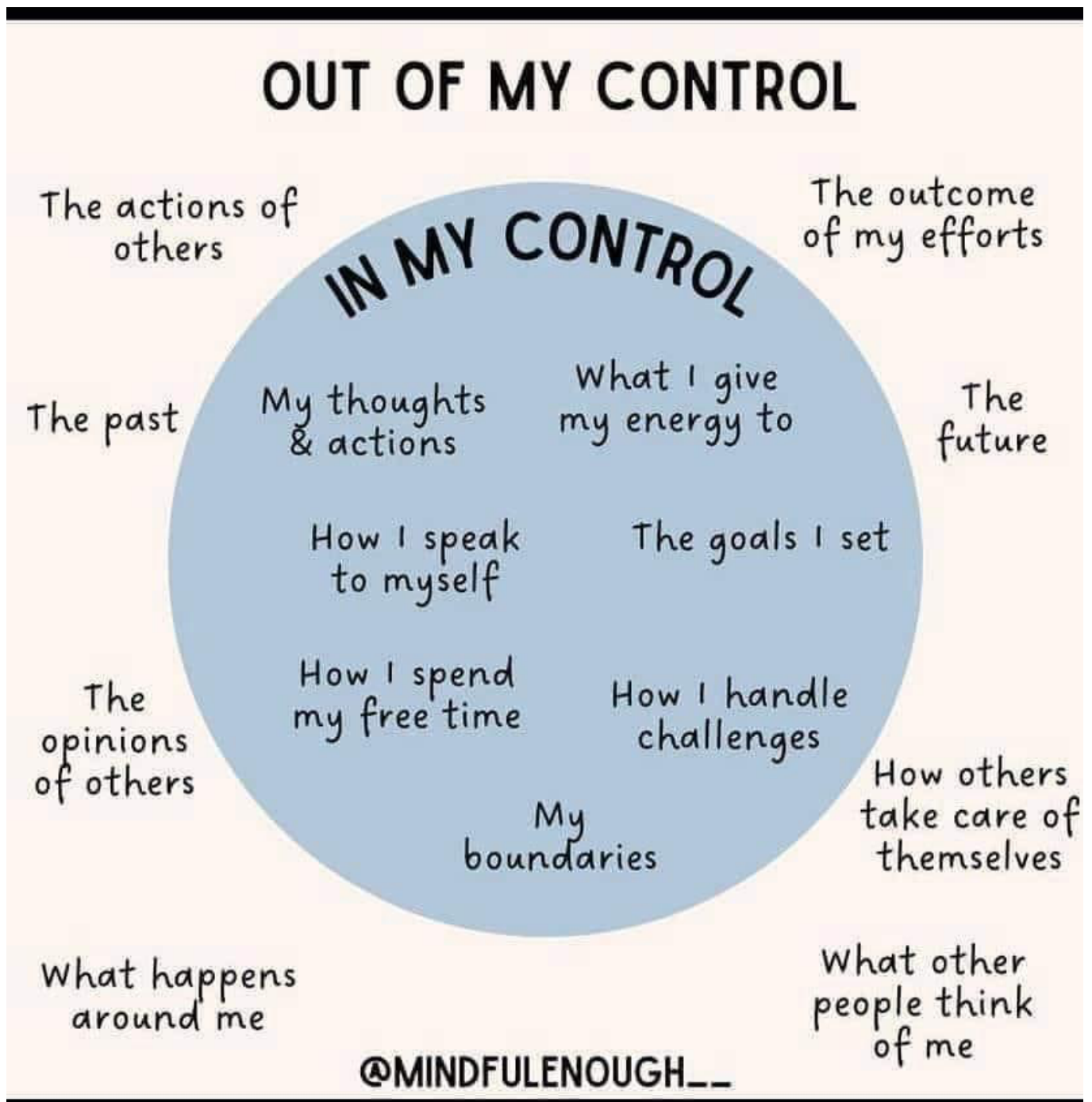




Yoga is for Everyone Newsletter

September 2022 Newsletter



I hope all you yogis had a lovely summer and managed to get away safely.

It is surprising that we are already in September – it makes it so important to always be in the present.

