



# Yoga is for Everyone Newsletter

## March 2021 Newsletter

**Spring is on it's way...**



Intent is one of the cornerstones of the Zen tradition of Buddhism in which monks work for years to develop the stillness and sharpness of mind to do only one thing at a time. Most of the time we are doing one thing and thinking of something else, or even doing three things at the same time, such as talking on the phone, doing dishes, and boiling water for tea. There is nothing inherently wrong with multi-tasking, which seems necessary at times, especially in the midst of family life. However, balancing this with a healthy dose of intentional activity can provide valuable insight into the benefits of doing one thing at a time, being fully present with whatever the task at hand happens to be.

From the moment we wake up, we can apply intent to our situation by simply saying to ourselves, "I am aware that I am now awake." We can use this simple tool throughout our day, saying, "I am aware that I am driving to work." "I am aware that I am making dinner." Or even, "I am aware that I am breathing." As we acknowledge what we are doing in these

moments, we come alive to our bodies and to the world, owning our actions instead of habitually performing them. We may realise how often we act without intention and how this disengages us from reality. Applying the energy of intent to even one task a day has the power to transform our lives. Just imagine what would happen if we were able to apply that power to our entire day.

Relax into Spring, set your intentions and look after your mind.

### **Class Update**

#### **Tuesday 9<sup>th</sup> March - No Class**

(Classes resume with Meditation on Saturday 13<sup>th</sup> March)

**Meditation** – via Zoom every Saturday 9.00am (30minutes)

What a way to start the weekend! 🙏 Cost: £2 please book via the website.

**Tuesday Night Yoga** Zoom classes continue from the with a small charge of £4 being made to cover the zoom licence and to support charity. This can be paid via PayPal (when you book online) or via bank transfer (please email me for details).

*If you are struggling financially, there is no need to pay, we appreciate that times are tough.*

You can book your place on the Online Class via the website. Please follow the link below.

[Please Book Online](#)



- Namaste: Used at the end of a class - or beginning has several translations but a nice one is...

*My soul honours your soul  
Where the entire universe resides  
I honour the light, love, truth, beauty and peace  
Because it is also within me  
We are united  
We are the same - We are one*

## Asana of the Month - Chair Pose



### How to do

Start in mountain pose with the feet together or hip width apart, inhale the arms forward parallel to the floor with the palms facing down.

Exhale and bend the knees, squatting down. Reach the hips down and back as if you were going to sit on the edge of a chair, bringing your weight to the heels of the feet. Do not bring the hips lower than the level of the knees. Make sure that the knees are pointing straight ahead.

Press the shoulders down and back trying to arch the spine. Relax the shoulders down and back and reach out through the finger tips. Stare at a point on the wall or floor in front of you for balance.

Breathe and hold for 3-6 breaths.

To release: inhale and press down into the feet straightening the legs and inhale the arms up toward the ceiling. Exhale, release the arms down.

### Benefits

Chair pose strongly strengthens the lower body while stretching the upper back. This posture invigorates and energizes the whole body.

Contraindications: Recent or chronic injury to the hips, knees, back or shoulders.

### Modifications

If the feet are hip width apart you can place a yoga block between the thighs to help keep the knees pointing forward.

### Variations

To make this pose less challenging, place the hands on the knees.

To make this pose more challenging, reach the arms and gaze up to the ceiling.

### Quote of the Month 2

*There is no need of any competition with anybody. You are yourself, and as you are, you are perfectly good. Accept yourself."*

Osho

### Rumi Quotes

*'Don't be satisfied with stories, how things have gone with others. Unfold your own myth.'*

And probably my favourite...

*'And you? When will you begin that long journey into yourself?'*

### March Aromatherapy - Primrose oil (*oenothera biennis*)

Increasing the light and a sense of hope and renewals in the air as spring develops this is a great oil to use this month. From the seeds of Evening Primrose flowers it's a great plant that blossoms at night hence its name - a little ray of hope in the darkness of the days. Primrose oil can be used with a light carrier oil directly onto the skin as a fabulous skin treatment or massage into the face for a nice facial. The oil is also good as an anti-inflammatory and will help soothe away any inflamed areas. When added to calamine it is also good for dry and itchy skin conditions and calms skin. You can even pop a little bit into an oil burner to help away the winter toxins.

So, that's it for this Newsletter. I hope you've enjoyed it, and I hope you find the time each day to move your beautiful bodies, breathe a little deeper, and pause in stillness and gratitude for the many blessings we all have around us.

Spring is just around the corner..... 😊☀️

Thank you for your continued support.  
Stay Safe. Stay Well.

Michele

