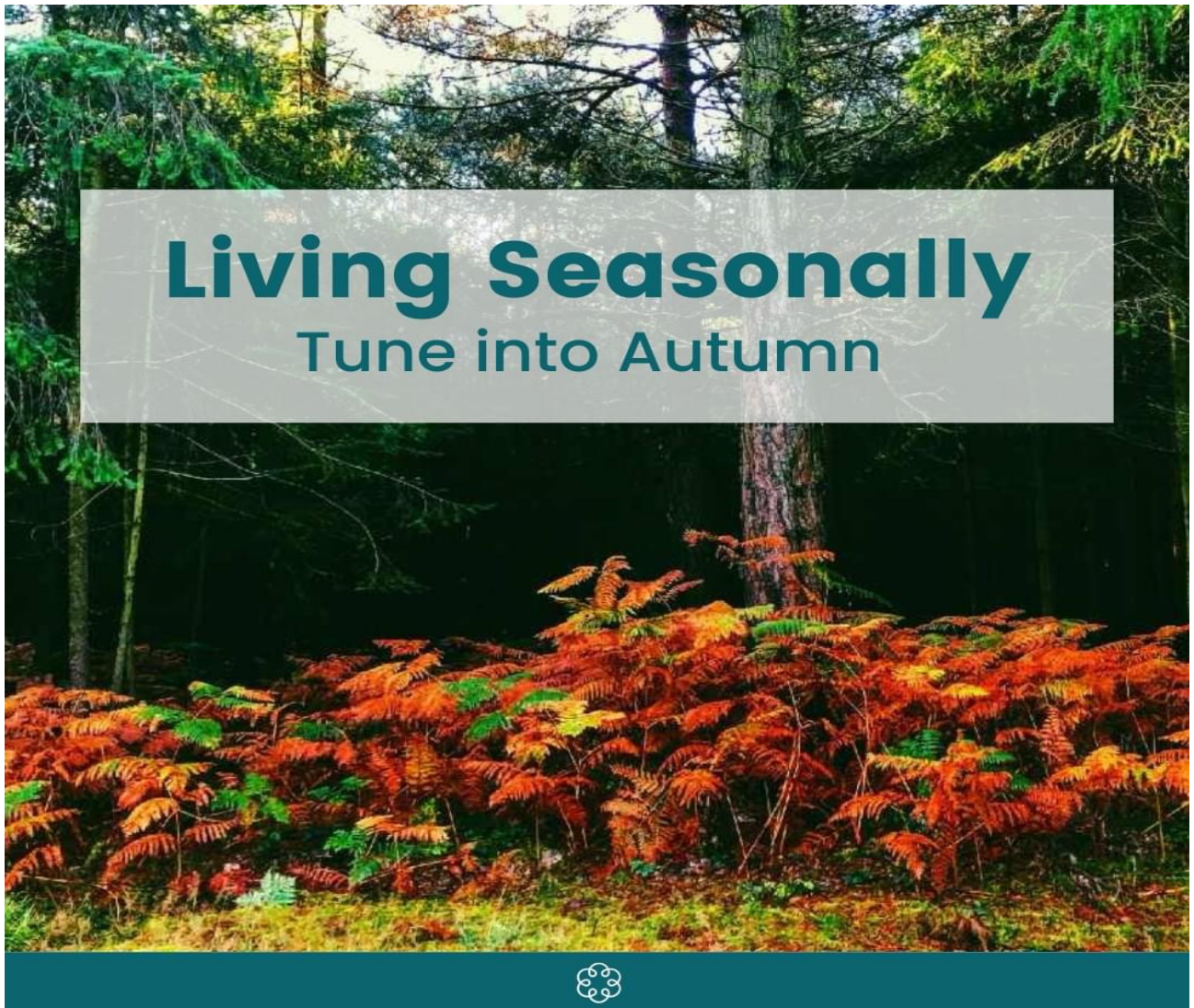




Yoga is for Everyone Newsletter

October 2023 Newsletter



Moving into Autumn

As we change seasons and move into shorter days, it is important that we look inward and take care of ourselves, preparing our mind and body.

Take time to be mindful and have awareness of the colours that are surrounding us, as nature prepares itself for the colder climate - we also need to prepare ourselves. Slow down, eat good food and have walks in daylight.

Class Updates

AUTUMN WORKSHOP
15th OCTOBER - BILLINGLEY

NEW YEAR WORKSHOP
21st JANUARY - BILLINGLEY 10AM - 1PM

ALL CLASSES AVAILABLE, SO PLEASE BOOK VIA THE WEBSITE.

PLACES ARE LIMITED.

Mixed Classes, both in person and zoom, all via the website.

You can book your place on the Online Class via the website.

