



Yoga is for Everyone Newsletter

May 2020 Newsletter

When this is over,
may we never again
take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theatre
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way—better
for each other
because of the worst.

LAURA KELLY FANUCCI

In Patañjali's Yoga sutras Chapter 2 sutra 16, he warned us some 2500 years ago, "Suffering that has yet to manifest is to be avoided" (Translation by Edwin Bryant) and he offered us the whole kit box of yoga tools, which are; meditation, pranayama, āsana, svādhyāya (study), chanting, etc. - in order to help us to ease our suffering and reduce the surrounding negativity we find ourselves in today. For centuries his words have been heeded and yogis everywhere have learned to live through difficult times.

I echo these comments and as we know - we feel so much better after our practice, no matter how short it is! Never has it been more important to get onto our mats - Let's all practice! No matter how short whether postures, breath or meditation - just find yourself and still your mind.

Class Updates



Due to the ongoing COVID-19 situation, Tuesday's classes will continue via Zoom. Thanks for the feedback, it seems to be going well!

Time: 7.00pm

Duration: 60 minutes

Location: Online (Zoom)

Cost: Free

(If you are not currently receiving invites for the Online Class, please let me know and I will add you to the 'Invite' list)

One2One Sessions are also now available via Zoom - please email me for further information.

Yoga Therapy Sessions are now also available via Zoom, again please email me.

Check out the website, it has all the relevant information and is constantly updated;

www.yogaisforeveryone.net

www.ukyogatherapy.com

Research

Yoga is good for your body and for your brain, according to a recent review of scientific literature. A new paper *Yoga Effects on Brain Health; A Systematic Review of the Current Literature*, undertaken by the University of Illinois, highlights some of yoga's brain boosting attributes. The paper notes "Collectively the studies demonstrate a positive effect of yoga practice on the structure of the hippocampus, amygdala, prefrontal cortex. The findings offer early evidence that yoga may hold promise to mitigate age-related decline"

Aromatherapy to Help our Wellbeing

As we move closer to summer and our gardens bloom. Mandarin oil (citrus nobilis) is great to use. There are several varieties, well rounded suitable for all and can help every aspect of wellbeing. Place a couple drops of mandarin oil on a tissue inhale deeply to soothe and cheer you up. Place 2/3 drops in a diffuser to ease anxieties it will also bring calm and peace.

Mandarin oil is generally safe for everyone but take care if going into the sun.

Practice of the Month;

I thought we would have a change this month to keep us all moving. Here is a simple sun salutation sequence. Remember to work within your limits, mindfulness with breath and stop if you need to.

Sun Salutations, or Surya Namaskar, can be a complete practice in itself. These 12 asanas linked in a series can lengthen and strengthen, flex and extend many of the main muscles of the body while distributing the prana flow throughout the body. In Hindu mythology, the sun god, Surya is worshipped as a symbol of health and immortal life. The Rig Veda declares that "Surya is the Soul, both of the moving and unmoving beings". The Sun Salutation originated as a series of prostrations to the sun. Traditionally, it is performed at dawn, facing the rising sun. In time, each of the twelve positions came to have its own mantra, each celebrating an aspect of the sun's divinity.

1. Mountain



Begin by standing in Mountain pose, feet about hip width apart, hands either by your sides or in prayer position. Take several deep breaths.

2. Hands up



On your next inhale, in one sweeping movement, raise your arms up overhead and gently arch back as far as feels comfortable and safe.

3. Head to knees



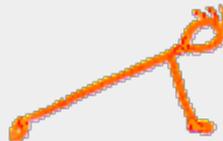
As you exhale, bend forward, bending the knees if necessary, and bring your hands to rest beside your feet.

4. Lunge



Inhale and step the right leg back

5. Plank



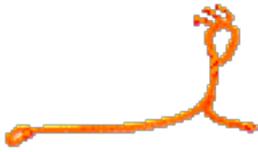
Exhale and step the left leg back into plank position. Hold the position and inhale.

6. Cobra



Exhale and lower yourself as if coming down from a pushup. Only your hands and feet should touch the floor.

7. Upward Dog



Inhale and stretch forward and up, bending at the waist. Use your arms to lift your torso, but only bend back as far as feels comfortable and safe. Lift your legs up so that only the tops of your feet and your hands touch the floor. It's okay to keep your arms bent at the elbow.

