



Yoga is for Everyone Newsletter

February 2021 Newsletter

Class News



As our 3rd national lockdown continues, the only way to enjoy guided Yoga is via Zoom...

New Year Meditation 🙏 2021 Continues

Relax into February, set your intentions and look after your mind.

Zoom Saturday 9.00am. 30minutes - What a way to start the weekend and year 🙏
£2 please book via the website.

Tuesday 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.

[Book Online Now](#)

Thoughts for February

Since personal evolution is most often a slow and gradual process, it can be difficult to recognise the scope of the changes taking place in our lives. Yet it is important that we regularly acknowledge our ongoing growth and reward ourselves for the many wonderful feats of self-improvement we have accomplished. When we intentionally contemplate our progress, we need never feel that we are languishing between past achievements and the realisation of future goals. If we look closely at our lives, we may see that much of what brings us pleasure in the present is representative of the ambitions of our past that we worked so hard to attain. At one time, the abundance we enjoy currently likely seemed like a far-off dream. Now it is simply reality -- a reality we created through our diligence, passion, and unflagging determination. Whether our progress is fast or slow, we deserve to congratulate ourselves for our successes.

Rumi

Increasingly, Rumi is being recognised as one of the unique spiritual genius, as someone who is fused at the highest level and with the greatest possible intensity and extraordinary literary gifts. Rumi is, is one of the world's greatest mystical poets and also an essential guide to the new planetary spiritual renaissance that is slowly emerging. He speaks to us from the depths of our own sacred identity, and what he says has the electric eloquence of our innermost truth. No other poet or philosopher has Rumi's almost frightening intimacy of address, and has conveyed the terror, rapture and wonder of awakening to Divine Love with such fearless and gorgeous courage, such humility and such unflinching clarity.

Some Rumi quotes;

"Stop acting so small. You are the universe in ecstatic motion."

"Whatever lifts the corners of your mouth, trust that."

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

"Be like a tree and let the dead leaves drop."

"I have been a seeker and I still am, but I stopped asking the books and the stars. I started listening to the teaching of my Soul."

"In the blackest of your moments, wait with no fear."

"These pains you feel are messengers. Listen to them."

"Close your eyes, fall in love, stay there.

Let me know what you think! 🌸



This Month's Practice – Pranayama

Pranayama refers to breathing exercises which clear the physical and emotional obstacles in our body to free the breath and so the flow of prana - life energy.

Benefits

Through a regular and sustained practice of pranayama, you can supercharge your whole body!

On a physical level by using pranayama techniques, we can utilise and strengthen the whole range of our respiratory organs. We explore the lower, middle and upper parts of the breath and regulate the inhalation, retention and exhalation of the breath.

A regular pranayama practice can stimulate the parasympathetic system, countering the overstimulation our bodies go through during the fight or flight response.

Our breathing patterns are also very closely linked to our emotional states. We will breathe in a different way when we are angry, when we are excited, tired or when we are nervous. However, it works the other way too. We can calm or energise ourselves by changing our breathing patterns. Even just taking time out to consciously become more aware of our breath can help us to start to alter our emotional states.

Other benefits include;

- Improves lung capacity
- Strengthens abdominal muscles
- Lowers blood pressure
- Reduces cholesterol

- Beneficial for sinus issues
- Reduces stress
- Increases alertness

Cautions

It is best to practice pranayama in the morning on an empty stomach and in a room with fresh air. Seek GP advice if you have heart or respiratory problems. Stop if you feel dizzy, build up the practice slowly.

A couple to try (please see previous newsletters as well!)

Alternative Nasal Breathing - Nadia Shodhana

Next time you find yourself doing too many things at once, or you sense panic or anxiety begin to rise, move through a few rounds of alternate nostril breathing. It's a great way to hit the reset button for your mental state.

Take a comfortable and tall seat, making sure your spine is straight and your heart is open.

Relax your left palm comfortably into your lap and bring your right hand just in front of your face.

With your right hand, bring your pointer finger and middle finger to rest between your eyebrows, lightly using them as an anchor. The fingers we'll be actively using are the thumb and ring finger.

Close your eyes and take a deep breath in and out through your nose.

Close your right nostril with your right thumb. Inhale through the left nostril slowly and steadily.

Close the left nostril with your ring finger so both nostrils are held closed; retain your breath at the top of the inhale for a brief pause.

Open your right nostril and release the breath slowly through the right side; pause briefly at the bottom of the exhale.

Inhale through the right side slowly.

Hold both nostrils closed (with ring finger and thumb).

Open your left nostril and release breath slowly through the left side. Pause briefly at the bottom.

Repeat 5-10 cycles, allowing your mind to follow your inhales and exhales.

Steps 5-9 represent one complete cycle of alternate nostril breathing. If you're moving through the sequence slowly, one cycle should take you about 30-40 seconds. Move through 5-10 cycles when you're feeling stressed, anxious, or in need of a reset button.

Tip: Consistency is helpful, so try to match the length of your inhales, pauses, and exhales. For example, you can start to inhale for a count of five, hold for five, exhale for five, hold for five. You can slowly increase your count as you refine your practice.

Bee Breath / Bhramari

Bee breath, or Bhramari pranayama is effective in instantly calming the mind, releasing anxiety and anger. A simple technique, it can be practiced anywhere to relieve stress. This breathing technique derives its name from the black Indian bee called Bhramari.

The exhalation in this pranayama exercise resembles the humming sound of a bee.

1. Begin this practice by sitting up tall and becoming aware of your IN breath and your OUT breath. Close or soften the eyes and smile softly.
2. Place your index fingers in your ears. There is a cartilage between your cheek and ear. Place your index fingers on the cartilage.
3. Take a deep breath IN and as you breathe OUT, gently press the cartilage. You can keep the cartilage pressed or press it in and out with your fingers, while making a loud humming sound like a bee.
4. Breathe in again and continue the same pattern for 6-7 times. When you are done with the pattern, keep the eyes closed and observe the sensations you feel and the quietness within. Repeat this 3-4 times a day.

Aromatherapy for February

Eucalyptus

Best for: Breathing constricted by fatigue and nasal congestion. With its antiviral, antibacterial, decongesting and anti-inflammatory properties, this is also a staple for cold and flu season.

Eucalyptus (*Eucalyptus globulus*) is an evergreen tree native to Australia but cultivated worldwide. It was first used by the Aborigines in the dry outback—they chewed the roots, which hold a high concentration of water. They also drank eucalyptus tea as a remedy for fever. As this use spread, eucalyptus became known as Australian fever tea.

The highly concentrated oil that's steam-distilled from the leaves of the tree has been used medicinally since at least 1788, when doctors reportedly noted the presence of the oil and began using it to treat chest problems and colic. In the late 1800s, its ability to promote sweating and clear mucus led to eucalyptus oil being prescribed for respiratory conditions including bronchitis, flu, asthma, and coughs. As word about eucalyptus oil spread, it began to be used in other ways, including as a liniment for tired, sore muscles, and to ease the pain of arthritis. Though the essential oil is still recommended today for a host of medicinal applications, its primary use remains the treatment of cough, cold, bronchitis, and symptomatic relief of colds and congestion of the upper respiratory tract.

How to use

Add a few drops of eucalyptus oil to 1 ounce of carrier oil and rubbing the mixture onto the chest and throat.

You can also dilute eucalyptus oil in boiling water and inhale the steam.

Cautions

Eucalyptus oil should not be applied directly to the skin.

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 out there. See you on the mat.

Michele