Yoga Class Vouchers - what a great gift! 🎁 Check out the website or email me 🙏

Classes are filling up so please let me know if you have to cancel.

121 classes available, just make contact

Yoga therapy sessions available - email me

Yoga Mats, Blocks and Netti's all available for sale.

Asana for October - Lizard Pose Utthan Pristhasana

Lizard pose. Opening hips and generating movement in our hips and lower body aiding warmth in the body.

It is also a great pose to do when we sit too much.



Here are some of the reasons why Lizard Pose is good for you

- Stretches and opens the hips increasing mobility and flexibility
- Stretches and strengthens glutes, hamstrings, and the spine, releasing tension in the back
- Helps reduce the negative effects of prolonged sitting or inactivity
- Helps relieve soreness in the inner thighs
- Can help lengthen your stride, increase power and agility in changing directions, and reduce the risk of injury to your hamstrings

How to do

- Begin on your hands and knees with your hands close to the short edge of your mat
- Align your hands directly beneath your shoulders with your middle fingers facing forward.
- Align your knees directly beneath your hips and your feet directly behind your knees.
- Shift your weight into your left leg, and bring your right leg forward placing your right foot just outside your right hand. Your right knee will be bent and stacked directly over your foot. Your hips will stay squared to the front of your mat. You should feel a stretch in front of the left hip, above the thigh.
- Pivot on your right heel to rotate your toes out about 45 degrees.
- Lengthen your spine, and engage your core.
- Lower your forearms to the floor, placing your elbows directly beneath your shoulders and your hands directly in front of your elbows. Your middle fingers are still facing forward.
- Press the hands into the ground to activate the arms.
- Hug your right knee against the right arm and shoulder engaging the inner thigh. You will feel a stretch in the right hamstrings and glutes.
- Scoop your hips forward and down toward the ground, feeling a stretch in the hip flexor, in front of the left thigh.
- Continue to lengthen the spine and engage the core as you focus your gaze forward.
- Repeat on the other side.

Problems

- Not engaging the inner thighs
- Letting the bent knee sway out away from the body: It's common to find the front bent knee swaying out away from the body in this pose.
- Forgetting to engage the core: Because Lizard is such an involved pose with several active parts, the core can sometimes get a little lazy and start drooping down toward the ground. This can weaken the pose, opening your back, glutes and hips up for potential injury or unnecessary tension. Keep the core engaged during the entirety of the pose to create a strong foundation for the back of the body, making for a safer and more effective Lizard pose.
- Rounding the back: It's common to see rounding of the back toward the sky and dropping the head and neck toward the ground. This is incorrect and can lead to injury or discomfort, particularly through the upper back and neck. Instead, make sure you are keeping your back as flat as you can. Elongate your spine and engage your core. Keep your gaze forward to keep the back of the neck in line with the rest of the spine.

- Front foot rolling onto the outer edge:
- Hips twisting out of alignment: Another common mistake is to twist the hips toward the back leg. This rotates the spine on its axis so that the shoulder and hips are facing in different directions. When this happens, you are not able to get the full expression of the stretching and strengthening benefits that this pose has to offer. You are also opening yourself up to possible injury or discomfort in your back and hips. In order to do the pose correctly, keep the hips and shoulders squared forward toward the short edge of your mat.
- Front knee past ankle: Keep your front knee aligned over your front ankle to avoid putting your knee in a compromising position and straining the ligaments.
- Stance too short

Props and Modifications

Reason for modification—You should consider a modification if you experience the following:

- Excessive tightness and limited flexibility in the hip flexors (front of thighs and lower abdomen) and groin
- Discomfort in the knees
- Overly tight glutes and limited range of motion in hips
- Excessive back pain/discomfort or tension
- Discomfort or restriction in the shoulders

So

- After bringing your right foot forward, you can allow your left knee to lower to the mat if that's more comfortable. Or you may start with the knee down, then lift up if it feels comfortable, keeping the hips level with the shoulders.
- If your hips are tight, try using props for support. Use a block under your forearms for comfort. If your back knee feels uncomfortable, add a rolled-up towel or mat underneath it.
- If coming down to the forearms on a block is still too intense, try staying on your palms with arms straight.

