



# Yoga is for Everyone Newsletter

## May 2022 Newsletter



*'The real payoff of a yoga practice I came to see it's not a perfect handstand or a deeper forward bend it is the newly born self that each day steps off the yoga mat and back into life'*

Ralph Gates

### **CLASS NEWS**

Pop-Up Classes – Watch the Website!

New - Restorative Yoga Classes – trauma informed practice

## **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](http://www.yogaisforeveryone.net)

[www.ukyogatherapy.co.uk](http://www.ukyogatherapy.co.uk)

## **Asana of the Month**

This month practice a short sequence for back care.

Begin in Semi Supine...



*When in pose: 3 minutes yogic breathing*

Knee Hug...



*When in pose: 3 breaths*

Reclined Twist...



*When in pose: 3 breaths, each side*

Knees to chest...



*When in pose: 6 breaths*

Corpse Pose...



When in pose: 10 minutes

*'Looking behind I am filled with gratitude  
looking forward I am filled with vision  
looking upwards I am filled with strength  
looking within I discover peace'*  
Query Apache prayer

### **Pranayama Practice**

#### **711 breathing**

There are many pranayama practices but this one is great when you need to slow things down and reduce your stress levels;

1. Sit comfortably with your side street be slowly filling your abdomen so that it rises as you count to 7
2. Exhale slowly to keep exhaling for 11
3. So inhale for seven
4. Exhale for 11

Enjoy 🙏🧘😊

### **This is Amazing!**

#### **10 THINGS TIME HAS TAUGHT ME**

1. Most of our life is spent chasing false goals and worshipping false ideals. The day you realise that is the day you really start to live.
2. You really, truly cannot please all of the people all of the time. Please yourself first and your loved ones second, everyone else is busy pleasing themselves anyway, trust me.

3. *Fighting the ageing process is like trying to catch the wind. Go with it, enjoy it. Your body is changing, but it always has been. Don't waste time trying to reverse that, instead change your mindset to see the beauty in the new.*
4. *Nobody is perfect and nobody is truly happy with their lot. When that sinks in you are free of comparison and free of judgement. It's truly liberating.*
5. *No one really sees what you do right, everyone sees what you do wrong. When that becomes clear to you, you will start doing things for the right reason and you will start having so much more fun.*
6. *You will regret the years you spent berating your looks, the sooner you can make peace with the vessel your soul lives in, the better. Your body is amazing and important but it does not define you.*
7. *Your health is obviously important but stress, fear and worry are far more damaging than any delicious food or drink you may deny yourself. Happiness and peace are the best medicine.*
8. *Who will remember you and for what, become important factors as you age. Your love and your wisdom will live on far longer than any material thing you can pass down. Tell your stories, they can travel farther than you can imagine.*
9. *We are not here for long but if you are living against the wind it can feel like a life-sentence. Life should not feel like a chore, it should feel like an adventure.*
10. *Always, always, drink the good champagne and use the things you keep for best. Tomorrow is guaranteed to no one. Today is a gift that's why we call it the present. Eat, Drink & Be Merry.*

Donna Ashworth

### **My May Comment**

Yoga practice can make us more and more sensitive to subtler and subtler sensations in the body. Paying attention to and staying with finer and finer sensations within the body is one of the surest ways to steady the wandering mind.

### **Facts about May**

May is known as a month of transition. In the northern hemisphere, the fresh cold winds are gone, and the rains of early spring.

By the time May comes around, the spring flowers are blooming, birds are chirping, and life is starting to seem a little more joyful day by day!

The name *May* is the modern-day English adaption of the Latin word *Maius*, which has origins going back to the time of the ancient Greeks. They named the month of May (or *Maius*) after the Greek goddess of growth.

A Roman poet by the name of Ovid had different ideas surrounding the etymology of the naming of May. He claimed that it was from the word *Maiores*, the Latin for “elders,” that the month gained its name.

The word *May* wasn't actually used until the middle ages were on their way out, around the 15th Century AD. Up until then, the Roman word *Maius* was still used.

May used to have a very different name in Old English. Back then, the month was referred to as the “month of three milkings.” Unsurprisingly, this meant that during this month, you could milk your cows up to three times per day!

May was once considered an incredibly ill-omened time to get married. There's an adage for it actually, which goes: “*Marry in May and you'll rue the day.*” It's not clear where exactly the saying comes from, but there must have been a pretty good reason not to get married in one of the most beautiful months

The birthstone for May is the emerald. Emeralds are a type of stone called beryl and typically range from a deep-sea green to a lighter color. Emeralds are symbols of fertility and rebirth.

**Rumi** (one of my favourite poets)

*'Spring giddiness stand in the wake of this chattering and grow airy  
Spring time when ecstasy seems the natural way to be and any other out of tune with the  
season of soul growth*

*Street song so airy silent and lively conversation between plants  
No urgency about what gets said or not said*

*We feel part of some hilarious knob pulling up to the surface into light or lying back in a  
wagon going who knows where The weather of Spring is all one long extravagant  
absorption with the ground and sky the fragrances and what unfolds from within'*

# my yoga

it doesn't matter if things aren't perfect. my practice is my time to feel alive, loved and free.

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

Namaste

Michele 🙏

