June 2021 Newsletter

The Longest day occurs in June and eases us into the summer days, flowers in bloom and warm evenings. June is also the time when I celebrate even more Yoga, as the international day of yoga falls in JUNE - on the longest day to be precise.

Sun salutations here I come....

The name *June* is the modern day adaption of the Latin word *Junius*, which has its origins dating back to the ancient Romans. There are multiple theories as to what the month of June was named after. One theory is that it was named after the Roman goddess of marriage, Juno. Another theory is that its name originates from the Latin word *iuniores*, which translates into "younger ones". Yet another possibility is that the month was named after Lucius Junius Brutus, the founder of the Roman Republic.

Many incredibly important and influential people throughout history have been born in June. Among many others born in June, Anne Frank, Che Guevara, Jean-Paul-Sartre, Marilyn Monroe, George Orwell, and George H. W. Bush all share a common birth month!
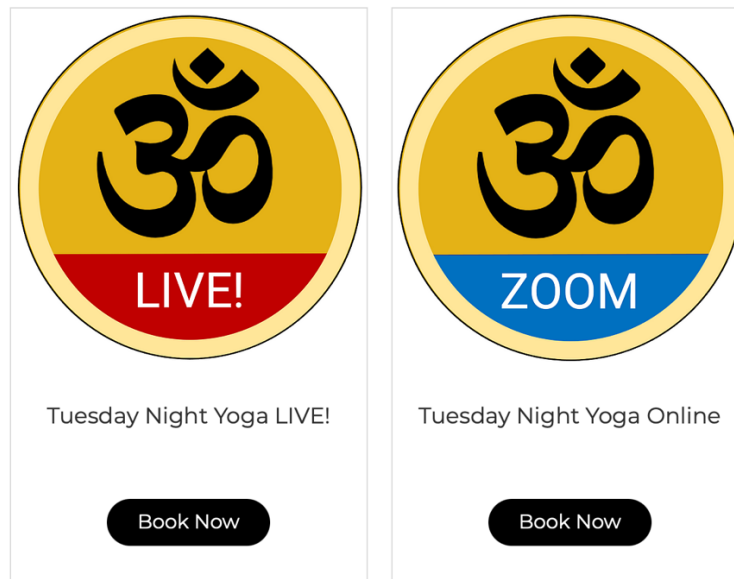
Enjoy June *mindfully!* 🙏

Class Update

**LIVE classes have returned - 7pm Billingley Village Hall every Tuesday.
This Class will also be available via Zoom. Either way please book your place on the website.**

Please Book Online

When you view the Book Online page on the website you will see that you have two options for Tuesday Night Yoga, either 'LIVE' or 'ZOOM'. This is what they look like…

Hopefully, it's obvious but to avoid any confusion…

If you want to attend the Live Class at Billingley Village Hall please book using the Tuesday Night LIVE! Button.

If, however, you wish to continue attending Classes via Zoom then book your place using the Tuesday Night Yoga Online button.

There will be a slightly different charge for the classes which reflect the rental of the hall. Specifically, £7.00 for LIVE! Class and £4.00 for the Zoom Class.

If you are attending the LIVE Classe, this will be fully Covid secure. Please don't come along if you feel unwell. We will keep 2m apart and check temperatures on admission.

Class fees 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.*

Words for the Present

Do not pursue the past
Do lose lose yourself in the future
The past is no longer is
The future has not yet come
Looking deeply at life as it is
In the very here and now
The practitioner dwells in stability and freedom
We must be diligent today
To wait until tomorrow is too late
Death comes unexpectedly
How can we bargain with it?

Buddhist Serom

Quote of the month;

"*At least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place."*

Eckhart Tolle

Facial message - My treat for you in June. 🤗

Neck   - Using alternative hands sweep the backs of your hand over your neck from the collarbone to jaw start gently over the windpipe increasing pressure as you move towards the sides.