It's amazing to study the Earth and the patterns of the weather, especially so stark with the recent heat wave. Doing so allows us to reflect on our actions and their relationship to sustainability. Doing yoga brings us into the present moment and allows that self-reflection, the time to relax and to study. Yoga is all around us, the conscious nature of just being. Don't be hard on yourself - just accept.

You are perfect, you are unique. Let's move forward in the autumn together as a community, grow together, learn together but more importantly reflect together - that's practice. Being at one with our body, our mind and our breath.

*'Everything I need can be found in the very depths of my heart.
Now is the time to make good use of time, today is the day to begin a perfect day'*
Sri Chinmoy

'Meditation is everybody's birthright. In meditation we establish our oneness with our entire world and the whole being is inundated with peace'
Anon

CLASS NEWS

Tuesday Night Yoga - 7pm Billingley Village Hall

Classes will remain fully Covid secure, please don't come along if you feel unwell. I will still be sticking with the recent measures to help keep us all safe. Please do NOT attend if you have any signs of Covid - please respect your fellow yogis.

Classes are filling up so if you need to cancel your booking, please let me know.

Classes will stay at £4 on Zoom and £7 face -to-face.

Costs are for the zoom licence/hall fees and to support charity. This 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.

Gift Vouchers, Yoga Mats, Blocks and Netties are all available for sale.

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

www.yogaisforeveryone.net

www.ukyogatherapy.co.uk

Asana of the Month - Warrior 3 - Virabhadrasana III

Virabhadrasana III (Warrior Pose 3) requires concentration and stamina to maintain a thoughtful calibration between push and pull—gathering energy in, and extending it out.

“Virabhadrasana III asks us to stand grounded on one leg, rooted down into the earth, yet at the same time to lift the other leg and stretch horizontally from the tips of our toes to our fingertips, like a radiant star expanding into space.

Focus on contracting, pulling in, and connecting with gravity but don’t contract too much; if you hang on too tightly, you will lose expansion—and likely your balance, too. Alternate between expansion and contraction, and treat both with equal importance.

Sanskrit: Virabhadrasana III (*veer-ah-bah-DRAHS-anna*)

Pose type: Standing posture

Targets: Full body

In addition to strengthening your standing ankle and legs, this balancing pose tones your abdomen and improves your posture. It also strengthens your shoulders and the muscles of your back.

1. Begin in Warrior Pose I with your right foot forward.
2. Root down firmly with your right heel to lift your lower tummy, drawing the abdominals in and up and releasing your buttocks down.
3. Firm your right outer hip into your midline as you straighten your left leg.
4. Energise your arms to draw more length into your side body.
5. Turn your left inner thigh toward the ceiling to roll your left outer hip forward, then pivot onto your back toes so your back leg is in a neutral position.
6. Inhale to lengthen your spine.
7. Exhale and tilt your torso forward, and reach your arms out ahead.
8. Shift your weight into your front foot, and move forward as you lift your left leg until it is parallel to the floor.
9. Your upper arms frame your ears, and your head, torso, pelvis, and lifted leg to form a straight line.
10. Continue to turn your left inner thigh to the ceiling so your leg remains neutral and your pelvis is level.
11. Continue to engage your right outer hip to provide stability for your standing leg.
12. Push back with your left heel while extending forward with your arms, the crown of your head, and your sternum.
13. Tone your lower belly, and direct your tailbone toward your left heel to provide support for your lower back.

14. Hold for 5–10 breaths, then carefully bend your right knee and step back with your left foot, returning to warrior I.



15. Exit, and repeat on the other side.

- Use a wall for stability

For added stability, bring your hands to blocks at any height rather than the floor.

'Yoga takes you into the present moment, the only place where life exists.' Patanjali

Rumi (one of my favourite poets)

Body Intelligence

Your intelligence is always with you over seeing your body even so you may not be aware of its work

If you start doing something against your health your intelligence you will eventually scold you

If it hadn't been so lovingly close by and so consistently monitoring how could it rebuke

You and your intelligence are like the beauty and the position of an asrolabe

Together you calculate how many existence is to the sun !