8. Downward dog



Exhale, lift from the hips and push back and up.

9. Lunge



Inhale and step the right foot forward.

10. Head to knees



Exhale, bring the left foot forward and step into head-to-knee position.

11. Hands up



Inhale and rise slowly while keeping arms extended.

12. Tadasana



Exhale, and in a slow, sweeping motion, lower your arms to the sides. End by bringing your hands up into prayer position. Repeat the sequence, stepping with the left leg.

Remember to practice in your limitations. Knees can be lower to ease into cobra.
Remember your breath!

Recipe of the month:

Smoky BBQ Jackfruit Ribs: Great for the “lock in” - outside!



Ingredients

For the Seitan:

- 360ml (1 ½ cups) cold water
- 11g (¼ cup) nutritional yeast
- 2 tbsp vegetable oil
- 2 tbsp natural, smooth peanut butter
- 2 tbsp BBQ sauce
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 2 tsp paprika
- 1 tsp smoked paprika
- 2 tsp sea salt flakes
- 1 tsp black pepper
- 1 tsp bouillon powder
- 1 x 400g tin young jackfruit (in water or brine), drained
- (2 ¼ cups) vital wheat gluten

For the Glaze:

- 240ml (1 cup) BBQ sauce

To Serve:

- Corn on the cob
- Coleslaw
- Extra BBQ sauce for dipping

Method:

1. Preheat oven to 180°C (Gas Mark 4, 350°F) Place all the seitan ingredients, except the jackfruit and vital wheat gluten, in a food processor and blend until combined.
2. Place the drained jackfruit chunks in a frying pan and add a few tablespoons of water. Gently simmer for 5 minutes, or until the jackfruit falls apart when pressed with the back of a spoon and all the liquid has evaporated.
3. Add the vital wheat gluten and jackfruit to the liquid in the food processor and pulse until well combined. You should have a soft, very moist dough.
4. Divide the dough in half and place each portion onto a large sheet of foil. Shape each portion into rough rack shapes and score lines on each to resemble the individual ribs. Wrap in the foil; it doesn't need to be too tight but make sure it's well sealed. Transfer to a baking dish and pour in enough water to come half way up the packages. Cook in the oven for 45 minutes, topping up the water as necessary.
5. When the ribs have steamed, remove from the oven and increase the temperature to 200°C (Gas Mark 6, 400°F). Unfold the foil so that the tops of the ribs are exposed. Pour over the BBQ sauce and return to the oven for another 30 minutes or so, until bubbling and sticky. Check often towards the end of cooking to prevent them burning. To cook on the BBQ simply remove the foil completely after steaming and place on a hot BBQ. Baste liberally and regularly with the sauce while cooking, until sticky and slightly charred.
6. Serve the ribs with some corn, coleslaw and some extra sauce for dipping.
7. When the ribs have steamed, remove from the oven and increase the temperature to 200°C (Gas Mark 6, 400°F). Unfold the foil so that the tops of the ribs are exposed. Pour over the BBQ sauce and return to the oven for another 30 minutes or so, until bubbling and sticky. Check often towards the end of cooking to prevent them burning. To cook on the BBQ simply remove the foil completely after steaming and place on a hot BBQ. Baste liberally and regularly with the sauce while cooking, until sticky and slightly charred.
8. Serve the ribs with some corn, coleslaw and some extra sauce for dipping.

Verse of the Month:

Day after day, let the yogi practice the harmony of the soul
In a secret place, in deep solitude, master of his mind, hoping for nothing, desiring nothing.

Bhagavad Gita - 6:10

Quote of the Month

"Life will give you whatever experience is most helpful for the evolution of your consciousness."

Eckhart Tolle

May Notable Dates

1st - Day and International Workers Day
8th - VE Day 75th Anniversary - Bank Holiday
9th - Liberation Day - Jersey/Guernsey
21st- Stow Horse Fair - Spring Roma traveller gathering
24th - Eid al Fitr - End of Ramadan (Muslim)
25th - May Bank Holiday
29th - Feast of Weeks/Shavuot (Jewish)
31st - Whit Sunday (Christian)
Full moon - 7th
New moon - 22nd

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.

Stay Safe. Stay well

Michele

