



# Yoga is for Everyone Newsletter

**January 2025**



**Namaste, Yogis! Welcome to 2025!**

As we step into the New Year, let's take a moment to breathe deeply, stretch purposefully, and set our intentions for a healthy and mindful 2025. Whether you're rolling out your mat for the first time or deepening your practice, we're here to guide and inspire your journey.

**In this edition:**

1. **Set Your Yoga Intentions for 2025**
2. **New Year Flow**
3. **Pose of the Month: Warrior I (Virabhadrasana I)**
4. **Upcoming Classes & Events**

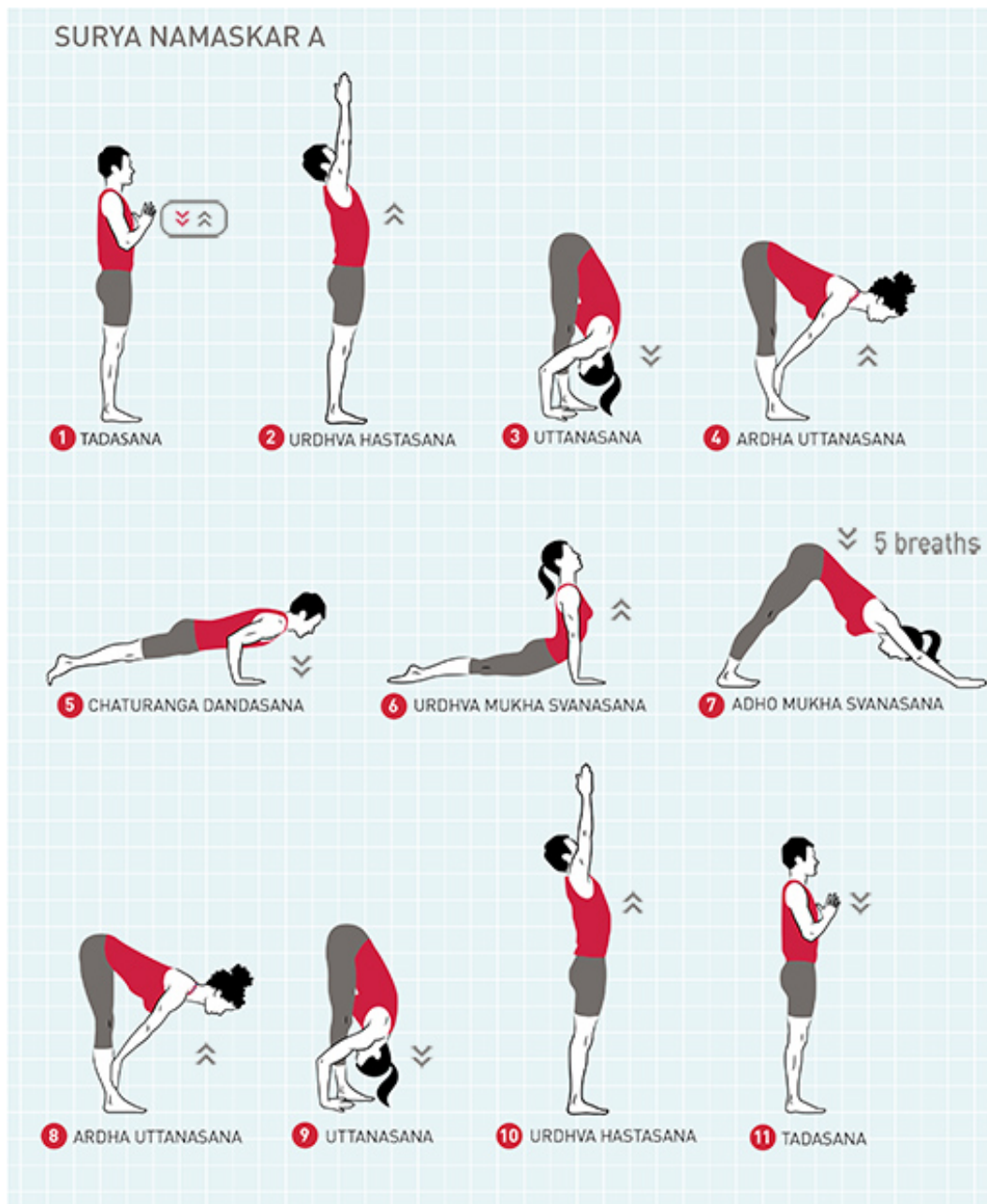
## **1. Set Your Yoga Intentions for 2025**

Instead of resolutions, try setting yoga-focused intentions for example;

- Practicing mindfulness daily.
- Exploring a new yoga style/class.
- Mastering a challenging pose by year-end.
- Prioritising self-care and balance.

Write your intention down, revisit it often, and watch your practice grow.  
Do let me know if I can help with this. 🙏

## 2. New Year Flow:



Kick off your year with this energising sequence:

- **Start with: Sun Salutations (Surya Namaskar)**

Standing in prayer  
Arms up to sun  
Fold forward (from hips)  
Half way hands onto shins  
Hands to floor  
Left leg back  
Right leg back to plank - hold for two breaths  
Onto knees, up dog

Lift up into down dog - hold for five breaths  
Half way on shins  
Fold forward  
Arms up to sun  
Standing in prayer

Step to standing

This is one round - now do three rounds but remember your breathing.

Come into Childs Pose to rest and breathe. Centre yourself, recover.

Any medical issues please speak to your doctor.

