



# Yoga is for Everyone

## Newsletter

### **Class Update**

Please note that there will be no Class on the following dates;

Tuesday 4th September

Tuesday 2nd October

Tuesday 9th October

*(Note: the website will still list these class dates, however, the class will be shown as full)*

### **Friday Night Relax and Unwind**

Friday 30th November 6.30pm (1 hr) [Book Online](#)

### **Workshops**

Saturday 20th October 10.00am (2 ½ Hours, £12.00) [Book Online](#)

Sunday 9th December 10.00am (2 ½ Hours, £12.00) [Book Online](#)

All classes and Workshops can be booked on the website;

[www.yogaisforeveryone.net](http://www.yogaisforeveryone.net)

Please book early to avoid disappointment!

**If a class is full, please book yourself onto the corresponding Wait List - if we have any cancellations we'll try to fit you in!**

## **Asana of the Month -- Adho Mukha Svanasana - Downward Dog**



The iconic yoga posture. From all fours with your hands slightly forward and as wide as your outer shoulders, make sure that your wrist creases are parallel to the front of your mat and the index fingers are pointing straight forward.

Tuck your toes and press into the inner edges of your hands as you lift your hips up and back into Down Dog. Keeping your knees slightly bent, press your hip creases back and broaden your collarbones as you elongate from your tailbone through the crown of your head.

Deservedly one of yoga's most widely recognized yoga poses, Adho Mukha Svanasana, offers the ultimate all-over, rejuvenating stretch.

### **Contraindications and Cautions**

- Carpal tunnel syndrome
- Diarrhoea
- **Pregnancy**: Do not do this pose late-term
- High blood pressure or headache: Support your head on a bolster or block, ears level between the arms.

## Benefits

- Calms the brain and helps relieve stress and mild depression
- Energizes the body
- Stretches the shoulders, hamstrings, calves, arches, and hands
- Strengthens the arms and legs
- Helps relieve the [symptoms of menopause](#)
- Relieves menstrual discomfort when done with head supported
- Helps prevent osteoporosis
- Improves digestion
- Relieves headache, insomnia, back pain, and fatigue
- Therapeutic for high blood pressure, asthma, flat feet, sciatica, sinusitis

Michele 