



# Yoga is for Everyone Newsletter

## April 2021 Newsletter



### April Thoughts

Spring is in the air! Spring is my favourite season, lighter, warmer days, winter behind us and growth all around us with warm days ahead. April can be a magical time of the year.

Throughout April the light increases from 12 hours and 406 minutes to 14 hours and eight minutes as the Sun travels northwards the sun climbs in the sky, the days lengthen. Plants need sunlight to survive and grow and so do we - we need sunlight to help manufacture vitamin D. So lets go outside, enjoy that extra daylight and the wonderful outdoors.

Have a lovely Easter 🐣 2021

## **Class Update**

As the lockdown eases, I will keep you updated regarding the return of live classes. That is currently looking like May, but a lot will depend on case numbers, vaccination uptake and NHS pressures.

As always, my number one priority is your safety, so at the point the regulations say we CAN is not necessarily the point that we WILL!

I am also considering keeping Zoom classes - please let me know what you think.

**We will have a pre-class catch up on the 13th April and meet up on Zoom from 6.30pm (actual Class will commence at 7.00pm, as usual). 🙏**

**Don't Forget...Saturday Morning Meditation  
Come and Join Us on Zoom 9.00am (30minutes)  
What a way to start the weekend 🙏  
Just £2. Please book via the website.**

Tuesday night Zoom classes continue, with a small charge of £4 being made to cover the Zoom licence and to support charity. This 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.*

You can book your place on the Online Class via the website. Please follow the link below.

**Please Book Online**

## **Singing Bowls**



There are real reasons singing bowls have been used for centuries. Turns out they're not just for fun! Their whole purpose is to restore vibratory frequencies of the body, mind, and soul that are out-of-harmony and diseased. The sounds they emit

work as a type of energy medicine that has been known to heal pain, depression, and stress disorders. Interestingly, the healing process works by training the brain waves so as to synchronise with the sounds of the bowl.

These unique tones emitted will prepare you for deep meditation, intuitive messages, as well as creative thinking. For those who have tried this technique before, you know the sonic waves emitted by these bowls awaken our ability to hear much more than what we would normally. As we listen to these sounds, we tend to feel them just as much as we hear them.

The director of Medical Oncology and Integrative Medicine in New York -

*"If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes. Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any medical disorder."*

How exactly do singing bowls work in the healing process?

In the east, health is looked at much differently than in the west; illness is thought of as a manifestation of disharmony within the body, such as an imbalance in the cells or a given organ. Having said that, since matter is energy that vibrates at different rates, the structure of matter can be changed when you alter the rate of vibration. The body is said to be healthy only when each cell and organ resonates in harmony with the entire body. What these bowls do is cause the brain to switch to Theta brainwave frequencies that heighten one's intuition, clarity of mind, as well as deep meditative and peaceful states. This positively affects our nervous system and engages our relaxation reflex while also inhibiting the pain or stress response.

**Come along on our Saturday Meditation Class and hear a singing bowl in action !**

### **Quote of the Month**

*"For those who have an intense urge for Spirit and wisdom, it sits near them, waiting."*

Rumi

### **Asana of the Month - Sphinx Pose**

#### **Step 1**

Lie on your belly, legs side by side. Firm your bottom toward your pubis and lengthen it toward your heels. Then, rotate your thighs inwardly by rolling your outer thighs toward the floor. This helps broaden and lengthen your lower back and sacrum (the downward-facing triangular bone at the back of your pelvis) to protect it in a backbend.



### **Step 2**

Reach actively through your toes to the wall behind you. As you move into the pose, be sure to continue lengthening your sacrum toward your heels to protect your lower back. Your buttocks should be firm but not clenched. While your legs are active, your tongue, eyes, and brain should be quiet.

### **Step 3**

Now set your elbows under your shoulders and your forearms on the floor parallel to each other. Inhale and lift your upper torso and head away from the floor into a mild backbend.

### **Step 4**

The final step to building a solid foundation in Sphinx Pose is to bring awareness to your lower abdomen, the area just above the pubic bone and below the navel. Lightly draw it away from the floor to create a dome that rounds up toward your lower back. This is very subtle—no sucking in, hardening, or rigidity required. This tummy lift supports and distributes the curvature of your backbend more evenly along the length of the spine, soothing your lower back and awakening your upper back.

### **Step 5**

Stay for five to 10 breaths, then exhale and slowly release your tummy and lower your torso and head to the floor. Turn your head to one side. Lie quietly for a while, broadening your back with each inhale, and releasing any tension with each exhale. Repeat once or twice more if you like.

### Contraindications and Cautions

- Back Injury
- Headache

### Benefits

- Strengthens the spine
- Stretches chest and lungs, shoulders, and abdomen
- Firms the buttocks

- Stimulates abdominal organs
- Helps relieve stress

## **Yoga Therapy**

According to the International Association of Yoga Therapists:

*“Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the teachings and practices of Yoga.”*

Not every teacher, class, or practice would be considered yoga therapy. The main difference between the two is that a yoga therapist applies the techniques of yoga with knowledge about a specific problem, experience, and intuition to help alleviate that problem (whether it's physical, mental, and/or spiritual).

Yoga therapy aligns the unique and precise health needs of you with yoga practices - all which have proven benefits to health. For example, with lower back pain, there are very specific yoga positions, breath work and postures for strengthening and supporting the back and even soothing the symptoms. Likewise, with Post-Traumatic Stress Disorder (PTSD), Long Covid - there are gentle, specialised ways of regulating the nervous system and fostering the return of an awareness of the body. In Autism Spectrum Disorders, specific yoga postures can be used to reduce heightened sensory awareness and promote emotional balance.

Sessions can also be tailored to improve your mental health, a must after the year we have all had.

My therapy sessions will include breathing techniques, postures, meditation, relaxation techniques, or the promotion of behavioural changes. It will be a individual plan for you. Check out the website or please email me.

## **Essential Oils for Spring**

Spring is a beautiful time of the year with flowers and trees blooming. With longer days and warmer weather, it is a good time to renew your health goals and refresh your home. Try some of these essential oils for spring.

Diffusing essential oils is a great way to bring freshness and springtime aromas into your environment. Please check use details and for any side effects.

### **Geranium (Pelargonium graveolems)**

- With flowers blooming all around, geranium is a perfect scent for the season
- A favourite in perfumes and skincare
- Promotes patience and serenity
- Brings balance during menopause

### **Grapefruit (Citrus paradisi)**

- Bright & happy scent of grapefruit makes smiles

- Uplifts mood & relieves tension
- Promotes feelings of vitality
- Supports a healthy relationship with body
- Inspires positive energy

### Tangerine (Citrus reticulata)

- Yum, the fresh and sweet smell of tangerine is so cleansing and uplifting
- Supports the immune system
- Reduces nervous tension
- Its bright aroma helps clear the mind

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

*Michele* 

