



# Yoga is for Everyone Newsletter

## March 2023 Newsletter



### Springtime

Spring is my favourite season and time of the year. Days are getting longer and warmer, flowers are appearing and the winter behind us.

It's a good time to re-evaluate your practice and awaken from 'hibernation'.

Start with flows, dynamic practices but mindfully - thinking of the growth in you and all around you.

Take your time, nature is commencing new life and awakening, the sun becoming more dominant. Gradually awaken your body. Morning practice becomes central as the days get warmer.

## **Sutra**

One of my favourite sutures;  
Sutra 14 (book 2) - portion on practice

*The karmas bear fruits of pleasure and pain caused by merit and demerit*

What Patanjali are you saying here is that if you have done something meritorious you experience pleasure and happiness if wrong things suffering occurs. A happy or unhappy life is your own creation nobody else is responsible, if you remember this you won't find fault with anybody you are your own best friend as well as your own worst enemy.

## **Class News**

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](http://www.yogaisforeveryone.net)

[www.ukyogatherapy.co.uk](http://www.ukyogatherapy.co.uk)

## **Sunshine Meditation**

Close your eyes and visualise the light of the sun above you. Feel the sunlight streaming in, pouring down all around you. Breathe, relax, open your heart, and feel the light of the sun flowing down in through your crown chakra at the top of your head. Let your crown chakra open to absorb the divine light of the sun that carries codes of awakening. Sunlight carries the light frequency - light consciousness.

Let it flow in through your crown chakra and down through to your third eye. Continue down along your spine into your throat, heart, tummy and your root chakra. Pause at your tummy chakra and visualise it lighting up like the sun. Ground the sunlight all the way down your body.

Breathe and let the light flow into your heart. Expand your heart with golden sunlight. Feel the sunlight flowing into each and every cell. Relax and allow your cells to fill with more and more light as you become more vibrant, energized, supercharged.

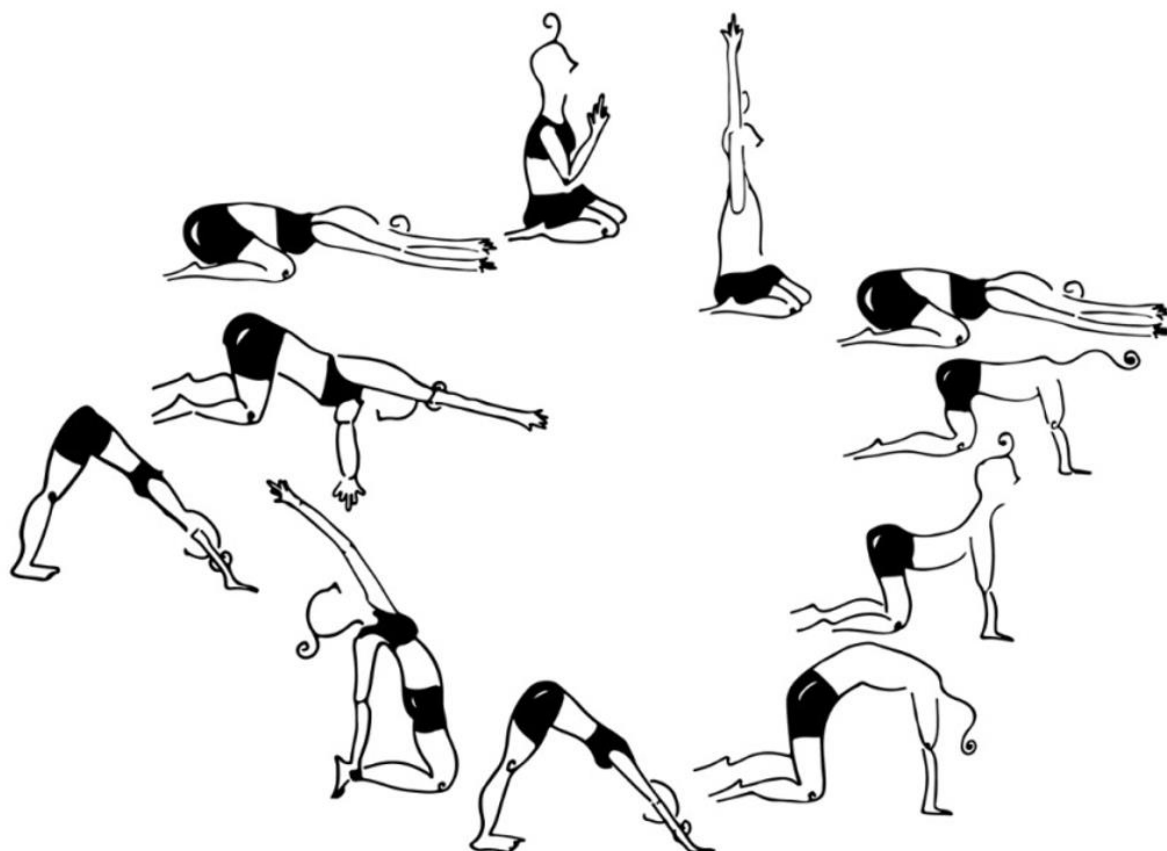
Let go of any negatives, fear, doubt, or tension. Release these into the light and welcome the sunlight to shine brighter, more radiantly, more in alignment with you and your true divine nature. Open your heart, feel the light pouring in all around you. Visualise yourself glowing as the sun; as pure sunlight.

