



Yoga is for Everyone Newsletter

April 2023 Newsletter



'Spring is a reminder of how beautiful change can truly be' - Unknown

Spring Season brings a new life to the trees, plants, flowers, crops, etc. It makes the earth greener and brighter with lustrous colours. The weather is neither too hot nor too cold. It's just perfect.

Spring clean your life. Start with your yoga practice, try new asanas, new meditations. Cleanse yourself internally with clean diet, movement, breath work and mindfulness.

Have a technology free day, it's hard but doable. Sort out those clothes and take to the charity shop and importantly - unsubscribe to all those junk emails. I've have and it makes such a difference.

Hopefully items in this newsletter will help start some of this spring clean.
See you on the Mat.

Class News

No Classes on the 4th and 11th April.
Tuesday Night Yoga on the 18th April is Online Only.
25th April – back to normal.

Any changes in your health form. Let me know please

Remember that I also do 121's and Yoga Therapy and much more.
It's all on the websites;

www.yogaisforeveryone.net

www.ukyogatherapy.co.uk

Asana of the Month - Spring Flow (by request, as in class)

Inhale - Circle arms from side to above head.

Interlace fingers look up to hands. Breathe.

Fold forward from hips - forward fold

Half-way up hands on the front of the legs - half way flat back

Right leg back, slowly place knee onto floor down. Look forward raise arms up to sky. - Crescent lunge

Table - Cat / Cow

Left leg back slowly place knee onto floor down. Look forward raise arms up to sky. - Crescent lunge

Place arms down to floor in worship (on knees - bottom to heels, arms outstretched)

Weight forward to Downward Facing Dog

Feet to hands - back to standing

Repeat few times.

Enjoy 😊

Easy Easter Nest recipe

You will need;

90 g of shredded

200 g bar of milk

2 tablespoons of golden syrup

36. Mini eggs (about 2 bags)

Cupcake cases

Break up the shredded wheat, so it is down to strands
Break up the chocolate into pieces
Heat a pint of water, so just begins to simmer
Put the phone over the pan
Melt the chocolate and syrup in the bowl. Stir in constantly.
Add shredded wheat to the bowl and stir
Spoon a mixture into cupcake cases
Make a well in the mixture and out 33
Chill in the fridge for at least an hour and

Eat mindfully.

Spring Energy

Spring is creation energy. It's not to say that this is the only time of year that you'll feel inspired to start something new; however, this is a time of year when you may birth fantastic ideas, gain a huge amount of momentum, and are more inclined to freshen up and get moving. When you feel a surge of ideas, hope, and creativity rise up, you have to jump on that wave and ride it like the superstar champ that you are.

Ayurveda teaches you about the elements, cycles, and rhythms of nature—and it also encourages you to learn how to sync up with the seasons, both internally and externally. You've probably also heard it be said that what happens in nature around you is a reflection of your own internal functioning, and that you can learn to adapt to nature's rhythms to create a beautiful harmony.

One of the best ways to do this is to connect with the energy of spring (what it represents to you and why), meditate on the keywords that come up for you—newness, fresh blooms, passion, excitement, new beginnings—and then get busy doing what has you feeling inspired.



Mediation for Spring (Chopra)

1. Find a nice place to relax. Minimise your distractions by turning off your mobile devices and just begin to breathe, slowly and deeply.
2. As you settle into your space, notice how your breath connects you to your physical body and any sensations you may be feeling, images in your mind, and thoughts you may have floating by.
3. Take a few moments to think about the energy of creation and how it aligns with the newness of the spring season. What does this time of year represent to you?
4. Begin to notice how the energy of spring is stirring within you. What needs freshening up in your life? Is there a new project you're feeling inspired to start? Now that

the sun is out, and the birds are chirping, what has you feeling passionate, excited, and motivated in your life? What are you going to create?

5. Feel your own energy and become conscious of the sensations in your body as you breathe deeply. What are the words, phrases, or feelings that come up for you?

6. As you think about the energy of spring and how you're experiencing it internally, ask your Higher Self or Higher Power that this idea, this project, or this plan you're beginning be for your highest good, and for the good of all who will be affected by it.

7. Now, imagine yourself going out into this new season and beginning the thing(s) that bring you the most joy—bringing your thoughts and ideas into your external environment and making them come to life. See yourself cultivating and harnessing the energy of spring, both internally and externally.

8. When you feel comfortable, slowly open your eyes, take out your journal, and make some notes about what you saw, heard, felt, or experienced during this guided visualisation.

Samskara

Why is it that despite our best intentions or heartfelt efforts we often self-sabotage and failed to achieve what we set out to achieve our personal samskara's maybe to blame. Samskara can be linked to little groups in our subconscious mind that have been formed a result of repeated behaviours or thoughts.

So - Samskaras are accumulated impressions in the unconscious mind (chitta). The things that we experience in life produces samskaras. Most of these impressions are formed in our early years. The literal translation of samskara is 'sam' means to come together, and 'kara' means 'the action under-taken 'or 'what comes into being'. We could translate this to mean 'the impression left behind from an intended action'.

Samskaras are the roots of our physical, mental, and emotional conditioning and habit patterns. The more we repeat an action the more it becomes ingrained within us and that becomes our default reaction, and we don't even know where it comes from.

