



Yoga is for Everyone
Newsletter

July 2021 Newsletter



Thought of the Month

The Summer Solstice took place on 21 June, allowing us to connect with the divine rhythm of the Earth. On that Monday, the Sun travelled the longest path through the sky giving us the longest period of daylight in the year. When it happens in the Northern Hemisphere, the Earth's axial tilt towards the Sun will align with the Sun's declination from the celestial equator both being 23.44°. (*Wikipedia*)

The middle day between planting and harvest (midsummer), summer solstice is a turning point where the fire of the summer eases into nourishment. This is the time when Nature grows crops that used to be essential to our surviving the autumn and winter months. Midsummer is or at least used to be celebrated in many cultures and beyond linking it to a fertile season, it was also the celebration of the nourishing aspect of the light.

When in practice, imagine being surrounded by light.

Like a muscle, if we exercise this sense regularly, in progressively more challenging ways, it gets stronger. Keep going you are amazing.

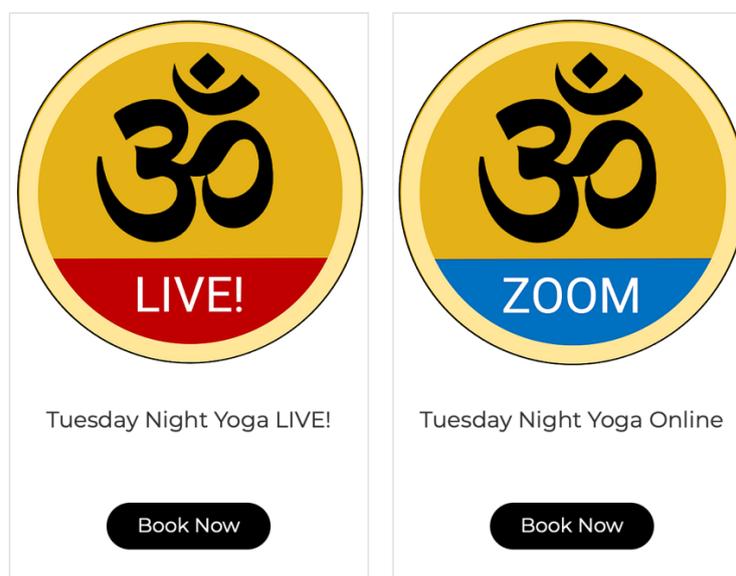
Class Update

Tuesday 20th July - No Class

LIVE classes have returned - 7pm Billingley Village Hall every Tuesday.
This Class will also be available via Zoom. Either way please book your place on the website.

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.

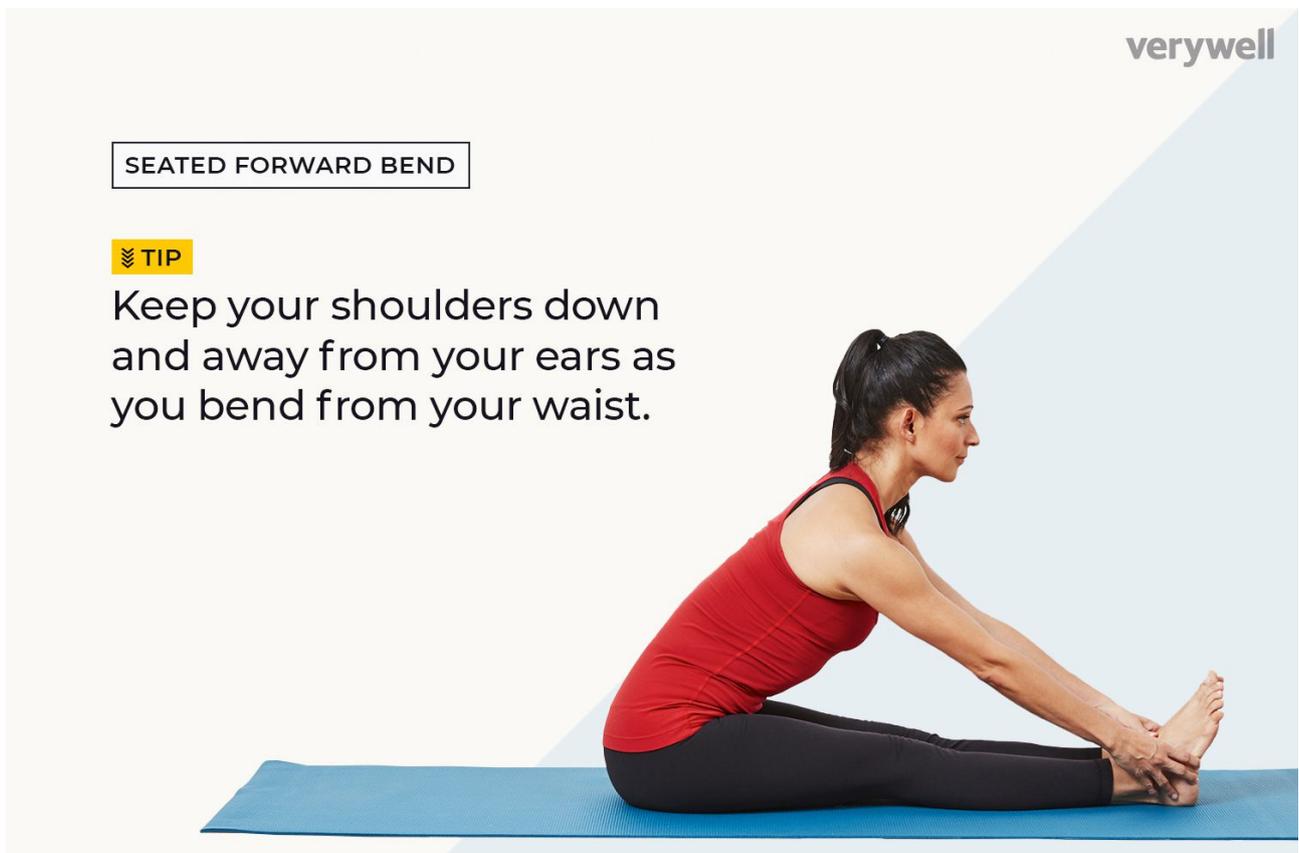
There will be a slightly different charge for the classes which reflect the rental of the hall. Specifically, £7.00 for LIVE! Class and £4.00 for the Zoom Class.