Precautions;

People with certain conditions, injuries, or those recovering from surgery may want to avoid Lizard Pose. You may want to skip the pose if:

- You have sciatica or other lower back problems
- If you have a wrist or hand injury

- You're recovering from surgery involving your neck, knees, feet, hips, arms, or hands
- You have instability or weakness in your shoulders, forearms, wrists, or hands

Top Tips for Wellness in Autumn

- 1) Start taking a Vitamin D supplement. We get most of our Vitamin D from the sun, so our intake decreases when the weather is colder since we spend most of our time inside during the fall/winter seasons. If you find you are not getting outside much, a Vitamin D supplement can boost your mood and immune system!
- 2) Take some time to yourself. Autumn and winter are the Earth's way of telling us to slow down. Start a journal or track your moods to get more in touch with how you're feeling.
- 3) Get your flu vaccination and yearly check-up. Self explanatory! No one likes sniffing and aching and sneezing and coughing getting in the way of life.
- 4) Boost your immune system. You can do this by drinking plenty of water, washing your hands often to prevent sickness, and eating nutritious foods.
- 5) Get yourself ready for Daylight Savings Time. Go to bed earlier when you can, especially the week before the clocks change. Longer periods of darkness = longer periods of sleep!
- 6) Make some plans for the cold months. In the winter, we tend to hibernate if we don't have things to keep us busy.
- 7) Moisturise your skin. Harsh temperatures can make your skin dry. Also, you still should be wearing sunscreen.
- 8) Buy in-season food. Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, roots and sautéed dark leafy greens are all great choices.
- 9) Stay active! It can be easy to just sit around all the time, but it's important to get in some movement throughout the day. Raking leaves or shovelling snow counts!
- 10) Wear layers and protect your body from the dropping temperature. Make sure you have gloves, a scarf, ear muffs, a winter coat, warm socks, and snow boots!
- 11) Do some "spring cleaning" in the Autumn. Clean out your cupboards, organise that back room, and rid yourself of things you don't need.
- 12) Prepare your home for possible extreme weather conditions. Do you have a shovel and/or snow blower? Do your flashlights have batteries? Is your heat working okay?

13) Get some books to read and shows to watch. Who doesn't want to sit by the fire on chilly winter nights and read a good book or binge-watch some Netflix?

14) Keep a schedule. The cold months can seem to drag on and push us into isolation. Stay on track by scheduling time in your day to do things you like to do.

15) Be kind to yourself. The holiday season can cause weight gain, the shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs, and don't beat yourself up! Try reframing negative thoughts into positive ones.

16) Meditate and stay in the present moment.

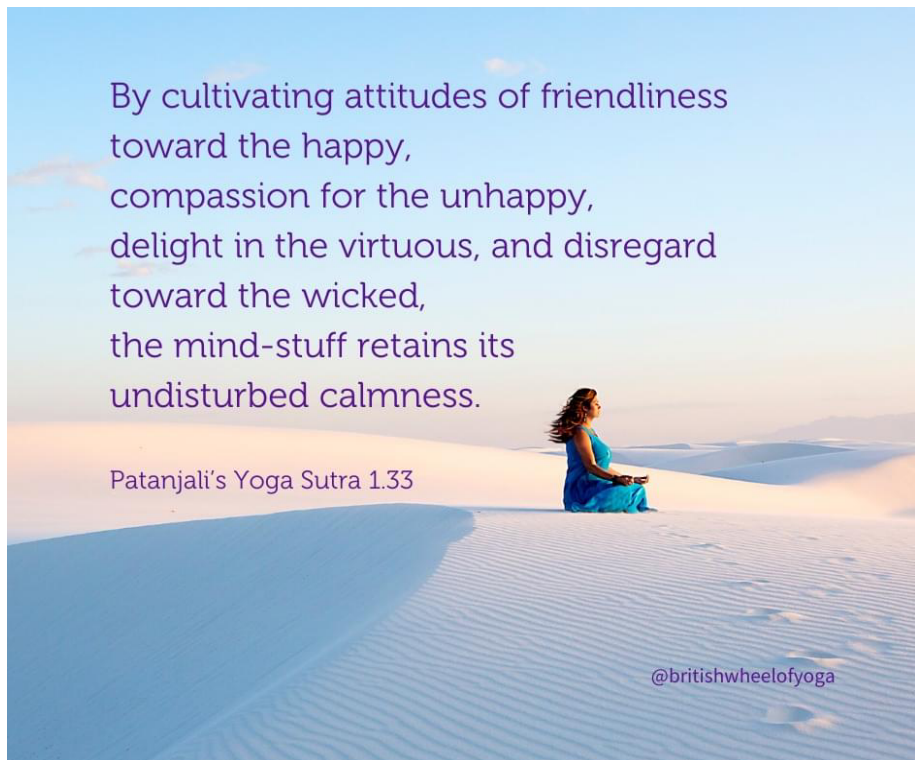
17) Yoga - Keep flexible and mobile.

18) Don't be too hard on yourself - stay with positive thoughts.

19) Look out for others - pop into that elderly neighbour.

20) Great time to start a new hobby.

Thought for October:



By cultivating attitudes of friendliness
toward the happy,
compassion for the unhappy,
delight in the virtuous, and disregard
toward the wicked,
the mind-stuff retains its
undisturbed calmness.

Patanjali's Yoga Sutra 1.33

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Namaste

Michele

