



# Yoga is for Everyone Newsletter

## **January 2019 Newsletter**



Welcome to our first Newsletter of 2019. I hope you had a great Christmas and are looking forward to year ahead. Let Yoga help you through any challenges you may face by keeping up your practice.

### **Guidelines for your practice 2019**

- Just do the best you can - best effort asanas do not need to be glamorous
- Discipline good - start and have a regular practice
- Let go of the idea of the perfect pose - work within your own body
- Take breaks - just breath during practice to listen and understand your body
- Do it - don't just sit there and do nothing, a little is better than nothing
- Sense and feel - listen your body
- Value you - you are already perfect

### **One-to-One Sessions**

If you feel you need more focussed help - take even more care of yourself, mind, body and spirit by booking a tailor-made one to one session with me. What a great way to start the year!

## **Sankalpa**

Set yourself a word for the year. The word for an intention which according to yogic philosophy, is called sankalpa. Choose your own word, something that means something to you e.g. Gratitude, Contentment, Ahimsa (non-harming) etc. Keep coming back to the word and it's intention throughout the year.

## **Class News**

As you will know, it has become increasingly difficult to book your place onto the 7.15pm Tuesday Night Yoga Class at Billingley. We have decided that the only sensible way forward is to run two Classes at Billingley on a Tuesday night.

So, from now on, every Tuesday we will run two Classes, specifically;

**Early Class: 6.15pm**

**Late Class: 7.30pm**

The website has been updated accordingly.

Please Note;

- (1) For those of you that have already booked your place on the (old) 7.15pm Class, you need to make a note of the new time i.e. 7.30pm. If you are happy to keep your current booking for the Late Class, you need do nothing – your booking is still valid.
- (2) If you are currently booked on the old 7.15pm (now 7.30pm) and wish to move to the Early Class (6.15pm) please either let me know or visit the website and book on yourself (I will automatically take your name off the Late Class).

## **Up and Coming Events:**

19th January (Saturday Workshop – 10.00am 2½ Hours) – Places still available

2<sup>nd</sup> February (Saturday Meditation/Mindfulness Hour)

## **Recipe of the Month**

Naturally Sweet Green Detox Juice Recipe (Preparation Time: 10mins)

In this juice, spinach tastes mild and the parsley tastes fresh. Lemon and ginger add zing, and the cucumber adds mineral-rich water. Apples are naturally sweet so we don't add any additional sugar or fruit, with the exception of a lemon. If you find the juice too tart, consider pushing a couple carrots or an extra apple through the juicer.

If you're sensitive to ginger's warming/spicy quality, add a smaller amount at first and go from there.

You will need (makes approximately two servings);

2 cups packed baby spinach leaves

Handful parsley leaves and stems

1 medium green apple, rinsed with core removed

1 large seedless (hothouse or English) cucumber, rinsed

1-inch length piece fresh ginger, scrubbed clean

1 medium lemon

Directions;

Prepare the Vegetables;

Chop the apple, cucumber and ginger into thin pieces small enough to easily go through the juicer. Cut away the yellow peel from the lemon, leaving most of the white pith and lemon flesh. Cut into slices and remove any seeds.

Make the Juice;

Reserve about half of the lemon. Turn the juicer on and push everything through, alternating between the greens and the firmer cucumber, apple and lemon. When everything but the reserved lemon has been juiced, stir the juice and taste for tartness. Add the remaining lemon if you feel it can take it. Or if the juice is too tart, consider adding a couple scrubbed unpeeled carrots or another cored apple.

### **Detox Tip:**

Sage oil is great to use. Slavia Dalmatian - Latin word meaning to heal or save. Sage has long been used for purification and cleansing. Use sage oil when you are meditating or place a drop on your radiator which will help cleanse your room alternatively add a couple of drops into a diffuser. Sage is also good when added into a little milk for a warming, soothing bath.

Avoid using if pregnancy or on children and always use at low concentration. Enjoy!

### **Asana of the month: Reclined Twist - what else?!**



Reclined Twist offers an opportunity to feel the power of wringing out the body from its core. It can improve breathing, ease back and neck tension, and soothe tired nerves. Its reclined position lets us linger in the posture's curves and spirals, inviting the twist to penetrate deep into the spine. If you're anything like me, this pose will leave you feeling refreshed, rejuvenated, and rinsed clean.

1. To begin, lie on your back with your knees bent and your feet comfortably on the floor. If your neck and shoulders feel tense, or if your chin juts upward toward the sky instead of settling comfortably toward your chest, elevate your head a few inches with a folded blanket or pillow.
2. Take a few moments to make sure the back body is long.
3. Roll gently toward your left side and slip your right shoulder blade down toward the hips to create additional space between the ear and shoulder.
4. To relax the lower back, lift the hips off the ground and gently draw the tailbone toward the heels. Maintain this length as you set the pelvis back down. Let a few soft breaths ripple through your body as you surrender to gravity's embrace.
5. Consider the sensations in your back body. If you notice that you are at all uncomfortable just adjust your position until it feels a good stretch.
6. Invite the skin of the back body to spread and soften, settling with ease and relief into the earth. Try to let go as you rest quietly here, breathing comfortably.
7. Hold for several breaths then repeat on the other side.

Cautions;

Approach with caution if you have serious back problems  
Injury to knees or hips  
If shoulder injury keep arms by side

### **Quote of the Month**

"Better indeed is knowledge than mechanical practice. Better than knowledge is meditation. But better still is surrender of attachment to results, because there follows immediate peace." -*Bhagavad Gita*

### **And Finally**

Happy New Year 2019  
Love and Oms

*Michele* 