## This Month's Asana Practice - Earth Flow

This practice will start to awaken our bodies in a mindful way for the longer, warmer days ahead 🙏🏠

# EARTH SALUTATION

BRINGS CALM TO BODY & MIND



### How to Do:

Start by sitting with legs folded under you, hands at heart. Right side first.

Inhale – arms reach up

Exhale – fold forward into child's pose, arms extended

Inhale – into table top

Exhale – spare exhale here as there is no movement

Inhale – drop belly into cow pose, eyes look up

Exhale – draw belly & diaphragm up into cat pose

Inhale – into downward dog

Exhale – knees to the mat

Inhale – right arm stretches up into half camel pose

OR

Inhale – place both hands on lower back and open into baby camel pose

Exhale – hands to the mat to prepare for downward dog

Inhale – into downward dog

Exhale – knees to mat

Inhale – right arm stretches up

Exhale – right arm threads the needle through left arm (stay for 2 breath cycles)

Inhale – return to child's pose (stay for 2 breath cycles)

Exhale – kneel back with hands at your heart ready to start the other side.

Repeat the same sequence of poses, with the left arm reaching up into half camel and threading the needle.

Enjoy!

### **Quote of the Month 1**

*“Fear, anger, and stress are poisons you create. If you take charge, you can create a chemistry of blissfulness. Engineer yourself to inner well-being.”* Sadhguru

### **The Yogi's guide to the Spring Season**

Spring is like sap rising, the energy of spring is fresh revitalising and determined it's my also my favourite season. Spring is like a tree bending in the wind secured by strong roots it's a time to be super flexible whilst maintaining grounded and rooted.

Element: Wood.

Time to: have visions feel inspired make decisions.

It's all about: making plans picture how you'd like to live, does your reality correspond to that picture, practice visualising what you would welcome into your life.

It's also about: Spring cleaning both you, your home and your own life, make space for the new, the mind interprets your environment and its information to the cells so a tidy room fosters a tidy mind.

Ideal practice: Focus on creating good foundations in use poses such as twists & side bending postures as the major focus at this time these are good for the liver and detoxification.

Meditation: Visualisations and introduce mantra

Food: Fresh and natural food and lots of green leaves. Try to detox from caffeine, alcohol and highly processed food and choose foods with a higher natural water content.

Work on: Goal-setting, this is the time of year to reflect on last year's successes put the challenges behind you and work on your plans for the New Year.

Watch out for: Anger frustration and feelings stuck.

Don't you just love spring... 🌸🌸

### **Quote of the Month 2**

*A happy man is too satisfied with the present to dwell too much on the future.”*

Albert Einstein

## Best Spring Foods

- Arugula. (And other leafy greens like spinach, romaine and lettuce) .
- Artichokes.
- Asparagus.
- Beets.
- Carrots.
- Mint.
- Spring Peas
- Strawberries

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.

See you on the mat..... ॐ 🧘

Namaste

Michele 🙏

