



# Yoga is for Everyone

## Newsletter

### **July 2020 Newsletter**

For your Health and Well-being

Make an attitude to be in gratitude, you will find the whole Universe will come to you. Did you know there's some powerful things going on in the heavens? Solstice and Solar Eclipse and New Moon equals lots and lots of Energy!

Feeling it?

However, this may not manifest in the ways in which we'd like however positively it's good if we are full of endless energy, positivity and focus, but you may also feel highly emotional, listless, restless, confused if the energy in your system is not collected and directed in a positive way. Yoga can help channel that energy from negative to positive by movement, breath work and meditation. Stilling the mind, focusing the prana to help heal and support you.

### **Class Updates**

Zoom classes carry on for now, but as lockdown is eased it is likely that Live Classes will start again. So please watch your emails!

SEE YOU SOON 😊

Friday night LIVE outdoor yoga will take place at Billingley, dependent on the weather. Numbers limited to 5 - it will be a week by week affair, again please watch your inbox each Wednesday.

**One2One Sessions** are also now available via Zoom - please email me for further information.

**Yoga Therapy Sessions** are now also available via Zoom, again please email me.

Check out the website, it has all the relevant information and is constantly updated;

[www.yogaisforeveryone.net](http://www.yogaisforeveryone.net)  
[www.ukyogatherapy.com](http://www.ukyogatherapy.com)

## Asana of the Month - Vrksasana (Tree Posture)

# Tree



Practicing balancing poses in yoga, such as Tree Pose, will help you gain both physical and mental steadiness and poise. Tree Pose improves focus and concentration while calming your mind. Its Sanskrit name, “Vrksasana” comes from two words:

- “Vrksa,” which means “tree”
- “Asana,” which means “pose”

The word “asana” can also be translated as “seat.” Tree Pose, with its calming and meditative benefits, is like a standing variation of a seated meditation posture. Keeping calm and focused while balancing on one foot will teach you to sway gently

like a tree in the wind, steady and sure no matter what the outside circumstances may be.

### Benefits

Tree Pose stretches the thighs, groins, body, and shoulders. It builds strength in the ankles and calves, and tones the abdominal muscles. The pose also helps to remedy flat feet and is therapeutic for sciatica.

Most notably, though, Tree Pose improves your sense of balance and coordination. Regular practice will improve your focus and your ability to concentrate in all areas of your life, particularly during those times when you might normally feel “off-balance.”

### Cautions

Due to the balancing nature of the posture, do not practice Tree Pose if you are currently experiencing headaches, insomnia, low blood pressure, or if you are lightheaded and/or dizzy. Those with high blood pressure should not raise their arms overhead in the pose. Always work within your own range of limits and abilities. If you have any medical concerns, talk with your doctor before practicing yoga.

### Modifications and Variations

Practicing Tree Pose can be a great way to gain balance, grace, and poise — for beginners and advanced students. Try these simple changes to adapt the pose to your current abilities:

- If you are unable to bring your foot to your thigh, rest your foot alongside your calf muscle or the ankle of your standing leg, instead. Rest the toes of your raised foot on the floor if you need extra assistance balancing.
- If you are very unsteady, try practicing the pose with your back against a wall for extra support. Alternatively, you can place a chair next to the standing-leg side of your body and rest your hand on the back of the chair for extra support.
- For a greater challenge when your arms are overhead, close your eyes. Practice balancing without using the outside world for reference.

### Tips

In order to fully gain the meditative benefits of Tree Pose, it's important to stay grounded and calm in the pose, while still maintaining alignment. Here are a couple of tips to help you stand up as tall as a tree:

- Take your time. As with any balancing pose, it's often easier to come into the pose slowly and with awareness. If you enter the pose quickly, you are more likely to lose your balance, which makes it more difficult to re-gain your balance once it's been lost.
- Work the pose from the ground up. Balance your weight entirely across your standing foot — across the inner and outer ankles, big toe and baby toe. Then, bring your awareness to the shin, calf, and thigh of your standing leg. Find alignment in your hips, tailbone, pelvis, and belly; and then in your collarbones, shoulder blades, arms, and neck. Extend the pose through the

crown of your head. When you are ready, you can then raise your arms overhead.

- Never rest the foot of your raised leg directly on your knee or at the side of your knee joint!
- To help with balancing, bring your awareness to the centre line of your body – the vertical line that runs directly through the centre of your head, neck, and body.

