



Yoga is for Everyone  
Newsletter

January 2024 Newsletter

hello  
2024

Every Tuesday  
6.30 to 7.30pm

NEW

Castleton  
YOGA

For further information and to  
book your place online visit  
[www.yogaisforeveryone.net](http://www.yogaisforeveryone.net)  
or call 07808 585 906



Castleton Village Hall  
How Lane, Castleton S33 8WJ



### **New Year - New Yoga! - On tour at Castleton and Online via Zoom**

Welcome to Castleton in the beautiful Peak District.  
Welcome to a New Year and Renewal - positive mind and body steps.

I don't make new resolutions as I don't want to start the New Year putting pressure on myself. I set intentions but like to keep them simple and achievable.

Please don't beat yourself up!

Here are some suggestions;

Try to get more sleep  
Try to get more fresh air  
Eat more healthy food

Simple but positive and will have a major effect on your wellness.  
Mine...to get better quality sleep.

## **Class News**

NEW - Castleton and Zoom from the 9th January  
NEW TIME 6.30 to 7.30pm 🌀🌀🧘

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

21st January - New Year Workshop - **Billingley Village Hall**

Check out the website or email me 🌀

Classes are filling up so please let me know if you have to cancel.

121 classes available - just make contact with me. Sessions are tailored to you and what you need.

Yoga therapy sessions available.

Yoga Mats, Blocks and Netti's all available for sale.

## **YOGA FAQs**

Do I Need to be Flexible?

No! Yoga is for everyone, we are all different

Do I have to do all of the postures?

No! It is not a competitive exercise, you do what you can. If you are finding a particular pose difficult, we can alter it so that it's easier for you. It's about having respect for your body.

Is Yoga a religion?

No! Whilst there are many links between religions such as Hinduism and Buddhism, yoga is a philosophy, not a religion.

Do I need to attend every week?

No! However, it's better to have regular practice. But missing a class does not mean that you are 'out of step' with others.

Do I need to be a Vegetarian to Practice Yoga?

No! The first principle of Yoga is 'ahimsa' which means 'no harming to self or others'. Some people interpret this to mean they should not consume animal products, however, this is personal decision.

What sort of Yoga will we be doing?

It's called Hatha Yoga. It's a set of postures (Asanas), sequenced to align our muscles, skin and bones. Hatha means Sun (Ha) and Moon (Tha).

Will there be Chanting?

Maybe. During some of our classes we may chant words or sentences. This allows us to focus the mind and also helps our breathing patterns. This may feel 'strange' to you at first but you don't have to join in. However, if you do so, you will see some real benefits.

*OK, sounds interesting. What do I need to begin?*

*You! And a bit of curiosity. Book online or just come along.*

**Who started New Year First?**

The Babylonians. The city of Babylon in ancient Mesopotamia was where the first New Year's celebrations were recorded about 4,000 years ago. The Babylonians held their celebrations on the first new moon after the spring equinox and called this festival Akita (which comes from the word the Sumerian's used for Barley).

**2024 - Nourishing Your Body and Soul**

Your body is your sanctuary, and what better way to honour your body than with nourishing foods and relaxing yoga?

- Energising Smoothie: Blend a handful of spinach, a banana, a scoop of your favourite vegan or regular protein powder, almond milk or a substitute, and a teaspoon of honey for a quick, nutritious boost.

- Relaxing Yoga Poses: Try the Child's Pose or Legs-Up-The-Wall Pose to ease tension and invite calmness. *See earlier newsletters on how to do these Asanas*

As we recover from the holiday's, let's remember to pause, breathe, and cherish the present moment. Your well-being is the greatest gift you can give yourself and those around you.

### **Self Care - Recover - Restore**

Reasons to do Yoga;

1. Self compassion - the skill of being an ally to yourself and accepting yourself as you are.
2. Self awareness - taking up inward and acknowledging your areas of strength and your areas of challenge.
3. The Self - understanding the science behind the different stress, responses and learning what you need to do in practice, and to have a balanced response to stress and adversity.

### **Quote of the Month**

*'Exercises, are like pride, whereas yoga is the poetry of movements. Once you understand the grammar of yoga; you can write your poetry of movements'*

Amit Ray.

# BEFORE THE YEAR ENDS

Forgive the people who have hurt you and move on.

Take a break from work, from studying, from things, people, and events that are too much for you right now.

Practice gratefulness -another year has passed you by and you have grown and learned so much along the way.

Do one thing that you've been putting off all year.

Detach yourself from the pain of the past year and hold on to the good times.

Spend time with your family and friends. Make as many beautiful memories as you can.

If things didn't go how you wanted them to, that's okay. Close your eyes, take a deep breath, and start over again.

-UNKNOWN



Namaste

Michele



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HEART  
OF YOGA  
TEACHER

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TRAINING

