



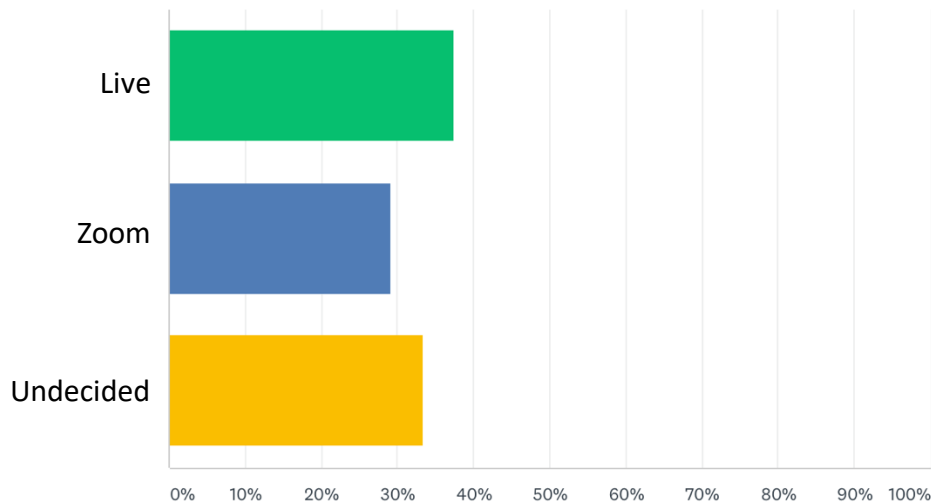
HELLO

May

Anon

Class Update

I recently sent out a Survey in order to get your views on the return of 'Live' face-to-face Classes. Many thanks to all of you who answered the responded. Here are the results;

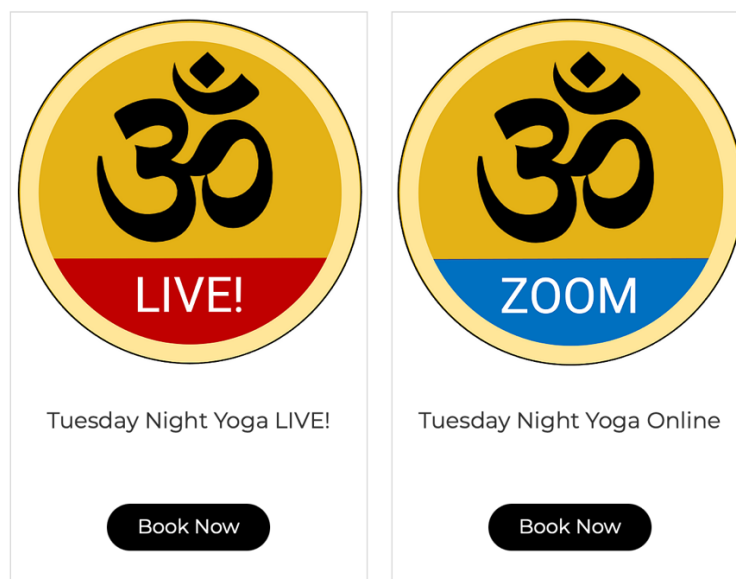


As you can see, it's pretty much an even split between all three answers i.e. keen to attend Live Classes, prefer Zoom and Undecided. I have to make a decision, therefore...

**May 18th will be our first LIVE class. 7pm Billingley Village Hall.
I will stream this Class on Zoom as well.**

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.

Meditation via Zoom

Every Saturday's 9.00am (30minutes)

£2 please book via the website.

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.*

Please note

No classes 22nds, 25th and 29th May

Some Interesting Facts about May

1. May is the fifth month of the year in the Gregorian and its predecessor, the Julian calendar. Named after the Greek goddess, Maia who is also identified Bona Dea (the Roman goddess of fertility).
2. May is the time of spring in the Northern Hemisphere. In the Southern Hemisphere, May is a season of Autumn.
3. Originally the third month of the year, May later moved to the fifth month when January and February were added to the calendar.
4. Morris dancing is a form of English folk dance usually accompanied by music. It is based on rhythmic stepping and the execution of choreographed figures by a group of dancers, usually wearing bell pads on their shins. Implements such as sticks, swords and handkerchiefs may also be wielded by the dancers. The earliest known and surviving English written mention of Morris dance is dated to 1448, and records the payment of seven shillings to Morris dancers by the Goldsmiths' Company in London. Further mentions of Morris dancing occur in the late 15th century, and there are also early records

such as visiting bishops' "Visitation Articles" mention sword dancing, guising and other dancing activities, as well as mumming plays.

While the earliest records invariably mention "Morys" in a court setting, and a little later in the Lord Mayors' Processions in London, it had adopted the nature of a folk dance performed in the parishes by the mid 17th century.

