



Yoga is for Everyone Newsletter

August 2021 Newsletter



Facts about September

September is seen by many to be a very pleasant time of the year. The weather changes with cooler nights chasing away the heat of the day. September is the time to finish the year's harvest and celebrate its bounty. The colour changing landscape is special, look around you.

September's name is really quite inaccurate these days. It was originally the seventh month of the ancient Roman calendar, and as such is was named Septem, which translates into "the seventh month". It wasn't until 451 BC that the months January and February were added to the calendar, making September the ninth month. September also used to only have 29 days. Thanks to Julius Caesar's reform of the Roman calendar in 46 BC the month now has an additional day.

According to the data, more babies on average are born in September than any other month of the year.

Sapphire is the birthstone for the month.

The zodiac signs for the month of September are Virgo and Libra

September is the most active month for hurricanes in the Atlantic

Elias Howe patented his sewing machine in September.

The birth flower for September is the morning glory.

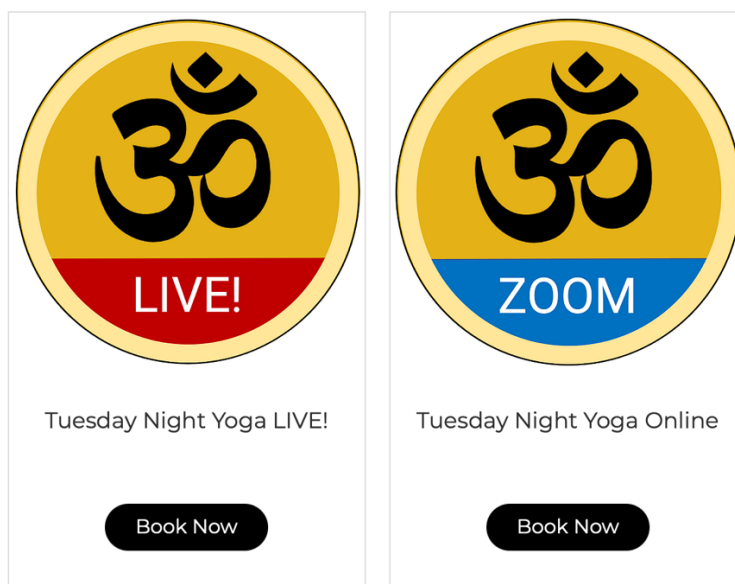
With still great daylight hours and milder weather, September is the perfect time for walks taking in the colour and smells of the season and harvest.

Class Update

LIVE classes have returned - 7pm Billingley Village Hall every Tuesday.
This Class will also be 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.*

Autumn Workshop - watch this space!

Quote of the Month

"That one I love who is incapable of ill will, and returns love for hatred. Living beyond the reach of I and mind, and of pain and pleasure, full of mercy, contented, self-controlled, with all his heart and all his mind given to me - with such a one I am in love."

Bhagavad Gita

Yoga Therapy

The main difference between traditional Yoga Classes and Yoga Therapy is that a Yoga Therapist applies the techniques of yoga with knowledge about a specific problem, experience and skill to help alleviate that problem.

Please just speak to me or contact me via the website. Yoga therapy can and does make a difference.



Asana of the Month - Wide-Legged Seated Forward Bend (Upavista Konasana)



This pose is a great stretching pose for the lower body and can help to cultivate patience and acceptance.

Benefits

Stretches your posterior muscles - including your hamstrings and gluteus maximus.

Stretches the insides of your legs.
Relieves anxiety and stress.
Calms your mind.
Cultivates patience, awareness and acceptance.

Contraindications and modifications

Tightness in your hamstrings and back can limit you in this pose. Try bending your knees to make the pose easier.

If you are unable to reach your toes, place a belt or scarf around each foot and hold on as you fold forwards.

Place a yoga brick or bolster under your forehead if it doesn't reach the ground.

Sit on one or two folded blankets.

Practice under the guidance of an experienced yoga teacher if you have a hamstring or back injury.

Variation

From Staff, widen the legs then hook your first two fingers around your big toes. Tilt back and balance on your sitting bones. Open and lift your chest. Extend your spine. Look upwards.

Moving into the Asana

Sit in Staff pose (Dandasana) with your legs straight in front of you and your upper body upright.

Spread your legs wide apart.

Keep your knees and toes facing up to the sky.

Keep your knees straight.

Press your fingertips on the floor behind your hips and sit upright.

Begin to fold forwards and stretch your arms towards your feet.

Hook your first & middle fingers around your big toes and place your thumbs on the tops of your big toes.

Exhale and move your abdomen and chest forwards.

Move your shoulders and upper chest down.

Rest your forehead or chin on the ground.

Relax your neck and shoulders

Allow a sense of space around your neck by gently moving your shoulders away from your ears.

Move your shoulder blades down your back.

Extend your arms from your shoulders

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.

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

Michele 

