



# Yoga is for Everyone Newsletter

**June 2019 Newsletter**



June gives us the summer solstice and as we approach the longest day, give thought to yourself, take care of yourself. Make the most of these long days and take your practice outside. Getting close to nature is wonderful and so grounding. Being near and with nature always lifts your mood. Give it a go. Take your mat outside.

Mastering a yoga asana can take time. And there is a deep-seated reason for this. Like with any discipline, it is about the journey you take to get to the end result, not the end result itself.

Yoga in its completeness is a way of life that allows for total transformation.

## **Class and Workshop News**

### Forthcoming Workshops

‘Summer Equinox’

10.00am Saturday 22<sup>nd</sup> June 2019

Duration: 2 hours 30 minutes

Celebrate the Summer Equinox with this Yoga Workshop. Complete beginners welcome. Places limited. Please book your place on the website.

### Tuesday Night Yoga

Reminder;

Tuesday 4<sup>th</sup> June – No Classes

Tuesday 11<sup>th</sup> June – No Classes

Dates where there are No Classes still appear on the website but are shown as full (as is the Wait List for that date).

### **Asana of the Month - Dolphin Plank**



This is a popular core-building posture in yoga (and a favourite of mine!) Performing Plank with correct alignment, though, can be nearly impossible for those with wrist pain or carpal tunnel syndrome. This variation, called "Dolphin Plank," is done on the

forearms, which takes the pressure off the wrists while providing all of the benefits of Plank Pose.

### Benefits of Dolphin Plank

Dolphin Plank builds strength through resistance of your body's weight, which helps to increase bone density. This pose strengthens the arms, legs, and core muscles, including the abdomen, chest, and low back. It also strengthens the muscles around the spine, which helps to improve posture. In addition, Dolphin Plank stretches the shoulders, hamstrings, calves, and feet.

### Cautions

Do not practice Dolphin Plank if you have a recent or current shoulder, back, arm, or neck injury. Also avoid this pose if you have high blood pressure, or infections of the eye or inner ear. Always work within your own range of limits and abilities. If you have any medical concerns, talk with your doctor before practicing yoga.

### How to Do

Begin on your hands and knees. Align your wrists directly under your shoulders, and your knees under your hips. Lower your elbows to the floor directly beneath your shoulders. Keep your forearms parallel to each other and to the side edges of your mat. Distribute your weight evenly across both forearms. Breathe smoothly and evenly through your nose.

Tuck your toes and step back with your feet, bringing your body and head into one straight line. Align your heels over your toes.

Keep your thighs lifted and take care not to let your hips sink too low. If your bottom sticks up in the air, realign your body so your shoulders are directly above your elbows.

Contract your abdominals and draw your pelvic floor muscles toward your spine. Keep your head in line with your spine.

Broaden across your shoulder blades and collarbone. Gaze between your hands, or toward the top edge of your mat.

Press the front of your thighs (quadriceps) up toward the ceiling while lengthening your tailbone toward your heels.

Hold the pose while breathing smoothly for five breaths. Advanced practitioners and those using the pose to build stamina can hold for up to five minutes. To release the pose, slowly lower onto your knees, then press back into Child pose (Balasana) and rest. Repeat up to 10 times.

### Modifications & Variations

Dolphin Plank is a great modification for those with wrist pain and carpal tunnel syndrome — but it's also a challenging core strengthener in its own right! It can take some time to build up enough strength to hold the pose. Be sure to take it slowly and not over-stress your shoulders. Try these modifications to find a variation of the pose that works for you:

If your core muscles or arms are not yet strong enough to support your full bodyweight, lower your knees to the floor (this is called Half Dolphin Plank). Be sure to keep your head and spine in a straight line.

To deepen the pose, try lifting one leg at a time. Flex your foot and lift your heel toward the ceiling. Hold the lifted leg for five breaths. Then, repeat with the opposite leg for the same amount of time.

To deepen the shoulder stretch, press your palms together with your forearms on the floor, or clasp all ten fingers together.

### **Recipe of the Month – Green Goddess salad**



For the dressing:

- ½ large brown onion, peeled and roughly chopped
- 1 large, ripe avocado, stoned and peeled
- 2 cloves garlic, peeled
- 60ml (¼ cup) apple cider vinegar
- 60ml (¼ cup) olive oil
- 1 large handful chopped fresh chives
- 1 large handful fresh basil leaves
- 1 large handful fresh parsley
- ½ lemon, juice only

For the coconut bacon:

- 30g (½ cup) flaked coconut
- 1 tbsp olive oil
- 1 tbsp dark soy sauce
- 2 tsp maple syrup
- 1 tsp liquid smoke
- ½ tsp smoked paprika
- ½ tsp black pepper

For the salad:

- 2 large romaine or cos lettuce, halved
- 2 tbsp chopped chives
- Croutons (optional)

### Method

1. Whizz all the dressing ingredients together in a high-speed blender until very smooth. Set aside.
2. Preheat oven to 180°C (Gas Mark 4, 350°F). In a small bowl, mix together all the bacon ingredients except the coconut. Toss the coconut flakes in the marinade until thoroughly coated. Spread the coconut bacon out on a baking sheet in a single layer and bake in the oven for 6 minutes. Stir the bacon after this time and return to the oven for another couple of minutes or until dark golden and fragrant. Remove from the oven and set aside. This will crisp up as it cools.
3. When ready to serve, arrange the lettuce halves on plates or a serving platter. Drizzle the dressing over generously and sprinkle with the coconut bacon and remaining chives. Serve immediately with any leftover dressing on the side.

### Yoga Philosophy

Patanjali Yoga Sutras sets out the 8 fold path of yoga (also called the 8 limbs of yoga) which are:

Yama - Moral codes  
Niyama - Observances  
Asana - Movement  
Pranayama - Breathwork  
Prayahara - Withdrawal of senses  
Dharana - Concentration  
Dhyana - Meditation  
Samadhi - Enlightenment

These paths are how we should live our daily lives - 'living our yoga'.

### Quote of the Month

'There is no limit to the power of the human mind. The more concentrated it is, the more power is brought to bear on one point.'

*Swami Vivekananda*

## **Equipment**

I have blocks, mats, Belts and Nettis available to buy. Please let me know if you wish to purchase.

## **Feedback**

Please let me have any feedback on the newsletters or classes either via email or Yoga Hub.

Have a great Summer Solstice.  
Thanks for your continued support.  
Om Shanti

*Michele* 