



Yoga is for Everyone Newsletter

October 2021 Newsletter

News Alert - Autumn Workshop THE ART of BREATHING

Sunday 7th November 2021 (10.00am) – 2 hours

Content: Asana, Meditation, Relaxation and lots of Pranayama: understanding it's importance and benefits. Learn to breath better!

"When breath wanders the mind is also unsteady. But when the breath is calmed the mind too will be still, and the yogi achieves long life. Therefore, one should learn to control the breath"

HYP

Please book your place on the Website

It's October - how has that happened!



I hope you have all had a lovely summer and have enjoyed some time in our beautiful countryside over the past few months.

As I write this it's 5.15am, dark, and a little chilly in my workspace. There's a change in the air as we quietly shift seasons into these days of softer light, falling leaves and beautiful autumn colours.

Summer can be a time we fall out of rhythm with our Yoga practice and selfcare a little, so if you'd like some inspiration to get back on your mat again, book into a class.

Christmas is Coming (yes, really!)

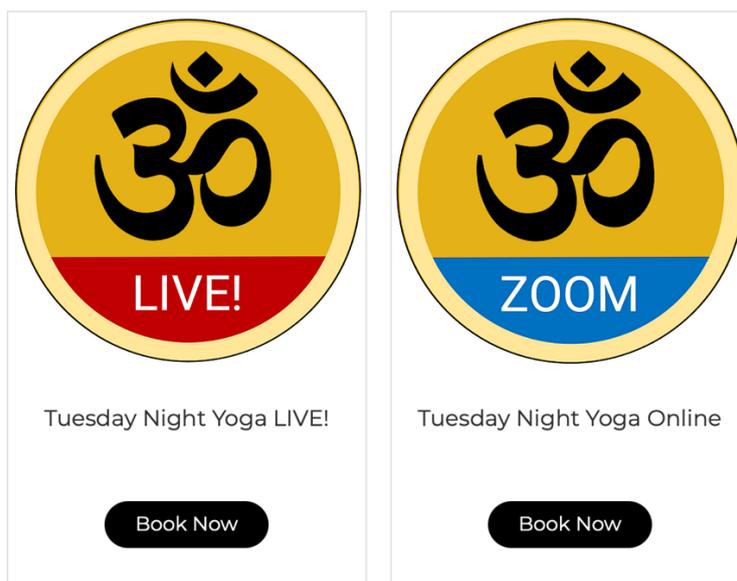
Introduce your friends/colleagues/family to the benefits of yoga - gift vouchers available. Please email me for more details or visit the website.

Class Update

LIVE classes have returned - 7pm Billingley Village Hall every Tuesday.
The Class is also available via Zoom. Either way, please book your place on the website.

Please Book Online

When you view the Book Online page on the website you will see that you have two options for Tuesday Night Yoga, either 'LIVE' or 'ZOOM'. This is what they look like...



Hopefully, it's obvious but to avoid any confusion...

If you want to attend the Live Class at Billingley Village Hall please book using the Tuesday Night LIVE! Button.

If, however, you wish to continue attending Classes via Zoom then book your place using the Tuesday Night Yoga Online button.

There will be a slightly different charge for the classes which reflect the rental of the hall. Specifically, £7.00 for LIVE! Class and £4.00 for the Zoom Class.

If you are attending the LIVE Class, this will be fully Covid secure. Please don't come along if you feel unwell. We will keep 2m apart and check temperatures on admission.

Class fees can be paid via PayPal (when you book online) or via bank transfer (please email me for details). *If you are struggling financially, there is no need to pay, we appreciate that times are tough.*

Quote of the Month

"The world is a gymnasium where we go to make ourselves strong"

Swami Virekananda

Asana of the Month - Blissful Savasana (Savasana)



Although it looks easy, Savasana (corpse pose) has been called the most difficult of the asanas. Indeed, many yoga students who can happily balance, bend, and twist through the rest of class struggle with just lying on the floor. The reason is that the art of relaxation is harder than it looks. It doesn't happen on demand: It's all about relaxing. That's why Savasana is a gift an art. The pose sets up the conditions that allow you to gradually enter a truly relaxed state, one that is deeply refreshing in itself and that also can serve as a starting point for meditation.