### **3. Pose of the Month: Warrior I (Virabhadrasana I)**

**Benefits:** Builds strength, improves focus, and enhances flexibility.

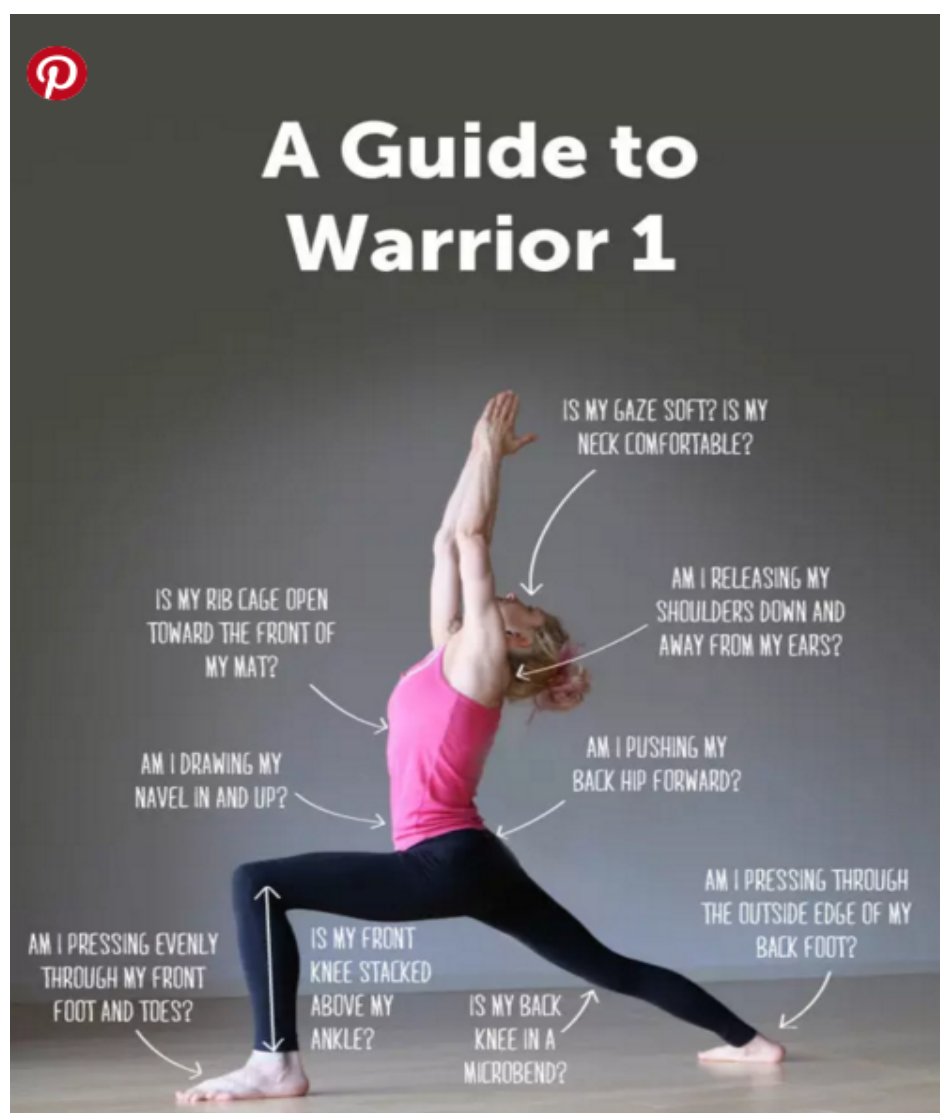
**Tip:** Keep your front knee aligned over your ankle and press firmly into the back heel for stability.

**How to:** Step your right foot forward so your toes are in line with your fingertips, and shift your foot slightly to the right.

1. Bend your front knee 90 degrees. Your thigh should be approximately parallel to the floor, your knee stacked over your ankle, and your right outer hip pinned back.
2. Pivot your left heel to the floor so your foot forms a 45-degree angle to the side of the mat. Align your left heel with your right heel, or place the feet slightly wider for more stability.
3. Press your left thighbone back so your left knee is straight.
4. As you inhale, raise your torso and reach up with the arms, hands shoulder-distance apart and palms facing each other. Allow your shoulder blades to open out and up, away from your spine and toward your outer armpits. Rotate your biceps back, and firm your triceps into your midline. You may bring your palms together and look up at your thumbs.
5. Keep pressing your left femur back while releasing your tailbone toward the floor. Draw your lower belly back and up away from your right thigh.
6. Hold for 5–10 breaths.
7. Release your hands to the floor, step back to Downward-Facing Dog, and repeat on the other side.

Take care:

- You feel a strain on your back knee, engage your thigh muscles as if you meant to draw your kneecap toward your hip while you keep your back leg fully straightened.
- Keep your front knee aligned directly over the ankle and heel. Don't let it move ahead of your ankle or away from centre. Avoid or modify if you have a hamstring or groin tear or injury, or if you have a hip injury or hip replacement.
- If you tend to easily come off balance, consider a pose variation using a chair or the wall for stability.
- If the foot position causes pain to your back foot, ankle, or knee, modify the pose foot position with the back heel lifted off the mat. Or you can take a shorter stance.
- Do not tense your shoulders up toward your ears in this posture. If you find that you cannot keep your biceps by your ears and your arms straight without experiencing shoulder discomfort, let your arms fall away from one another in a "V" shape until your shoulders are able to release. If your shoulders ache, bring your palms together in the centre of your chest instead of lifting them.



## Class News

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.

Remember don't beat yourself up about New Resolutions, take each day as a new start and enjoy. Follow your breath..... 🙏🌀

See you on the Mat soon.

Enjoy 😊

Namaste

Michele 🙏

