



Yoga is for Everyone Newsletter

February 2019 Newsletter



Welcome to our February Newsletter.

Class News

Both Early (6.15pm) and Late (7.30pm) Classes will continue. Please note, however, that the exception to this will be **Tuesday February 12th**. Due to work commitments, there will only be one Class on that date, specifically, the Late Class. Unfortunately, this 7.30pm Class is already fully booked, however, if you are interested in attending please let me (or Tony) know and I will put your name on the Wait List.

Reminder Alert - 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 its intention throughout the year.

Asana of the month – Balasansa (Child's Pose)



How to do:

From Table pose, exhale and lower the hips to the heels and forehead to the floor. Have the knees together or if more comfortable, spread the knees slightly apart.

2. The arms can be overhead with the palms on the floor, the palms or fists can be stacked under the forehead, or the arms can be alongside the body with the palms up. Overhead with the palms on the floor, the palms or fists can be stacked under the forehead, (or blocks can be used) or the arms can be alongside the body with the palms up.

3. Breathe slowly and deeply, actively pressing the belly against the thighs on the inhale.

4. Breathe and hold for 4-12 breaths.

5. To release: place the palms under the shoulders and slowly inhale up to a seated position.

Cautions;

Recent or chronic injury to the knees.

Benefits;

Child pose calms the body, mind and spirit and stimulates the third eye point. Child pose gently stretches the low back, massages and tones the abdominal organs, and stimulates digestion and elimination.

Vegetable of the Month! – Brussels Sprouts

I adore these small, nutty members of the cabbage family. Brussels sprouts are wonderful roasted, shaved, or on their own as a filling, flavourful side dish.

Recipe of the Month

Parmesan Stir-Fried Brussels Sprouts

- 1 Tablespoon olive oil
- 3 cups of brussels sprouts roughly chopped or shredded
- 1 lemon, both zest and juice
- Salt and pepper to taste
- 1 Tablespoon softened butter
- 2 Tablespoons Parmesan cheese, finely grated

Method:

1. In a large sauté pan over medium high heat, warm the olive oil
2. Add shredded sprouts and incorporate into the oil, scraping up any bits on the bottom of the pan. Cook over medium high heat, stirring often, until sprouts begin to wilt and turn bright green, about 7-9 minutes.
3. Squeeze the juice of a lemon over the pan, season sprouts with salt and pepper and taste. Sprouts should still be a little crunchy.
4. Remove from heat, and toss sprouts with butter, lemon zest, and Parmesan cheese. Serve immediately.

Quote of the Month

“When the breath wanders the mind also is unsteady. But when the breath is calmed the mind too will be still, and the yogi achieves long life. Therefore, one should learn to control the breath” - *Hatha Yoga Pradipika*

Tips for Meditation

Meditation is not just about sitting cross legged. Meditation is about stopping or reducing our ‘mind talk’. This can be achieved in a variety of ways. If you want to learn more then please consider attending one of our Mindfulness sessions.

Here are some starter tips:

- Start small
- Create a ritual
- Work with your distractions
- Add information practices to your day
- Keep your practice varied
- Forgive yourself often

Yoga Equipment

If you would like to purchase any yoga related equipment, please let me know. I can supply; Blocks, Bolsters, Bricks, Wedges, Belts, Mats, Blankets and Neti pots

Om Shanti

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