



Yoga is for Everyone Newsletter

November 2019 Newsletter



Where is this year going! As the nights close in and the weather gets colder keep focused on your wellbeing. Regular practice of asana and pranayama will keep balanced. Remember to practice self-care, so important at this time of year.

To help with this we need more meditation! 🙏

Meditation is about relaxing with the truth. When we sit in that vulnerability, we can get in touch with our thoughts, emotions, and body. However, even the most experienced meditators can get uncomfortable or find themselves short on time. And that's okay. The goal in meditation isn't to "fix" ourselves, but rather to see ourselves as we are.

Ponlop Rinpoche has written:

"If we have only five minutes to meditate, we tell ourselves, 'Oh, five minutes is nothing. It is not enough to change my life. I need to practice for at least an hour.' ... That is a very convincing logic at the time. However... If you take that five minutes to

meditate... then you are acclimating yourself to the practice of bringing mindfulness and awareness into ordinary moments of your life.”

We can start each day with a sense of goodness and kindness for ourselves and others. To do this, Thanissaro Bhikkhu suggests offering thoughts of goodwill to yourself, then spreading your thoughts outward to people you love, people you like, people you feel neutral toward, and finally people you don't like.

May you be happy.

May you be free from stress and pain.

May you be free from animosity, free from trouble, free from oppression.

May you look after yourself with ease.

Class and Workshop News

New Yoga Hub Date...

Sunday 15th December - 9.30am (1½ hours)

A 60-minute class followed by a cuppa and discussion on all things yoga.

Christmas Yoga Gift Vouchers

Struggling for gift ideas this Christmas?

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 1

yogabycandace.com



Virabhadrasana I (veer-uh-buh-DRAHS-uh-nuh) — is a standing yoga pose named after a mythological Hindu warrior, Virabhadra. An incarnation of the god Shiva, Virabhadra was fierce and powerful, with a thousand arms and hair and eyes of fire. Warrior I transforms the intensity of this deity into a pose that builds focus, power, and stability.

Benefits;

Virabhadrasana I stretches the whole front side of the body while strengthening the thighs, ankles, and back. This is a powerful standing pose that develops stamina, balance, and coordination. It tones the abdomen, ankles, and arches of the feet. This pose also stretches the chest and lungs, improving breathing capacity and invigorating the body. It can be therapeutic for sciatica. It also encourages greater flexibility, strength, and range of motion in the feet, increasing circulation as it warms all of the muscles.

Beyond the physical posture, Warrior I creates deep concentration. Focusing on your foundation and building the pose from the ground up reduces distractions and helps hone your energy. Your mind becomes focused, calm, and clear.

Cautions;

Heart problems

High blood pressure

In the case of shoulder pain, keep the arms at shoulder height

In the case of neck pain keep the head in neutral

Recipe of the Month

Maple roasted Root Vegetables and Hazelnut Salad



Ingredients

For the Roasted Vegetables:

- 8 mixed baby heritage carrots
- 4 baby parsnips, halved lengthways
- 4 -6 Echalion shallots, skin on, halved lengthways
- 4-6 cloves garlic, left whole but lightly squashed with the back of a knife
- 2 Tbsp Extra-virgin olive oil
- 1 Tbsp maple syrup
- 1 Tbsp wholegrain mustard
- Sea salt and black pepper
- 6 sprigs thyme
- ½ cup/75g hazelnuts, whole

For the Salad:

- 120g/ 2 cups kale, lightly steamed
- 2 Tbsp cider vinegar

Method

1. Preheat the oven to 190C/375F. Add all the ingredients for the roasted vegetables to a roasting dish and mix thoroughly. Transfer to the oven and cook for 30-40 minutes, or until tender and glazed, giving the dish a shake halfway through the cooking time.
2. Once the vegetables are cooked, arrange the kale on a serving plate or individual dishes. Pile the roasted vegetables on top of the kale, leaving the garlic in the dish.

To make the dressing, peel the garlic and return the cloves to the roasting dish along with the cider vinegar. Mash the garlic cloves and mix everything together with the roasting juices to create a rich, sticky dressing. Pour this generously over the salad, whilst still warm, just before serving.

Tips for a stress-free life

1. Do one thing at a time
2. Get moving - exercise
3. Do something that calms you
4. Develop one healthy habit each month
5. Take time out each day

A Quote I'm Liking this Month

'Yoga doesn't take time, it gives time.'

Garga White

Don't forget your Yoga Gift Vouchers!!!
Thanks for your continued support.

Om Shanti

Michele