### **Top Sleep Tips**

A few top tips to help you sleep, sleep is vital for our health and wellbeing;

- Stick to a routine even at the weekends. This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.
- A relaxing, routine activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety which can make it more difficult to fall asleep, get sound and deep sleep or remain asleep.
- If you have trouble sleeping, avoid naps, especially in afternoons
- Exercise daily - Vigorous exercise is best, but even light exercise is better than no activity. Exercise at any time of day, but not at the expense of your sleep.
- Design your sleep environment to establish the conditions you need for sleep. Your bedroom should be cool. Your bedroom should also be free from any noise that can disturb your sleep. Finally, your bedroom should be free from any light. Check your room for noises or other distractions. This includes a bed partner's sleep disruptions such as snoring. Consider using blackout curtains, eye shades, ear plugs, "white noise" machines, humidifiers, fans and other devices.
- Sleep on a comfortable mattress and pillows. Make sure your mattress is comfortable and supportive. The one you have been using for years may have exceeded its life expectancy – about 9 or 10 years for most good quality mattresses. Have comfortable pillows and make the room attractive and inviting for sleep but also free allergens that might affect you and objects that might cause you to slip or fall if you have to get up during the night.
- Avoid alcohol, cigarettes, and heavy meals in the evening. Alcohol, cigarettes and caffeine can disrupt sleep. Eating big or spicy meals can cause discomfort from indigestion that can make it hard to sleep. If you can, avoid eating large meals for two to three hours before bedtime. Try a light snack 45 minutes before bed if you are if you're still hungry.
- Wind down. Your body needs time to shift into sleep mode, so spend the last hour avoiding particular types of light which emanate from the screens of our electronic devices which active the brain - avoid electronics!
- If you can't sleep, go into another room and do something relaxing until you feel tired. It is best to take work materials, computers and televisions out of the sleeping environment.
- If you're still having trouble sleeping, don't hesitate to speak with your doctor or to find a sleep professional. You may also benefit from recording your sleep

in a sleep diary to help you better evaluate common patterns or issues you may see with your sleep or sleeping habits.

- Try a short relaxing yoga routine.
- Try a sleep mediation

You can always speak to me about yoga therapy for sleep disturbances.

### **Quote of the Month**

“Time isn’t precious at all, because it is an illusion. What you perceive as precious is not time but the one point that is out of time: the Now. That is precious indeed. The more you are focused on time—past and future—the more you miss the Now, the most precious thing there is”

*Eckhart Tolle, The Power of Now: A Guide to Spiritual Enlightenment*

### **Summer’s Top Herbs**

#### **Mint**

Mint comes in many varieties, but when it comes to your kitchen staple, spearmint is a top-notch option. The diverse herb can be used in everything from tabbouleh to fruit salads. You can also boil spearmint with sugar to create a refreshing simple syrup, ideal for sweetening your iced teas or mojitos.

Spearmint is also a wonderful way to add flavour to water. If you have trouble getting your eight cups of water pluck off a few seeds of your spearmint plant and add to cold water. Keep in the fridge for a cool and refreshing pick-me-up when you’re feeling that summertime dehydration.

#### **Rosemary**

The resonant and aromatic flavour of rosemary makes it a delightful pairing to your summertime cuisine. Add flavour to pork, chicken, or veggies by laying rosemary branches across a charcoal grill, allowing the resinous scent to soak into your food. It also makes for flavourful marinades when cooking savoury meat dishes, or atop roasted fingerling potatoes for a comforting side.

For a summer evening snack, make your own rosemary oil by gently simmering a sprig or two in a good olive oil for about five minutes. Drizzle the oil over popcorn, add salt, and shake the pot to combine. Eat alone, or enjoy cozied up with a glass of white wine.

#### **Dill**

A unique herb that loves the summer sun, dill has a similar pungent and aromatic flavour to that of caraway. The bright flavour pairs well with fatty-dishes, such as a butter sauce for a fish or in a cream-based dip. It’s perfect for those fierce summer days when you need to add a refreshing element to a more indulgent dinner.

Dill can also be used for medicinal purposes, including a stomach-soothing tea to treat digestive issues. Mash two teaspoons per cup of boiling water and steep for ten minutes, and enjoy when you're feeling tummy troubles.

## Yoga Philosophy

Basically, the origins of yoga remain obscure and are still unknown to us. Earlier scholarship has tried to trace the origins of yoga as far back as the Indus Valley Civilisation (c. 2600-1900 BCE), which is located in today's Pakistan and north-west India. The purported evidence is from the archeological site Mohenjo-daro where a small steatite seal (3.56 cm by 3.53 cm), popularly known as the Pashupati seal, was uncovered in 1928-29. Ever since the archeologist Sir John Marshall suggested that the seal represents an early prototype of the later Hindu deity Śiva seated in a yogic posture it has been quite common to trace the origins of yoga back to the Indus Valley.

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. Oms and light.

I LOOK FORWARD TO SEEING YOU AND US BEING TOGETHER VERY SOON

Stay Safe. Stay well

*Michele* 

