



Yoga is for Everyone Newsletter

November 2021 Newsletter



'Regular practice of Asana maintains the physical body in an optimum condition and promotes health even in a non-healthy body through Asana practice the dormant energy potential is released and experienced as an increased confidence in all areas of life'

From: Asana Pranayama Mudra Bandha.

Don't forget...Gift Vouchers available for Christmas (or any time!)

Aromatherapy for November

As we note the change in the colours around us, a great oil to mark this transition, as we go through the seasons is *Himalayan Cedarwood*. A great cedarwood oil and one that is less commonly used – even though it was used in ancient temples as it helps support strength and positivity as the season changes and as we begin to retreat more inside.

Try and place a couple of drops into carrier mix then massage into the hands and inhale deeply this mixture can also be used to massage into any achy joint. The oil can also be used (small drop) on dry autumnal skin. It is also great for meditation to help calm and clear the mind - put a few drops into a diffuser to quieten the mind.

Great for all, but use sparingly and best avoid if pregnant.

Class Update

Workshops are back

THE ART of BREATHING – Sunday 7th November - only a couple of places left!

2-hour class: Asana, Meditation, Relaxation

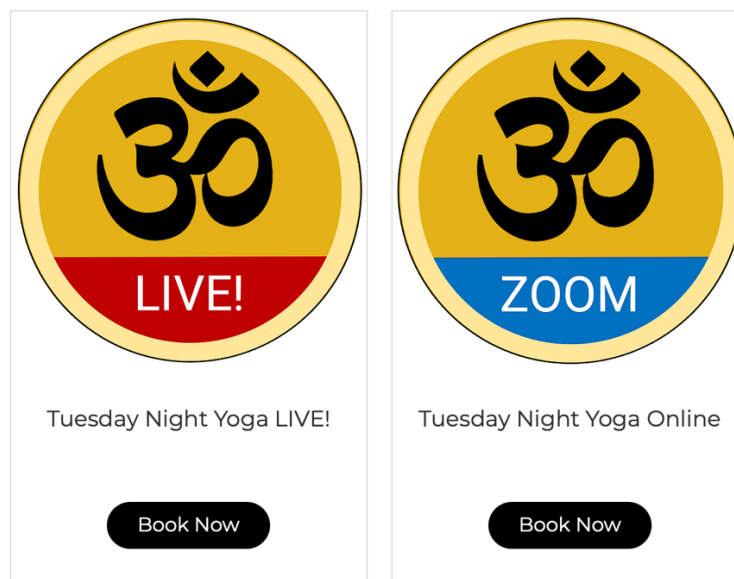
And lots of Pranayama: understanding it's importance and benefits.

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.*

Health Declaration - please let me know if your health form/declaration changes.

Quote of the Month

Life is a balance between rest and movement."

Oslo

Asana of the Month – Triangle (my favourite Asana 😊) – Trikonasana



Step by step

- To come into Triangle pose or Trikonasana, stand facing the long side of your mat with your feet about a leg distance apart.
- Turn your right foot out so your toes are pointing to the short edge of the mat and turn your left toes in, about 45 degrees. You are looking for stability through both legs.

- Engage your legs and roll the right thigh out so the right knee is in line with the first two toes.
- Lengthen through both sides of the waist, draw your lower abdomen in and up and lift your arms parallel to the floor.
- Inhale as you reach to the right extending your body over your right leg, shifting your hips towards the back of the mat. Exhale as you bring your right arm down, placing your hand either on the leg, the floor or a block. Rotate your ribs towards the ceiling.
- Point the left arm straight up to the ceiling, hand in line with your shoulder, palm facing forwards
- Lengthen through the sides of the neck, keeping your neck in line with your spine. Look straight ahead, or tuck the chin slightly and turn to look up towards your left hand.
- Keep your face relaxed and breath gently as you keep pressing through the feet, extending through fingertips and crown of the head, and rotating your ribcage.
- To come out press your feet firmly into the floor, inhale and reach your left arm up to the ceiling as you come back to standing straight.
- Pivot your heels and repeat on the other side.

Beginner Tips

- Place your hand on a block on the inside or outside of the foot depending on what feels best for your body, to keep both sides of your waist long.
- Press firmly through the feet to help your upper body feel lighter – this is the press-rebound effect.

Benefits of Triangle pose

- Strengthens the legs and back.
- Stretches inner thighs, hamstrings, calves, spine, shoulders, chest and opens hips.
- Energises, balances and improves focus.
- Stimulates abdominal organs.

Watch out for

- This pose used to be taught with the instruction of 'imagine you're between two panes of glass 'to encourage people to keep both hips in a line. However this can put strain on the lower back. Instead, when folding towards your left foot, allow the right hip to roll forward (and vice versa).
- Keep a micro-bend in the knee that you are bending towards and avoid placing your hand directly on the joint.
- In case of neck issues, look down to the floor.

Book Lovers:

I am loving dipping in and out of *The Boy, The Mole, The Fox and the Horse* by Charlie Mackey - an example below:



This book really does help to us link life to living our yoga.

See you all in class. Hope you are enjoying the newsletters - please do let me know.



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

Michele 🙏

