



Yoga is for Everyone Newsletter

November 2022 Newsletter



Yoga simple ancient practice can have a powerful effect not only on honing in the body and soothing the mind but in building a wisdom within that can move us to a happier more meaningful life. The simple act of rolling out the mat for Asana practice can become a gateway to better things for ourselves a greater connection with all that is around us and whilst we're on the mat we build curiosity and all this starts with getting on your mat.

To me yoga is actually Yin and Yang

Yang benefits

Improve strength and turns body

Increase flexibility and circulation

Increases stamina

Calms the mind by concentrating on synchronising movement with breath

Yin Benefits

Improve flexibility mobility and circulation

Stimulates and meridians brackets energy check channels

Brings is balance into all the organs in the body

Reduces stress and anxiety by switching on the parasympathetic nervous system
Leads nicely to the meditation practice

CLASS NEWS

Christmas is a matter of weeks away...pressie idea;
Yoga class vouchers - what a great gift!

Tuesday Night Yoga - 7pm Billingley Village Hall

Classes will remain fully Covid secure, please don't come along if you feel unwell. I will still be sticking with the recent measures to help keep us all safe. Please do NOT attend if you have any signs of Covid - please respect your fellow yogis.

Classes are filling up so if you need to cancel your booking, please let me know.

Classes will stay at £4 on Zoom and £7 face -to-face.

Costs are for the zoom licence/hall fees 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.

Gift Vouchers, Yoga Mats, Blocks and Netties are all available for sale.

Yoga 1-2-1 Sessions also available – more details on the website.

You can book your place on the Online Class via the website.

www.yogaisforeveryone.net

www.ukyogatherapy.co.uk

November Breathing

Pranayama involves different breathing techniques. Examples include:

- Alternative Nostril Breathing (nadishodhana)
- Humming Bee (brahmari)
- Bellows breath (bastrika)

Alternate nostril breathing is a yogic breath control practice. In Sanskrit, it's known as nadi shodhana pranayama. This translates as "subtle energy clearing breathing technique."

This type of breath can be done as part of a yoga or meditation practice. Alternate nostril breathing can also be done as its own practice to help you quiet and still your mind.

Yoga practitioners incorporate a combination of poses and breathing exercises into their practice. There are two variations of alternate nostril breathing:

- Anulom vilom: This type of pranayama involves conscious inhalation through one nostril and exhalation through the other.
- Nadi shodhana: Similar to anulom vilom, this technique involves breathing from one nostril to the next. On the inhale, you hold the breath for a brief period of time.

Try to incorporate both variations into your practice and see how each one makes you feel.

Benefits

Alternate nostril breathing may help to:

- relax your body and mind
- reduce anxiety
- promote overall well-being

These benefits, in turn, may help you to be more focused and aware.

You can use this breathing technique to help manage pressures in your daily life. You may also find that practicing alternate nostril breathing helps you to be more mindful of the present moment.

You can practice alternate nostril breathing on your own, but you may want to ask me to show you the practice in person so you can make sure you're doing it correctly.

Focus on keeping your breath slow, smooth, and continuous. Focusing on your breath will help you to remember where you are in the cycle. You should be able to breathe easily throughout the practice.

Method

To practice alternate nostril breathing:

- Sit in a comfortable position with legs crossed.
- Place left hand on left knee.

- Lift right hand up toward nose.
- Exhale completely and then use right thumb to close right nostril.
- Inhale through left nostril and then close left nostril with your fingers.
- Open right nostril and exhale through this side.
- Inhale through right nostril and then close this nostril.
- Open left nostril and exhale through left side.
- This is one cycle.
- Continue for up to 5 minutes.
- Always complete the practice by finishing with an exhale on the left side.

You can do alternate nostril breathing at any time and place that feels most comfortable to you. You may find that you enjoy doing it in the morning or evening. It can also be done during the day when you need to focus or relax.

Alternate nostril breathing is best done on an empty stomach. Don't practice alternate nostril breathing if you're sick or congested.

Alternate nostril breathing can be done before or after your practice. Find the way that suits you best as people have different results and experiences. Or you can do it at the start of your meditation practice. This may help you to deepen your meditation.

Humming Bee Breath

For anxiety a great choice is *brahmari*, Sanskrit word that means "bee." The practice is named for the humming sound that bees make. The sound is soothing for a spinning mind, and the practice lengthens the exhalation without excessive strain.

Brahmari can be used as a regular daily practice to encourage relaxation or as an on-the-spot remedy. Because of the buzzing sound, however, it's the kind of practice that you might not choose to do in public. If you are out somewhere and experiencing anxiety, look for a place that's relatively private, like a bathroom or your parked car.

