



Yoga is for Everyone Newsletter

July/August 2019 Newsletter



A yoga practice is a personal experience, whether you're on your own or in a class. It can be on or off the mat, depending on what yoga means to you. In essence, Yoga has never changed.

Yoga has evolved in practice, but the ancient philosophy, the values, and principles are still the same, even with so many changes in our way of living.

Our bodies are amazing communication devices. If we are willing to listen, they are aligned with the wisdom of our souls to show us what areas of our life need to be cleared and healed.

Let yoga lead with those conversations, help you to understand and discover your mind and body.

Class and Workshop News

Dates for August and September are now available for booking on the website

Yoga Hub Poll

We recently sent out an email asking for your opinion regarding a 'Yoga Hub' Class (and get together) on Saturday mornings. Thanks to all of you who responded and gave me your comments. The result was overwhelmingly positive, with 88% of respondents indicating they would be interested. Look out for further news on this in the coming months!

Tuesday Night Yoga

In the quieter Summer months both Early and Late Classes will continue, as normal.

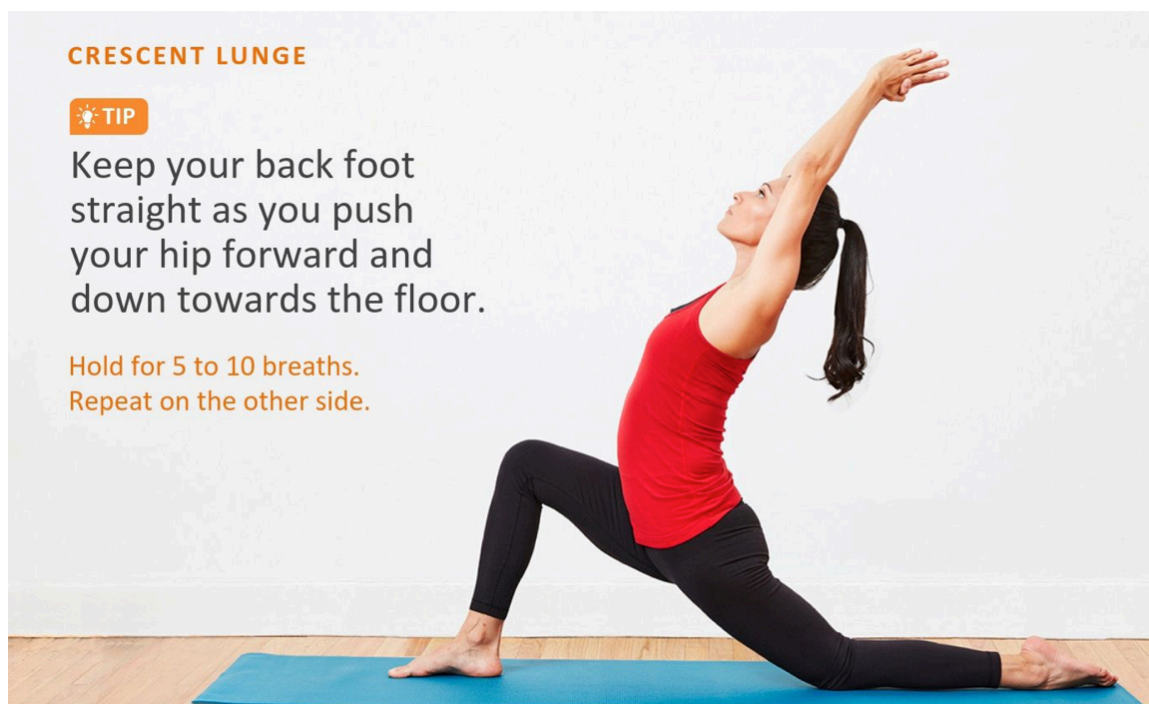
Note: On Tuesday 9th July there will only one Class (the 7.30pm Late)

1-2-1 Sessions

If there is anything you wish to work on I do 1-2-1 sessions tailored to meet your needs. Contact me for further details and prices.

Asana of the Month - Crescent Lunge – Anjaneyasana

There are lots of variations to this asana. This is the more widely practised version and my favourite!



Benefits of Crescent Lunge

Crescent Lunge stretches the legs, groin, and hip flexors, while also opening the front torso, chest, and shoulders. It strengthens and tones the thighs, hips, and bottom while the balancing aspect helps to develop flexible stability. Considered a balance pose, backbend, *and* heart opener, Crescent Lunge helps the front of the body to expand, which increases energy and reduces fatigue.