Your intelligence is marvelously intimate it is not in front of you or behind or to the left or the right

Now try my friend to describe how near is the creator of your intellect!

Intellectual searching will not find the way to that King!

Taken from Rumi "Body intelligence"

"We are the ones we have been waiting for"

Hopi Elders Prophecy

Ten September Facts

1. September is the only month with the same number of letters in its name as the number of the month: it is the ninth month and has nine letters.
2. The Anglo-Saxons called September Gerst Monath (Barley Month) or Haefest Monath (Harvest Month) celebrating the barley harvest.
3. September is the worst month for share prices which on average lose one per cent of their value.
4. September (from the Latin septem, seven) was the seventh month of the old Roman calendar.
5. One Day In September, about the murder of 11 Israeli athletes at the 1972 Olympics, is the only film with September in the title to win an Oscar.
6. In 1752, September had only 19 days in the UK. The 3rd-13th were omitted in the change from Julian to Gregorian calendar.
7. Until Julius Caesar's calendar reform of 45BC, September had only 29 day
8. My favourite poem is the one that starts 'Thirty days hath September 'because it actually tells you something.' (Groucho Marx)

9. On an average September day more babies are born in the US than on a day in any other month.

10. In the UK, September 26 is the most common birthday for people born in the last 20 years.

Ten Unmissable Foods in Season in September

- Grapes
- Pears
- Elderberries
- Beans
- Cherries
- Dates
- Mushrooms
- Watercress
- Cauliflower
- Figs

Turmeric Tea

3 heaped tsp ground turmeric

1 tbsp fresh grated ginger

1 small orange zest

Honey and lemons slices to serve

Method

Step 1;

Boil 500ml of water, add turmeric, ginger and orange zest in a teapot or jug, pour over the boiling water and allow for infuse for 5 minutes.

Step 2;

Strain through a sieve or tea strainer into cups, add the slice of lemon and sweeten if required the honey.

Enjoy 🙏

Yoga Therapy

Yoga therapy is an adaptation of the practice, catering specifically for those with health problems and/or physical injury. The aim of yoga therapy is to support natural healing while offering other benefits.

Using this discipline in a therapeutic setting is different than most of the classes you see advertised. Yoga therapy is a more tailored practice that looks to help those with health/mobility problems or those recovering from injury.

While general yoga is preventative in nature (and may help resolve mild ailments) it may not be suitable for those with specific mobility/health concerns. In contrast, yoga therapy looks to encourage healing of such ailments with a personalised treatment plan.

Some concerns that can be addressed include:

- arthritis
- back pain
- depression
- painful joints
- certain musculoskeletal issues
- stress
- headaches.

As with all complementary therapies, yoga therapy is designed to be used alongside conventional treatment to help the body heal more effectively. In some cases, the therapy will not be able to 'cure' an ailment, but it may help you to better manage your symptoms and lower any associated stress. After getting the go-ahead from your doctor (if required), your first port of call will be to have a consultation with me. During this meeting I will discuss your medical history to ascertain your specific concerns. I will also ask about any lifestyle factors which may be affecting your condition.

I will then devise a treatment plan. I will put together a range of suitable poses and exercises. The poses that I will recommend will depend on your issues/concerns/needs.

In most cases the therapy will be delivered in a one-to-one setting, however it can also be delivered to groups of people with the same ailment. During your sessions I will show you how to do the poses and will ensure you are doing them safely. I will also keep track of your progress, adjusting your treatment as needed.

I will also encourage you to continue your practice at home.

I may also offer advice on relaxation and meditation too, to complement your therapy.

Just email me for more details.

Check out the website. You will be surprised 

Yoga is an ancient practice that brings movement and breath together to promote physical and mental well-being. The benefits are varied and include increased flexibility, improved strength and reduced stress levels. For dedicated yogis, it is more than just an exercise - it is a way of life. The philosophical side of the practice dates back thousands of years, with roots in ancient India.

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Yoga Philosophy

The yoga sutras teaches that the mind becomes clear when the conditions of the heart are cultivated 1.33

See you all on the mat. Stay safe out there.

Namaste

Michele 🙏