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.

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.*

Asana of the Month

Seated Forward Bend (Paschimottanasana)



1. Bring your arms straight out to the sides and up over your head, reaching toward the ceiling.

2. Inhale and draw your spine up long.
3. As you exhale, begin to come forward, hinging at your hips. Imagine your pelvis as a bowl of water that is tipping forward.
4. On each inhale, lengthen your spine. You may come a bit out of your forward bend to do this.
5. On each exhale, deepen into your forward bend. Imagine your belly coming to rest on your thighs, rather than your nose coming to your knees. This will help you keep your spine long.
6. Keep the neck as the natural extension of your spine, neither cranking it to look up nor letting it go completely.
7. When you have come to your full extension with the spine long, decide whether you want to stay here or let your spine round forward.
8. Take hold of your ankles or shins, whichever you can reach. You can also use a yoga belt across your feet. Keep your feet flexed throughout.

Cautions

Asthma
Back injury
Diarrhoea

Benefits

Calms the mind
Helps relieve stress
Stretches spine, shoulders, hamstrings
Stimulates liver, kidney, ovaries and uterus
Improves digestion
Soothes headaches
Therapeutic for high blood pressure, infertility, insomnia and sinusitis

Quote of the Month

'People will forget what you said, people will forget what you did, but people will never forget how you made them feel'

Dr Maya Angelou

Mindfulness for July

One of the easiest ways to ground ourselves is to bring our attention to our breath as it enters and leaves our bodies. After about 10 breaths, we will probably find that we feel much more connected to our physical selves. We might then bring our awareness to the sensations in our bodies, moving from our head down to our feet, exploring and inquiring. Just a few minutes of this can bring us home to bodies and to the earth, and this is what it means to ground ourselves.

We can go further by imagining that we have roots growing out of the bottoms of our feet, connecting us to the earth. The roots flow with us so we can we always move, but at the

same time they keep us grounded. We receive powerful energy from the earth just as we do from the forms of energy we associate with the sky, and our body is a tool that brings these two energies together in a sacred union. When we are grounded, we essentially become a strong container in which our spirits can safely and productively dwell. This is why grounding ourselves every day, especially at the beginning of the day, is such a beneficial practice. Fortunately, it's as simple as bringing our conscious awareness to our bodies and the earth on which we walk.

Summer Oil

Argan oil has long been used for its moisturising qualities, and with the increased sunshine this month, it is good to use this carrier oil as a treat for the skin. Massage well into the hands, face and body to help heal and repair the skin. It's high in vitamin E, so will help to balance, tone and replenish the skin.

What is less known about argan oil is the effect that it has on the mind. It can help to promote positive thoughts and reduces stress.

Try adding a drop of rose oil to a tablespoon of argan oil and rub into your hands, face and chest so you can inhale and absorb all the wonderfully healing and uplifting benefits of this precious oil.

It also helps aid concentration and brain function, so before meditation simply add one drop of rosemary to a tablespoon of argan oil and massage into the hands; close the eyes, inhale and let the oils enhance your practice and bring more awareness to your subtle and energetic body.

Safe for all, but be careful with those with nut allergies and always obtain from a sustainable source.

Recipe Idea for Summer - Pad Thai Salad

Ingredients

- kale 120g, leaves only, finely sliced
- green or purple cabbage 225g, finely sliced
- lime 1, halved
- flat rice noodles 350g
- radishes 3, finely sliced
- spring onions 2, finely sliced
- basil 20 leaves
- coriander a handful of leaves
- roasted peanuts 3 tbsp, roughly chopped

PAD THAI DRESSING

- soft light brown sugar 3 tbsp
- vegan fish sauce (buy online or see cook's notes, below) 3 tbsp
- rice vinegar 1 tbsp
- tamarind purée 1 tbsp
- toasted sesame oil 1 tbsp
- dried chilli flakes ¼ tsp
- garlic 1 small clove, finely chopped
- extra-virgin olive oil 1-2 tbsp

Method

- **STEP 1**
To prepare the dressing, heat the sugar, fish sauce, rice vinegar, tamarind, sesame oil, chilli flakes and garlic in a small pan over a low heat for 1 minute until the sugar has dissolved. Remove from the heat, add 1-2 tbsp of olive oil and season.
- **STEP 2**
Put the kale and cabbage in a large bowl, sprinkle with 1 tsp of sea salt and squeeze over the juice of half a lime. Massage the salt and juice into the leaves to tenderise them, then leave to sit for 10 minutes.

Enjoy 😊

Yoga is food for the soul.

So, that's it for this Newsletter. Enjoy the summer. See you on the mat. 🙏

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

Michele 🙏