5. The birthstone for May is Emerald.

6. Love & Success - People who are born in May are more likely to achieve higher success and more love in their life.

7. Empire State Building - Once the tallest building in the world and currently the fifth tallest building in the United States, the Empire State Building opened for all on May 1, 1931. This 443 meter tall building held the honour of being the tallest building of USA until the World Trade Centre was completed in 1973. After the WTC attacks on 09/11/2001, the Empire State Building was temporarily the tallest but in 2014, One World Trade Centre opened at a symbolic 1,776 feet.

8. Banning of Maypoles - In 1644, England banned Maypoles. These are poles usually made of wood and long enough to stand as a celebration prop for European festivals. Maypole dances are held in May, usually on May Day. However, some European countries celebrate May Day in mid-summer as well.

9. Newton's Maypole - Even after such restriction, people used to put up maypoles to celebrate their May festivals. One such maypole, which was 123 feet long, was put up in London; this was done to observe Charles II's return. However, this maypole was later used by Isaac Newton to support his telescope.

10. Zodiac Signs - Two Zodiac signs have occupied the month of May. They are Taurus and Gemini.

11. *May* is the modern-day English adaption of the Latin word *Maius*, which has origins going back to the time of the ancient Greeks. They named the month of May (or *Maius*) after the Greek goddess of growth.

12. A Roman poet by the name of Ovid had different ideas surrounding the etymology of the naming of May. He claimed that it was from the word *Maiores*, the Latin for "elders," that the month gained its name.

13. Old English May was known as the Month Of Three Milkings – this was because cows could be milked three times a day.

14. In the town of Stilton, May Day is celebrated with a cheese-rolling contest. That's just how they roll.

Meditation

Whether you are familiar with meditation or you are a beginner, being guided gives you the opportunity to benefit from the insight of others. There are numerous meditation and visualisation techniques based in various spiritual philosophies and psychological applications. You may want to try several techniques to see what appeals to you the most, or just to gain a fresh perspective.

Guided meditation allows you to learn from others in a way that is similar to ones used by ancients the world over. Once learned, meditation is a tool that will always be available to you. Like having a tour guide while traveling in a foreign country, a guided meditation takes you on an inner journey. But this tour allows you to see and experience your own inner world, a place that truly only exists within you. The scenes created in your mind's eye can be revisited at anytime, without a guide, because once you have seen the fascinating landscape of your own inner terrain, there will always be more to explore.

**Join us on Saturdays 9.00 to 9.30am to learn more....
Check out the website for all the details.**

Asana of the Month - Low Lunge - ANJANEYASANA



- Start in Downward Facing Dog

- As you exhale, step your right foot forward, between your hands. Lower your left knee to the floor, sliding the foot back until you feel a nice stretch in the left hip and thigh.
- Keep the hips low and level with each other.
- As you inhale, engage your lower belly and lift your chest away from the thigh, sweeping the arms up alongside your ears.
- Look straight ahead or come into a gentle backbend with your gaze to your thumbs.
- As you exhale, lower your hands back down and step back to Downward Facing Dog.

Tips

- Warm your hips up with preparatory poses such as cradling the leg in the arm to open up the hips.
- Start by working with other hip openers.
- Always make sure you are rotating from the hip and not the knees

Benefits

- Increases flexibility in the hips.
- Stretches the hip flexors, hamstrings, and groin
- Decreases sciatic pain
- Opens the chest and abdomen
- Creates low spine stability
- Strengthens the thighs, quadriceps, and glutes

Cautions

- Hip Injuries
- Low back issues
- Groin injury
- Knee injury
- High blood pressure

Watch out for

- Knee, hip, or low spine pain
- Ribs pressing forward
- Front knee bending over the toes

Yoga Therapy

Yoga therapy calls on the practices, philosophies and tools of yoga to support others in making changes to their lives and to balance health.

Unlike a group yoga class yoga therapy offers an individualised experience and common goals specifically for you. Common goals for yoga therapy are often related to lifestyle changes, physical health, stress, pain, emotional distress and mental health.

Depending on you - the goals and preferences of a yoga therapy session include a mixture of discussions, education on yoga philosophy and direct experiences such as asana, breathing exercises, guided relaxation, meditation and grounding methods.

Please check out the website, email me or just ask.
You will be surprised.

Thought of the Month

Yoga is a body whose common goal and denominator is the practice of sustained attentiveness, dedicated to fusing brain nervous system and bodily organs for the attainment of enhanced relaxation and activated wellness.

Affirmation of the Month

'Yoga has a sly, clever way of short circuiting the mental patterns that cause anxiety.'

Baxter Bell

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.

Michele

