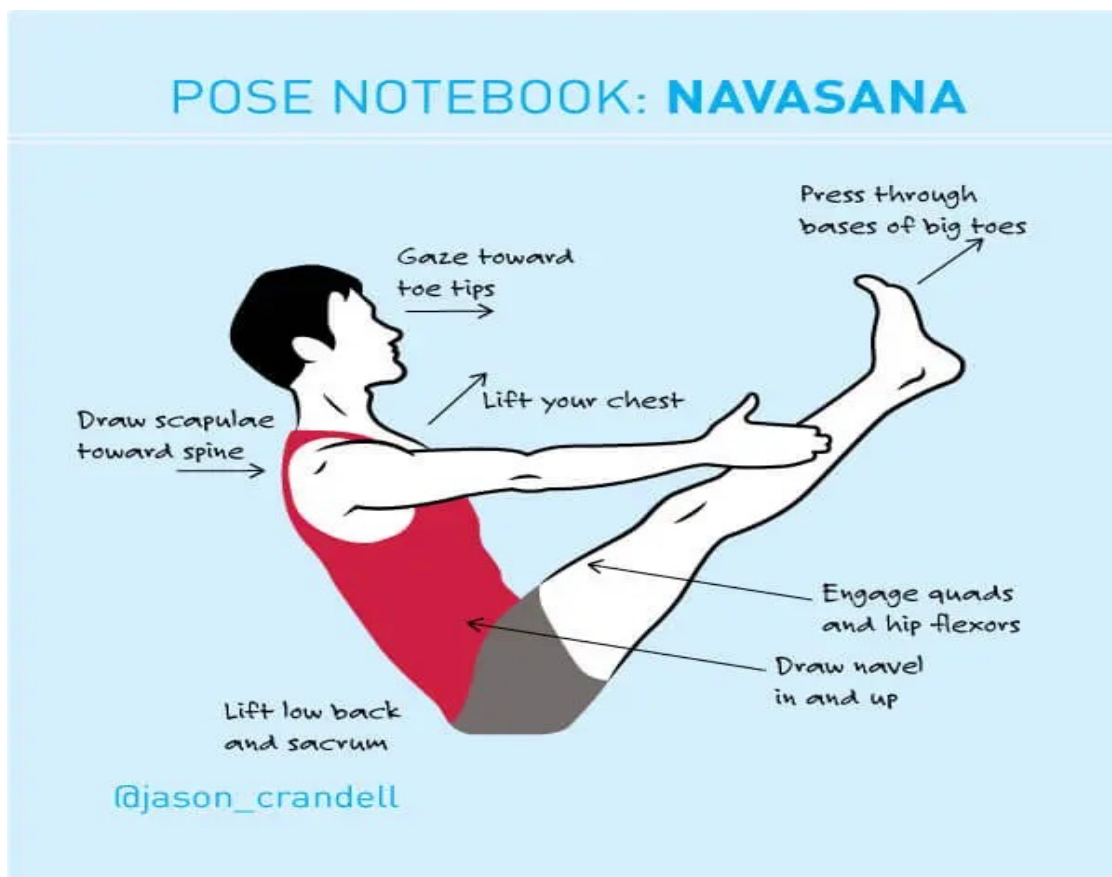
Think...

- When do I feel most “in flow”?
- What emotions am I ready to let go of, like water flowing downstream?
- How can I better nourish myself—mind, body, and soul?

Wellness Tip for May

Try starting your mornings with warm lemon water to gently wake the digestive system and hydrate your body after sleep.

May Asana - Boat pose - Navasana



Boat Pose strengthens your hip flexors, adductors (groin), and the lower back muscles that support your spine. It also offers a mental test, as well. You need to dig deep in Navasana to extend, expand, and open your body while pushing through heat and discomfort. But it's a pose with enough variations to allow you to find your way a fully extended pose. If you are working on building the core strength to hold the pose with your arms and legs outstretched, try holding on to your legs behind your knees. In time, you'll find Boat Pose smooth sailing.

Navasana (*nah-VAHS-anna*)

How to Do:

1. Sit on the floor with your legs straight in front of you. Press your hands on the floor a little behind your hips.
2. Lift through the top of the sternum and lean back slightly, making sure your back doesn't round. Balance your weight on the tripod of your sitting bones and tailbone.
3. Exhale and bend your knees, then lift your thighs so they are angled about 45 degrees above the floor, with your knees still bent.

4. If possible, slowly straighten your knees, raising the tips of your toes slightly above the level of your eyes. If that is not possible, keep your knees bent, your shins parallel to the floor.
5. Keeping your heart open and your spine long, draw your shoulders back and extend both arms forward alongside the legs, parallel to the floor, with your palms facing in. Try to keep your lower belly flat and firm, but not hard and thick.
6. Point your toes or flex through your heels, and breathe. Try to stay in the pose for 10 to 20 seconds, slowly increasing your time to a minute.

Variations

1. Try with your knees bent to lessen the effort and take pressure off your low back. Keep your arms extended in front of you, bring your palms to the backs of your thighs, or place your hands behind you on the floor for support - or behind your knees.
2. Prepare to come into the pose but keep your feet on the ground. If you like, lift one leg at a time. You can keep the lifted leg bent or straighten it. Hold onto the back of your thighs for extra support or bring your hands behind you on the floor. Try transitioning back and forth between legs with your breath, switching legs on an exhalation.



Tips:

- Don't let your back round. Instead, lengthen and lift through the front of your body.
- You can practice this pose throughout your day without even leaving your chair. Sit on the edge of a seat with your knees directly above your ankles. Grab onto the

sides of the seat with your hands and lean slightly forward. Engage your arms and lift your buttocks slightly off the seat, then raise your heels (but not the balls of your feet) slightly off the floor. Lift the top of your sternum forward and up.

Cautions

- Avoid strong core engagement like in this pose if you are pregnant, particularly in the second and third trimesters. Consider modifying to a gentler version held for a shorter amount of time.
- Use caution if you have a hernia, or any back pain, injuries, or surgeries

Deepen:

- You can intensify the pose by lowering both your legs and your upper back closer to the mat.

Closing thoughts:

This May, let water guide you—flow instead of force, soften instead of resist. Whether you're riding waves or floating in stillness, you're exactly where you need to be.

Enjoy 😊
Namaste

Michele 🙏