To practice Brahmari Pranayama, sit comfortably, with the back tall and shoulders relaxed. Start by taking a few natural breaths, and close your eyes (as long as closing them doesn't produce more anxiety). Then, keeping the lips lightly sealed, inhale through the nostrils. Exhaling, make the sound of the letter M, essentially a humming sound. Sustain the sound until you need to inhale. Then repeat: Inhale through the nose, then hum like a buzzing bee as you exhale. Continue by inhaling as needed and exhaling with this sound for several minutes. You can practice as long as it feels good. The longer you sustain the humming exhalation, the more relaxing the Bee Breath is likely to be—but forcing the breath beyond your capacity can have the reverse effect, causing

even more stress. So don't force yourself to maintain any particular speed. Inhale whenever necessary, and let the buzzing sound last as long as it is comfortable. Finally, spend a few breaths sitting quietly and noticing whether there are any changes in your breath or mood.

Bellows Breath

Bhastrika Pranayama is a breathing technique that is often called bellows breath. It involves forcefully breathing in and out as if you were "pumping the bellows of a blacksmith's fire".

It clears your mind and gives you a boost of energy. It's great as a pick-me-up that can be practiced at any time you need.

Remember, that section about Prana? Bellows breathwork helps increase the life force of your being!

Benefits

While you get all the benefits of pranayama, Bhastrika Pranayama comes with even more!

The most obvious is your lung health. The forceful inhales and exhales exercises your lungs and diaphragm. This increases lung capacity and keeps them in proper functioning condition.

It's particularly helpful for people who suffer from repetitive coughing. Also, respiratory issues, allergies, and breathlessness. It can be used in helping treat asthma, sleep apnea, and healing some thyroid problems.

It is also used as an alternative or with medications for the common cold or flu. Bhastrika Pranayama aids in recovery. Pumping oxygen into your blood through pranayama purifies your body. It purifies from the toxic environments we live in, the foods we eat, and further oxygenate your brain.

Emotionally, this practice improves your mood and relieves stress. Do this by inhaling positivity and exhaling negativity. This brings on feelings of tranquility, calmness, and bliss.

Contraindications

Do not practice if you have any of the following:

- Pregnancy
- High blood pressure
- Heart Disease
- A hernia

- A gastric ulcer
- Epilepsy
- Vertigo
- Significant nosebleeds
- Detached retina
- Glaucoma
- Recent abdominal surgery
- At risk for stroke

Note that this is not a complete list. If you have any questions or concerns, please consult a medical professional.

How to do

Start seated in a comfortable position.

Sit up tall, Rest your hands on your thighs.

Breathe in through your nose and exhale out of your nose. Start on an inhale. Rapidly inhale and exhale forcefully. Your diaphragm and breathing muscles assist with these motions. An inhale plus an exhale is considered 1 round.

Repeat for ten rounds to start. Slowly exhale. Rest and repeat for three rounds.



Add more breaths and rounds as you get comfortable with Bhastrika Pranayama.

Quotes of the Month

"Silence is not silent. Silence speaks. It speaks most eloquently. Silence is not still. Silence leads. It leads most perfectly." - Sri Chinmoy

Yoga is the cessation of the movements of the mind. Then there is abiding in the Seer's own form." - Patanjali

Verily there is no merit higher than Yoga

No good higher than yoga

No subtlety Higher than Yoga

There is nothing that is higher than Yoga. - Upanishads 1.67

Meditation Practice - GRATITUDE

This is a very simple meditation in three minutes will revitalise your body by giving you physical energy freeing the nervous system and powering up your digestion give it a try.

Please sit comfortably

1. First, find a comfortable position to rest in, either in a chair, or on a comfortable flat surface.
2. Take a moment to centre yourself. Turn off the ringer on your phone to ensure you won't be disturbed. If you're able, close the door to the room you're in.
3. Now, take a deep breath through your nose. Fill your lungs entirely with air. Let your breath out through your mouth.
4. Take a few more deep breaths this way. In through the nose, filling the lungs with air, and out through the mouth.
5. Now, we'll practice a gratitude mantra.

The mantra is: I am grateful for _____.

6. Sounds pretty simple, right? All you need to do is fill in the blank with something you're grateful for.
7. We will repeat this mantra 10 times. Each time you repeat the mantra, try to come up with something different that you're thankful for. If you're having trouble coming up with things, start small, focusing on your immediate environment.

You could be thankful for the breeze coming through the window, cooling your face. Or you could be grateful for the soft, plush surface you're resting on. Here are some suggestions to help you get started:

I am grateful for the air in my lungs.

I am grateful for my heart that beats and keeps me alive.

I am grateful for my senses that help me perceive the world.

I am grateful for my comfortable bed.

I am grateful for my clothes that protect me and keep me warm.

I am grateful for the tree in my yard that is beautiful to look at.

I am grateful for the sun that shines through my window and brightens the room.

I am grateful for the food in my fridge.

I am grateful for my job that enables me to provide for myself and/or my loved ones.

I am grateful for my family that cares for me.

I am grateful for my pets that cheer me up.

3 minutes is all it takes.... 🙏



NAMASTE

See you all on the mat. Stay safe out there.

Namaste

Michele 🙏