Face - With your fingers massage in small circles outwards from the centre of the chin to the ear concentrating on the jaw. Return fingers to the corners of your mouth and massage up to the middle of the ear then return fingers to the nostrils and massage to the temple. Slide the fingers back to the chin and start again. End with gentle pressure on the temples for 3 seconds.

Forehead - Starting in the centre of the forehead with the middle finger and ring fingers together rotate them outwards towards the centre of the forehead in large circular movements, repeat then end with gentle pressure to the temples for three seconds.

Nose - With fingers held together move them over the side of your nose from the inner eyesocket to the base and back up again then using the middle finger circle around the nostrils placing more gentle pressure as you work upwards.

Eyes - Being careful with the eyes but this will help reduce puffiness. Place the pad of your thumb in the inner part of the eye socket, which is underneath your brows and apply gentle pressure for three seconds. Then with thickest part of the brow pinch thus with your finger and thumb and hold for two seconds. Very gently pinch all along the length of the brow

working from the inner to outer edge finishing by soothing your brows with your fingertips to relax.

Mouth - Widely open and close your mouth, holding wide for 3 seconds. Using your middle finger make small circular motions following your lip line working around the mouth edge, then move to around the bottom lip finishing at the centre.

Relax for a couple of minutes with mindful breathing. 🙏

Asana of the Month

Reverse Warrior - Viparita virbhadrasansa

Reverse Warrior — Viparita Virabhadrasana - is a standing yoga pose that stretches the waist and energises the whole body.
It's name comes from the Hindu mythological warrior, Virabhadra, an incarnation of the god Shiva. Virabhadra was a tall, dark, and fierce deity, depicted with a thousand arms, flaming hair and eyes, and wearing a garland of skulls. The word "Viparita" means "reverse" in Sanskrit, and "asana" means

Cautions
Do not practice Reverse Warrior if you have a recent or chronic hip, knee, back, or shoulder injury. Avoid this pose if you are experiencing diarrhoea or high blood pressure. Those with neck injuries should not tilt their head backward in the pose, but should remain gazing forward. Always work within your own range of limits and abilities. If you have any medical concerns, talk with your doctor before practicing yoga.

How to do
1. Begin in mountain pose - standing with your feet hip-distance apart and your arms at your sides. Turn to the left and step your feet wide apart, about 4-5 feet. Align your heels.

2. Turn your right foot out 90 degrees, so your toes are pointing to the top of the mat. Pivot your left foot slightly inwards. Your back toes should be at a 45-degree angle.
3. Raise your arms to the side to shoulder-height, parallel to the floor. Your arms should be aligned directly over your legs. With your palms facing down, reach actively from fingertip to fingertip.
4. Exhale as you bend your front knee. Align your knee directly over the ankle of your front foot. Your front shin should be perpendicular to the floor. Sink your hips low, eventually bringing your front thigh parallel to the floor. This is warrior II
5. On your next exhalation, drop your left (back) hand to the back of your left thigh. On an inhalation, lift your right arm straight up, reaching your fingertips toward the ceiling. Your right bicep should be next to your right ear.
6. Keep your front knee bent and your hips sinking low as you lengthen through the sides of your waist. Slide your back hand further down your leg and come into a slight backbend.
7. Tilt your head slightly and bring your gaze to your right hand's fingertips.
8. Keep your shoulders relaxed, chest lifting, and the sides of your waist long.
9. Hold for 10-20 breaths.

<u>Modifications and Variations</u>
Reverse Warrior is a great way to add flexibility to the spine and prepare the body for many other poses throughout your practice. Remember to take it slowly and never push your body to achieve a deeper backbend. Try these simple changes in the pose to find a variation that works for you:
• If your hips are tight, shorten your stance and straighten your front leg to a degree that is comfortable as you work on gaining flexibility.
• If you have a shoulder injury or if you are still building upper body strength, place your hands on your hips. Work on lifting your chest and lengthening your spine without over-straining your arms and shoulders.

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.

Thank you for your continued support.
Stay Safe. Stay Well.