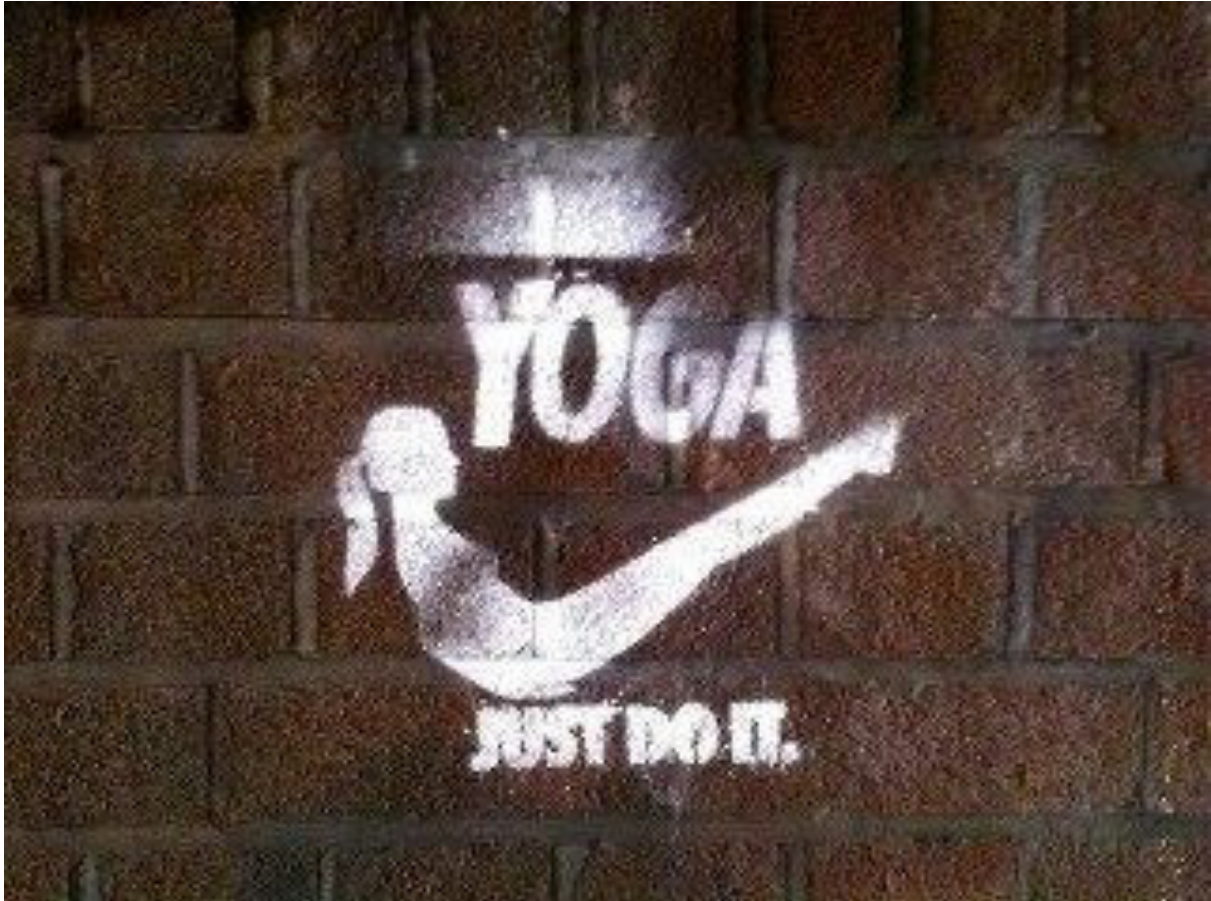




Yoga is for Everyone Newsletter

April 2019 Newsletter



The clocks have changed and the lighter, longer days are here at last! Therefore, make time for yourself and your mat. Yoga is about balance; Yoga is about practicing the strong poses with greater relaxation and the relaxing postures with more focused awareness. It is about knowing what you need on any given day and adapting your practice to your emotional, mental, and physical state. Like swimming, yoga asks us to explore the unknowns of the deep within us, and in the process cleanse and heal ourselves, and become more self-aware.

Spring is the season of new beginnings. As we move from hibernation in the winter months to being awake in the longer days. Let's work towards balance and strengthening our minds as we go into a new season, the season of growth.

Class and Workshop News

Forthcoming Workshops

‘Spring into Spring’

10.00am Saturday 13th April 2019

Duration: 2 hours 30 minutes

Celebrate the coming of Spring with this Yoga Workshop. Complete beginners welcome. Places limited. Please book your place on the website.

‘Meditation Hour’

10.00am Saturday 4th May 2019

Duration: 1 Hour

Our friendly meditation class covers mindfulness of breathing to help develop concentration, clarity and emotional positivity. Complete beginners welcome.

Tuesday Night Yoga

All Classes up until the end of July are now available to book on the website. There are a few ‘special’ dates to note;

Tuesday 9 th April	– No Early Class (i.e. Late Class only)
Tuesday 4 th June	– No Classes
Tuesday 11 th June	– No Classes

Dates where there are No Classes still appear on the website but are shown as full (as is the Wait List for that date).

1-2-1 Sessions

If there is anything you wish to work on I do 1-2-1 sessions tailored to meet your needs. Contact me for further details and prices.

Aromatherapy Top Tip

Lemon Verbena Oil (Aloysia Triphylla)

April and spring welcome new beginnings, plants flowers etc,

A nice way to celebrate the longer days and sun is by using some lemon Verbena oil, which is uplifting and sunny. Just add a couple of drops to the water in your diffuser and melt away, breathe deeply and set aside winter blues and welcome in the spring. Lemon verbena is also good to add to massage oil to boost the immune system. I also add a few drops into my floor cleanser freshens and lightens! Full versatility. Enjoy!

