



Yoga is for Everyone Newsletter

October 2019 Newsletter



Undisturbed calmness of mind is attained by cultivating friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference towards the rest.

The whole purpose of these Yoga is to give you some deep nourishment, rest and rebalance. The practices we work with very much can be classed as 'tools for life', so our classes together will give some practical tips to help us deal with whatever life sends our way ❤️ 🙏

Class and Workshop News

Tuesday 8th October – Sorry, no Classes

Saturday 19th October - 9.30am Yoga Hub

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

Saturday 30th November – 10.00am Yoga Workshop - Countdown to Christmas

Yoga Therapy

NEW Yoga therapy sessions. Tailored to your particular issue, email or ask for further details

1-2-1 Sessions

If there is anything you wish to work on I do 1-2-1 sessions (including relaxation and meditation sessions) tailored to meet your needs. Help your practice go deeper or work on a specific yoga asana or practice. Contact me for further details and prices.

Yoga Gift Vouchers

Struggling for gift ideas? Whether it's a Birthday or Christmas present, 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!

Pranayama

Halloween already! 🎃 So instead of asana of the month I thought that this month we would look at alternate nasal breathing, in order to balance our bodies and minds. Bringing ourselves into balance and helping to settle our minds as we build up to Christmas.

Alternate nostril breathing is a yogic breath control practice. In Sanskrit, it's known as nadi shodhana pranayama. This translates as "subtle energy clearing breathing technique."

The practice may enhance overall health and well-being. It has also been shown to have a positive effect on mental health by reducing stress and anxiety.

Other Benefits:

Some of the benefits of this pranayama practice include:

- Balance to both the right and left hemispheres of the brain
- Reduction of anxiety and stress
- Lowered heart rate to relieve tension
- Revitalisation of a tired mind and body
- Purification of the body's channels, so that prana, or life force energy, can travel more easily
- Regulation of the cooling and warming cycles of the body
- Reduction in blood pressure
- Preparation for deeper meditation

How to do:

Alternate nostril breathing can be useful for both the beginner and more advanced yoga practitioner. Below is a basic intro to alternate nostril breathing, or nadi shodhana.

1. Find a comfortable seat. Come into Sukhasana (Easy Pose - crossed legged) or sit on a blanket or pillow. A chair can also be used. Feel your sit-bones grounded you as you lift ever so slightly from the crown of the head, creating a long spine. Be comfortable.
2. Rest your left palm on your left knee, moving your right hand towards the nose.
3. Using the right thumb, softly close the right nostril, and inhale as slowly as you can through the left nostril, then close it with your ring finger. Pause. Open and exhale slowly through the right nostril.
4. With the right nostril open, inhale slowly, then close it with the thumb. Pause. Exhale through the left nostril. Once your exhalation is complete, inhale through the left. Pause before moving to the right.
5. Repeat this pattern five to ten times, and then release the right hand to the right knee.
6. This completes one round.
7. Practice for several minutes
8. Ease back into normal breathing.

Nadi shuddhi (alternate nostril breathing)

An illustrative guide



Recipe of the Month

Fennel, New Potato and Black Olive Traybake



Ingredients

- 2 fennel bulbs, trimmed and cut into wedges
- 2 small red onions, peeled and cut into wedges
- 3 cloves garlic, squashed with the back of a knife
- 200g (1 ½ cups) pitted black olives
- 450g (2 cups) baby potatoes
- 2 tbsp olive oil
- 1 tbsp chopped fresh tarragon
- Sea salt and black pepper, to taste

Method

1. Preheat the oven to 180°C (Gas Mark 4, 350°F). Place the potatoes and a pinch of salt in a saucepan and cover with water. Bring to the boil and simmer for 10 minutes. Drain and set aside.
2. Arrange all the rest of the ingredients on a baking tray and drizzle over the oil. Transfer to the oven and bake for 30 minutes, or until the potatoes are tender. Mix everything together before serving with a crisp salad dressed with lemon juice.

Aromatherapy

Sweet Basil Oil

Made from the flowering tops and leaves of the basil plant. Sweet basil oil (*ocimum basilicum*). Late summer oil.

Place one drop on a tissue deeply inhale to help release tension and motion sickness. When mixed with water and a little tea tree oil it is also good to help reduce inflammation.

Added to a diffuser helps with meditations, helping clear the mind.

Use with caution and sparingly, can cause irritation. Avoid during pregnancy.

Always check with your doctor if you have any concerns.

Yoga Philosophy

The perennial wisdom of the Bhagavad Gita can teach us how to transform our character, conduct and consciousness to meet the challenges of everyday life.

Affirmation - for self acceptance and change

*'I am open to the rhythm and flow of life.
I am accepting of change, knowing that change is full of positive, endless
possibilities.'*

Have a super month.

Thanks for your continued support.

Om Shanti

Michele



BRITISH WHEEL OF YOGA
TEACHER