



Yoga is for Everyone Newsletter



December 2018 Newsletter

Whatever festivals you may celebrate (or not!) over the coming months, make the celebration of a healthy body centre stage in your rituals. Give yourself the best seasonal gift you can, time and space to feel well, to nurture radiance and glow. Yoga is a great way to do this.

Keep the inner glow a glow as the nights draw in. Stay centred and keep practicing!

News – Tuesday Night Yoga 2019

After much thought and deliberation, I have decided to increase the Class fee to £6.00 for 2019. This is still below the average fees that other local Yoga teachers charge (typically £8-£12 per hour).

Tuesday Night Yoga Bookings are now open for the first three months of 2019!

Up and Coming Events:

Provisional Workshop dates for 2019 (subject to final confirmation);

19th January (Saturday Workshop)

2nd February (Saturday Meditation/Mindfulness Hour)

13th April (Saturday Workshop)

4th May (Saturday Meditation/Mindfulness Hour)

22nd June (Saturday Workshop)

24th August (Saturday Meditation/Mindfulness Hour)

12th October (Saturday Workshop)

7th December (Saturday Workshop)

Once confirmed, these Workshops can be booked on the website;

Recipe of the Month

Flapjacks (healthy(ish) of course)

- 250 grams coconut flakes
- 250 grams oats
- 100 grams sunflower seeds
- 100 grams walnuts
- 1 (400 millilitre) tin coconut milk
- 10 dates, pitted
- 3 ripe bananas
- 30 grams coconut oil
- 300 grams berries
- 1 teaspoon vanilla powder
- Parchment paper

Method:

Line a 30 x 22 cm rectangular cake tin with parchment paper. In a large mixing bowl, stir together walnuts, sunflower seeds, coconut flakes and oats. Set aside. Blend together dates, bananas, honey, vanilla, coconut oil and coconut milk in a food processor until smooth. Add the blended mixture to the oats and mix well. Add berries, stirring gently until combined. Press mixture into the lined cake tin. Smooth over using the back of the spoon. Refrigerate for 3 hours or overnight until firm. Slice to serve.

Enjoy!

Asana of the month: Savasana (Corpse Pose)



You'll need this with all the extra jobs to do this time of year. Make time for yourself you are important.

Although it looks easy, Savasana (Corpse Pose) has been called the most difficult of the asanas. Indeed, many yoga students who can happily balance, bend, and twist through the rest of class struggle with just lying on the floor. The reason is that the art of relaxation is harder than it looks. It doesn't happen on demand: You can't just say, "OK, I'm going to relax, right now!" That's why Savasana is such a gift. The pose sets up the conditions that allow you to gradually enter a truly relaxed state, one that is deeply refreshing in itself and that also can serve as a starting point for meditation.

1. Lie on your back (knees bent if lower back issues)
2. Keep your head centred, not allowing it to fall to either side.
3. Extend your arms to the sides.

If you'd like to use a blanket under your head or something over your eyes, prepare that before adjusting the arms. Turn the upper inner arms away from the trunk, and gently tuck the shoulder blades in, bringing a little lift to the chest. Do this without overarching the lower back. Maintain the arm position, and then stretch the legs out one by one. Allow the inner legs to roll outward and relax completely.

Allow your breath to flow smoothly in and out. Close your eyes and relax the facial muscles, beginning with the forehead and eyelids. Then relax the cheeks, lips, and tongue. (Relaxing your tongue will release tension in the face, which has a direct effect on the brain and mind.) Relax the throat and neck. Continue to bring attention to each part of the body, consciously relaxing each part, starting with the head and traveling all the way down to your feet. When the physical body is still and at rest, the breath naturally draws you inward toward the essence of yourself. Rest with a spacious feeling of light in your heart.

Quote of the Month

It's not about touching your toes! It's about unlocking your ideas about what you want, where you think you can go, and how you will achieve it when you get there.
– *Cyndi Lee*

And Finally

Merry Christmas! 🎄
Happy New Year to you and your family.
See you all in the New Year



Michele 🙏