Samskaras can often be the root of our self-sabotaging behavioural patterns which can impact our self-worth, self-esteem, confidence and behaviour in our relationships. These negative samskaras are what hinders our positive human evolution and based in the Yoga Sutra (3:16), sage Patanjali expresses our purpose to be 'Heyam duhkham anagatam ' - Avoid future suffering. Self-awareness and 'doing the inner work 'understanding this in a modern context is what we truly need to make shifts in our negative samskaras.

Patanjali described several types of obstacles that hinder progressive enlightenment or create negative impressions within us. These included physical illness, lack of enthusiasm or attention, indecision, carelessness, procrastination, sexual indulgence, excess confusion, inconsistency, and lack of concentration.

What we are strongly attracted to or repelled by, or superficially like or dislike create positive or negative attachments. They are so deep in our mind and it's not just as simple as removing them with our will or with physical discipline, or imposing indoctrinated religious beliefs etc.

To clear negative samskaras, like everything in yoga, we need to go to roots of the emotional impression. You cannot just remove them through sheer will, desire or thinking.

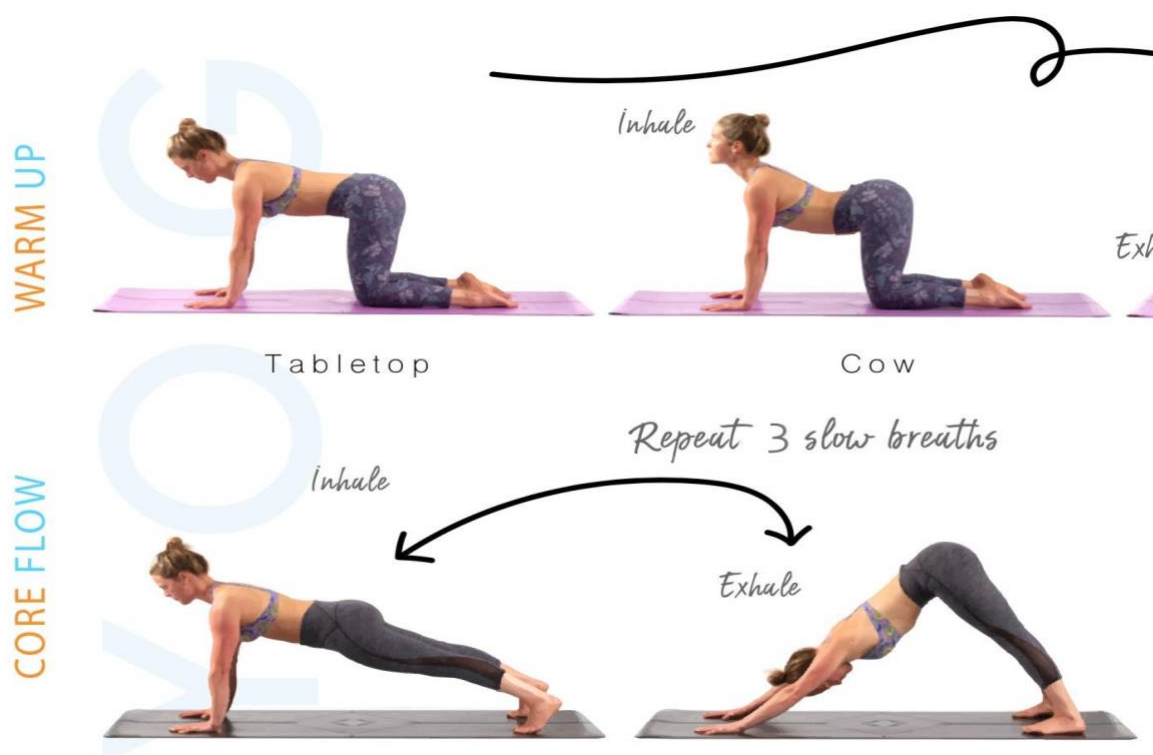
We can do this by immersing in deep meditation where we are able to go beyond the body, senses, thoughts, emotions, intellect and go into deeper parts of our unconsciousness and ultimately into samadhi (blissful expansive state of being). We could call this a form of inner child healing and shadow work.

Other forms of meditation allow us to quieten and sharpen the mind so that we can observe and feel the samskara in the form of body sensations and once we accept that the energy is not stagnant, we can again allow it to dissolve and disappear. Some may experience visualisations where they allow the samskara to come up and out.

Other methods to work with Samskaras

1. Start a journal. ...
2. Professional counselling. ...
3. Connect with others. ...
4. Lead a healthy lifestyle. ...
5. Practice gratitude.
6. Yoga!

Yoga! - Try this spine moving flow, mindfully of course;



Sutras;

Book 2.28

*By the practice of the limbs of Yoga, the impurities dwindle away
And there dawnna the light of wisdom, leading*

To discriminative discernment.

Here Patanjali gives us different ideas about Yoga practice
He divides these into the eight limbs or stages. The Sutras are
also called Astanga Yoga or eight limbed Yoga. They are:

Yama (abstinence)

Niyama (observance)

Asana (posture practice)

Pranayama (breath control)

Pratyahara (sense withdrawal)

Dharana (concentration)

Dhyana (meditation)

Samadhi (contemplation, absorption)

Quote of the Month:

'Life is like riding a bicycle. To keep your balance, you must keep moving.'

Albert Einstein

Happy Easter

Enjoy the new season.

See you next month. 🙏

Namaste

Michele 🙏

