



# Yoga is for Everyone Newsletter

## September 2019 Newsletter



Blimey, it's already September! I hope you're taking some time to stop. Move. Breathe. Take it all in. Because life really does go too fast if you don't stop to look around...  
Seriously, life moves at pace so look after yourself so that you can look after others. You are important never forget that. Make time for yourself and do not feel guilty in doing so.

Smile, breath, relax and let go. 😊

### Class and Workshop News

Saturday 7th September - 10.00am Yoga Workshop "Get Ready for Autumn"  
(2.5 hrs) - Movement, Breathing and Relaxation.

Saturday 19th October - 9.30am Yoga Hub  
A 60-minute class followed by a cuppa and discussion on all things yoga.

### 1-2-1 Sessions

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

### Coming Soon

Condition specific, individual Yoga Therapy programs. Watch this space!

## New – Yoga Gift Vouchers

Struggling for gift ideas? Whether it's a Birthday or Christmas present, I now have Yoga Gift Vouchers available. These come complete with envelopes and are ready to post or present to the recipient.



Available in various types;

Tuesday Night Yoga Class:	£6.00
Saturday Yoga Hub:	£8.00
Saturday Workshop:	£18.00
One-to-One Yoga Session:	£30.00

Other options (e.g. a 10-week pack of Yoga Classes) available on request – please email me or ask for further details.

Together, let's make yoga available for everyone!

## **Asana of the Month – Warrior 2**

Named for a fierce warrior, an incarnation of Shiva, this version of Warrior Pose increases stamina.



Virabhadra = the name of a fierce warrior, an incarnation of Shiva, described as having a thousand heads, a thousand eyes, and a thousand feet, wielding a thousand clubs, and wearing a tiger's skin

Stand in tadasana (Mountain Pose). With an exhalation, step or lightly jump your feet 3 1/2 to 4 feet apart. Raise your arms parallel to the floor and reach them actively out to the sides, shoulder blades wide, palms down.

Turn your right foot slightly to the right and your left foot out to the left 90 degrees. Align the left heel with the right heel. Firm your thighs and turn your left thigh outward so that the centre of the left knee cap is in line with the centre of the left ankle.

Exhale and bend your left knee over the left ankle, so that the shin is perpendicular to the floor. If possible, bring the left thigh parallel to the floor. Anchor this movement of the left knee by strengthening the right leg and pressing the outer right heel firmly to the floor.

Stretch the arms away from the space between the shoulder blades, parallel to the floor. Don't lean the torso over the left thigh: Keep the sides of the torso equally long and the shoulders directly over the pelvis. Press the tailbone slightly toward the pubis. Turn the head to the left and look out over the fingers.

Stay for 30 seconds to 1 minute. Inhale to come up. Reverse the feet and repeat for the same length of time to the left.

### Contraindications and Cautions

- Diarrhea
- High blood pressure
- Neck problems: Don't turn your head to look over the front hand; continue to look straight ahead with both sides of the neck lengthened evenly.

### Benefits

- Strengthens and stretches the legs and ankles
- Stretches the groins, chest and lungs, shoulders
- Stimulates abdominal organs
- Increases stamina
- Relieves backaches, especially through second trimester of pregnancy
- Therapeutic for carpal tunnel syndrome, flat feet, osteoporosis and sciatica

### Recipe of the Month – Sweet Potato Burger



### Ingredients

#### For the patties:

- 1 small sweet potato peeled and finely diced
- 1 x 400g tin (1½ cups) red kidney beans, rinsed and drained
- ½ red onion, grated
- 60g (¾ cup) oats
- 1 tsp smoked paprika
- 1 tsp sea salt
- 2 tsp garlic powder
- 2 tsp onion powder
- Pinch dried chilli flakes
- Pinch black pepper

#### To serve:

- 4 ciabatta rolls
- 4 lettuce leaves
- Pickles
- Vegan mayo, sriracha or sauces of choice
- Sliced avocado
- Sliced onion
- Sliced tomato

## Method

- 1 Lightly boil or steam the diced sweet potato for 7-10 mins, or until tender.
- 2 In a large bowl combine all the rest of the ingredients, including the sweet potato once cooked, and gently mix and crush with a potato masher until combined but still chunky. Divide the mixture into 4 and shape into patties.
- 3 Fry the burgers with a splash of oil for a few minutes until golden on both sides, then place on a baking tray lined with lightly oiled parchment and transfer to the oven to cook at 190°C (Gas Mark 5, 375°F) for 10 minutes.
- 4 Whilst the burgers are cooking toast 4 burger buns or ciabatta rolls and prepare your fillings.
- 5 When the burgers have finished cooking in the oven, assemble with the topping and buns and serve hot. These burgers also freeze well, for up to 3 months, separated by squares of baking paper.

## Yoga Philosophy

### Patanjali Yoga Sutras

Traditionally the word yoga by itself refers to Raja Yoga, the mental science. With the current and increasing interest in expanding our consciousness and in mental science in general it is natural that we turn to Raja Yoga. The main text of Raja Yoga is called the Yoga Sutras of Patanjali. There are many other ways in the western world to help settle the mind however none are as old as the practices of Yoga. The Sutras or threads contain 4 books or Padas and explain how we can still our minds and explains what stops us from doing so.

It is not known when exactly Patanjali lived (or indeed if he did) experts date the sutras between 5000BC to 300AD. 🙏

### **Affirmation:**

*'I am adventurous. Life excites me and delights me with all its twists and turns'*

### **Quote of the month:**

"The highest point of yesterday should be the lowest point of today."

*B S K Ivenger*

Have a super month.

Thanks for your continued support.

Om Shanti

*Michele*