Note: Avoid if pregnant, on children and if you have sensitive skin.

Core Tips on Meditation

In a change from the usual Asana of the month, lets talk about meditation...

Benefits of Meditation:

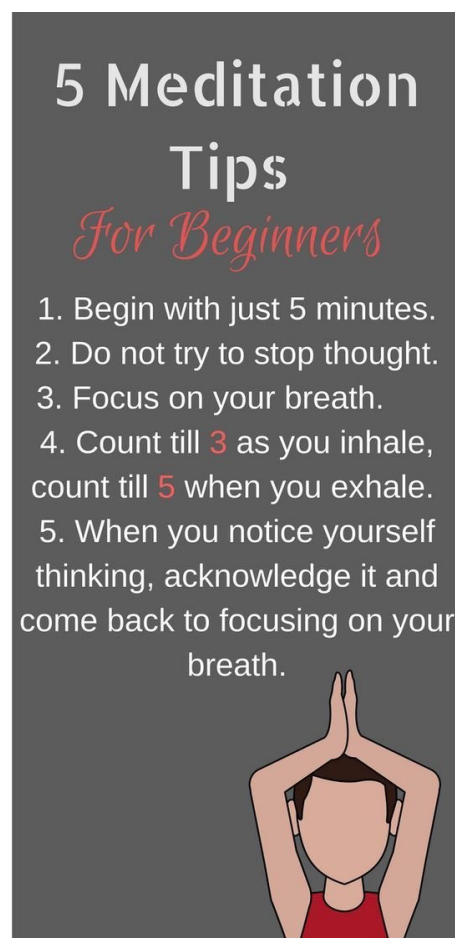
There are hundreds - here are just a few;

- Reduces **Stress**. **Stress reduction** is one of the most common reasons people try meditation.
- Controls Anxiety. Less **stress** translates to less anxiety.
- Promotes Emotional Health.
- Enhances **Self-Awareness**.
- Lengthens Attention Span.
- May Reduce Age-Related Memory Loss.
- Can Generate Kindness.
- May Help Fight Addictions.

Cautions of meditation

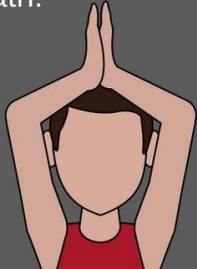
None, but seek advice if clinically depressed. As always, if you have any concerns, seek medical advice.

Remember find a COMFORTABLE position, chair, blocks, blankets, stools, bolsters - hips being higher than knees.



**5 Meditation
Tips**
For Beginners

1. Begin with just 5 minutes.
2. Do not try to stop thought.
3. Focus on your breath.
4. Count till **3** as you inhale, count till **5** when you exhale.
5. When you notice yourself thinking, acknowledge it and come back to focusing on your breath.



April's Recipe Idea:

We may be in the 'Hungry Gap' (the time after British winter crops have ended but before the new season's harvest can begin), but there's a glimmer of colour on the horizon. Classic kale, sweet grapes and beautiful beans. Blink and you'll miss these seasonal stars but get them, enjoy them in as many ways as possible.

April Recipe - Mushroom and Ale Hotpot with Baby Hasselbacks



Rich, and topped with crispy potatoes, all this dish needs is some freshly steamed greens on the side, for a delicious, well-balanced meal.

TOP TIP: This recipe also works well when cooked in individual pie dishes. Make and assemble the hotpots in advance and simply bake when ready to serve.

Ingredients

- 1 tbsp olive oil, plus a little extra for drizzling
- 2 red onions, peeled and sliced
- 4 cloves garlic, peeled and sliced
- 4 large flat mushrooms, wiped and sliced
- 250g (2 cups) chestnut mushrooms, wiped and sliced
- 2 large sprigs fresh thyme
- 1 tbsp plain flour
- 1 tbsp balsamic vinegar
- 1 tbsp Worcestershire sauce
- 240ml (1 cup) vegan dark ale
- 240ml (1 cup) water
- 1 tsp bouillon powder
- 1 tsp yeast extract

- Sea salt and black pepper, to taste
- 400g (scant 2 cups) baby new potatoes

Method

- 1 Preheat oven to 200°C/400°F/Gas 6. Heat the oil in a large, shallow pan and add the onions and a pinch of salt. Cook for a few minutes until beginning to soften.
- 2 Add the garlic and both types of mushrooms to the pan. Continue to fry for a further few minutes, or until the mushrooms start turning lightly golden.
- 3 Stir the flour into the mushrooms and fry for a minute, stirring constantly.
- 4 Add the remaining ingredients, except the potatoes, to the pan and season well. Bring to a simmer and cook, stirring occasionally, for 10 minutes until thick.
- 5 Place the potatoes in a pan of salted water and bring to the boil. Cook for 7 minutes, drain and set aside. Using a sharp knife, cut deep slashes in the potatoes without cutting right the way through.
- 6 When the mushroom sauce has thickened, transfer to a shallow, ovenproof dish and arrange the potatoes on top. Drizzle with a little olive oil and sprinkle with sea salt.
- 7 Bake for 20 minutes, or until the potatoes are light golden. Serve with plenty of fresh greens on the side.

Serves: 4 Per serving (384g)

Calories 203, Fat 4.3g, Saturates 0.7g, Sugars 9.5g, Salt 0.45g

Feedback

Please let me have any feedback on the newsletters or classes either via email or Yoga Hub.

Quote of the Month

"Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; for it becomes your destiny."

Upanishads

Thanks for your continued support.
Om Shanti

Michele 