Cautions

Do not practice Crescent Lunge if you are currently experiencing high blood pressure or heart problems. Also, avoid this pose if you have a knee or spinal injury. Always work within your own range of limits and abilities.

- Bend your front knee to 90 degrees, aligning your knee directly over the heel of your front foot. Your feet should be hip-width apart with both feet facing forward, and your front shin should be perpendicular to the floor.
- Come on to the ball of your back foot, lifting your heel and drawing it forward so it aligns directly over your back toes.
- With your back strong and active, gently draw your left hip forward as you press your right hip back, squaring your hips so they are parallel to the top edge of your mat
- Inhale as you raise your torso to an upright position. Sweep your arms overhead. Draw your tailbone toward the floor. Spin your little fingers toward each other, opening your arms so your palms face each other. Gently tilt your head and gaze up at a space between your thumbs.
- Make sure your front shin stays vertical. Widen your stance as needed to make sure that your knee does not move forward past your ankle.
- Tuck your tailbone under and engage the muscles of your abdomen to help stabilize your core.
- Extend up through the crown of your head, lengthening your upper body. Draw your shoulder blades firmly into your upper back.
- Draw your lower front ribs in and down toward your tummy - do not let your ribs poke forward.
- Hold for up to one minute. Release your hands back to the mat and step back into Downward Dog. Repeat on the other side.

Tips

Practicing Crescent Lunge can lengthen and strengthen the whole body. Remember your breathing and stillness of the mind.

Recipe of the Month – BBQ Broccoli ‘Wings’



Ingredients

- 1 head broccoli

For the batter:

- 100g (1 cup) rice flour
- 225ml (1 scant cup) water
- 2 tbsp nutritional yeast
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- Salt (to taste)
- Black pepper (to taste)

For the BBQ wing sauce:

- 3 tbsp non-dairy butter
- 185ml ($\frac{3}{4}$ cup) barbeque sauce
- 3 tbsp hot sauce (optional)

Method

1. Preheat oven to 230°C (Gas Mark 8, 450°F).
2. Wash broccoli and cut into bite-sized pieces.
3. Whisk together all the batter ingredients, it should be the same consistency as a thick pancake batter (add more or less flour or water if you need to).
4. Dip each broccoli bite in the batter, coating evenly, then place each broccoli bite on a parchment lined baking tray. Drizzle broccoli with oil and bake for 10 minutes
5. Whilst the broccoli is baking, in a small pan melt the non-dairy butter, hot sauce, and barbeque sauce, stirring to combine. This will take a few minutes.
6. Remove broccoli from oven and cover with half of the BBQ wing sauce, tossing to evenly coat. Return to oven for a further 5-10 minutes.
7. Serve with additional sauce if desired

Yoga Philosophy

One of the most prominent yoga texts, the Bhagavad Gita, explores a charioteer (the traditional description of a person who drives a horse and buggy) as an analogy of the mind. In Chapter 3, verse 43, Krishna likens our five senses of taste, touch, hearing, sight, and smell to the horses that pull the chariot of our untamed mind. Under the control of a skilled driver, our senses (the five horses) serve us very well. In fact, they can take us great distances! But under the direction of an incompetent or distracted driver, we can be pulled off course or driven into rugged terrain. To get where we aspire to go, be it Vegas the Olympics, or Enlightenment, we need the strength and determination of a disciplined mind. And like any muscle, the mind must be trained to declare its authority as a master of the senses."

Aromatherapy

Summer is a good time to use Elemi Oil (Canarium Luzonicum).
Which comes from the resin of a tall, tropical tree.
Good for skincare and healing. Spicy and floral.
Good for coughs and finds triggered by hay fever.
Pop a few drops in a bowl of warm water and place your head over and take some deep breaths. It also can help repair sun damaged skin.
Add a couple of drops to your usual moisturiser or pop into a base cream for that added luxury. Calming so add to your diffuser before bed or with your morning practice. This oil is generally safe but avoid with young children and pregnancy.
If in doubt always check with your doctor

Quotes of the Month

"Simplicity is the ultimate sophistication."
Leonardo da Vinci

"Be the change you wish to see in the world."
Gandhi

Yoga vows

Be patient to your restlessness. Be
kind to your body. Be grateful for
the opportunity of being here just
now. Feel driven by the unique
chance to learn a little more, to
know yourself a little deeper.

Equipment

I have blocks, mats, Belts and Nettis available to buy. Please let me know if you wish to purchase.

Feedback

Please let me have any feedback on the newsletters or classes either via email or Yoga Hub.

Have a great Summer ☀️
Enjoy the long days and daylight.



Thanks for your continued support.
Om Shanti

Michèle