When you first start practicing Corpse Pose, it can be a struggle to relax in the pose; you may lie there feeling tense and staring at the ceiling. Or, like some students, you might fall asleep the moment you lie down. The essence of Corpse Pose is to relax with attention. In other words, to remain conscious and alert while still being at ease. Remaining aware while relaxing can help you begin to notice and release long-held tensions in your body and mind.

Benefits of the Pose

The practice is about gradually relaxing one body part at a time, one muscle at a time, and one thought at a time. When you do this practice day after day, it conditions the body to release stress. It can also improve your sense of physical and emotional well-being. But when you have allowed tightness and tension to build up in your body, relaxing—even when you lie down—feels impossible. That's why it's important to practice the other, active asanas before savasana.

Practicing Corpse Pose before sleeping can promote deep, quality sleep. Position yourself in bed using the same points of alignment and supports you use for Savasana on your mat. Spend several minutes in the pose relaxing your mind.

Use of Props

Working with props to support one part of the body at a time can help you learn to consciously relax and refine your practice of Savasana.

If you feel uncomfortable in any part of your body, you may need further support. Use props to relieve any pressure and release tension. Lying flat on the floor is an unusual experience and can feel strange at first, so be patient with yourself. Over time, you'll enjoy it more. Even if you feel like moving, try to stay there for a few minutes until it becomes easier. Gradually notice that a feeling of complete stillness draws you inside. You may notice that the breath has become quiet and almost invisible

When coming out of Corpse Pose, first take a few deep breaths. Give yourself a few moments to regain physical awareness of your arms and legs, and then slowly move your body with gentle attention.

A regular practice of Savasana will train you again and again in the art of relaxation. This is an essential quality for meditation and a true experience of yoga. As you release your physical body, you may even discover another part of yourself that is light and free.

Optimise the Pose

Relax eyes and mind - Gently place a cloth or eye bag over your eyes to block out the light and relax the pupils.

Relax the tummy- Place a sandbag, block, or a few blankets horizontally across your lower abdomen.

Support the neck - Place a folded blanket or cushion under your neck and head until your forehead is slightly higher than your chin.

Relax the back - Place a rolled-up blanket or cushion beneath your knees.

Rationale

We are used to engaging our muscles and our brains to achieve our goals, yet in Savasana, we must become equally skilled at letting all that activity go in order for the pose's beneficial effects to arise. It's hard to let go of the idea that everything important happens when you are moving and taking action. Yet a deeper part of yourself waits for those moments when you are completely relaxed to reveal its truth. A feeling of connection, clarity, all-knowingness, love, or joy may arise from this state of ease and relaxation—a taste of what meditation offers.

Enjoy 🙏🧘

Another Quote

Having done Asana, one attains steadiness of body and mind, freedom from disease and lightness of the limbs.

Yoga Hatha Pradipika (1:17)

Meditation

Some tips for creating a successful meditation practice;

1. Have a designated place where you will be undisturbed.
2. Declutter the space to keep the energy fresh and clean.
3. Place some meaningful objects nearby your designated space.
4. Keep it simple you don't have to be sitting cross-legged can use a chair back against the wall, occasionally corpse pose.
5. Start a little bit earlier in the day with meditation.
6. Try to practice on an empty stomach
7. If it helps keep a diary of how and when you meditate and how it feels to start to get the best time for you and your meditation.
8. Try different things to keep yourself motivated.
9. Don't beat yourself up just go easy on yourself.
10. Five minutes is better than nothing. Try to build up the time as you progress.

Keep going!

Thank you for your continued support.
Stay Safe. Stay Well.

Michele 

