



# Yoga is for Everyone Newsletter

## December 2021 Festive Newsletter

Merry Christmas Yogis



**GIFT VOUCHERS available for Christmas** 🌲

### **Practising with the Seasons**

I tend to adjust my practice to the seasons

One of the factors that tend to increase during the winter months is the extension of the postures I hold my posture is longer

This allows heat but I also think helps what are generally cooler muscles warm up and stretch

Some top tips as we go into the darker days

1. Just keep going when it's dark and cold you don't have the tendency to practice this is exactly the time you need to practice
2. Remember your brain will be negative and contradict whatever comes up so be strong list all the accomplishments that you have done and don't tell other boys and you're in a psychic to be heard
3. Be gentle give yourself time give yourself self-care and make this a louder noise in your mind
4. Enjoy have fun explore but most of all just hit them out and go with the flow

### **A meditation to help with the stresses of the festive season**

Bring awareness to your breath.

Notice how it sounds like the ocean now imagine that you are sitting on the beach watching the ocean feel the Sun and breeze on your skin is soft sand underneath your feet hear the call of the birds in the sky above you in the sound of the gentle tide observe the waves washing up onto the shore then gliding back to the ocean.

Bring your attention back to your breath and synchronise the breath to the tide the inhale the water is drawing the waves around you as they wash up on the beach and as you exhale send them back to join the ocean and feel that you were born with the sea not separated

Let each exhale wash away frustration and judgement and let each inhale feel you with compassion and joy

After 5 to 10 minutes return to the sensations within your body and feel your breath return to normal.

### **Class Update**

### **IMPORTANT NEWS**

I am moving Tuesday Night classes to Zoom during December (except the workshop below) due to winter months and travel. Let me know if this is an issue for you.



### **Workshops are back**

**THE ART of BREATHING** – Sunday 12th December

2-hour class: Asana, Meditation, Relaxation

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

**Please Book Online**

## Asana for December – Kumbhakasana



This asana will bring us strength and focus as we move through December.

### Step by step

- From all fours bring your shoulders over your wrists, fingers spread, middle finger pointing forward. Press your hands into the floor, firm the upper arms in towards each other.
- Draw the lower belly in and up.
- Extend one leg back with your toes tucked and then the other leg, so you are in a high push-up position. Your body is in a straight line from head to heels.

- Slide your shoulder blades down along the spine, firm them into the back and press the space between the shoulder blades up towards the ceiling.
- Engage your thigh muscles and lengthen the tailbone towards your heels.
- Keep pushing the floor away evenly with the palms of the hands and imagine you're pressing the heels back against a wall.
- Draw the legs together without actually moving them. This creates more core strength and stability.
- Look at the floor slightly forward, jaw relaxed. Breath is even and steady.
- You can stay in this pose anywhere between 5 breaths to a couple of minutes.
- To come out of the pose, push yourself back into Downward Facing Dog or lower the knees to the floor and rest in Child's pose.

#### Watch out for

- If you have sore wrists roll up your mat or a towel and place it under the heel of your hand to reduce the angle of the bend of the wrists.
- If you have a more serious wrist injury or carpal tunnel syndrome substitute Plank for a Forearm Plank.
- Take care that you are not dropping the hips or lifting them higher than the line of your body.

#### Variations

- Practise Core Planks by bringing the right knee to your chest then back, then to your right upper arm, then across your body to your left arm. Repeat three times on each side
- Try lifting one foot off the floor keeping the leg straight. Keep the leg lifted as you transition into Chaturanga or a Three-Legged Downward Dog.

#### Benefits

- Strengthens and tones your whole body.
- Develops core strength and stability.
- Prepares the body for other arm balances.

## **Recipe for Christmas - Meat free sausage rolls**

Servings: Makes: 6 large rolls

### **Ingredients**

For the pastry;

250g (2 1/4 cups) self-raising gluten-free flour

1/2 tsp Xanthan Gum

Pinch Salt

150g (2/3 cup) dairy-free butter, cubed

5 tbsp Water

2 tbsp plant-based milk

For the filling;

1 tbsp Oil

1 Onion, finely diced

1 clove garlic, puréed

1 tsp smoked paprika

1 tbsp sage leaves, finely chopped

1 apple, diced

1 tin lentils, drained and mashed

1 tbsp gluten-free Dijon mustard

1 tbsp gluten-free tomato ketchup

2 tbsp Gram Flour

### **Method**

For the pastry, add the flour, xanthan gum and salt to a large bowl. Loosely rub the butter into the flour mix, making sure to still have small butter lumps, as this is what keeps the pastry flaky. Slowly add the water until a firm dough is formed (you may not need all the water). Cover the dough and place in the fridge to rest for 20 minutes.

Once chilled, remove the dough from the fridge and roll into a rectangle. Fold the top third of the rectangle down and the bottom third up, to meet in the middle. Turn the pastry 90° and repeat this process; then cover the pastry and transfer to the fridge for a further 20 minutes.

Whilst the pastry is resting, for the filling, add the oil to a saucepan over a medium heat, then add the onion, garlic, smoked paprika and sage, and cook for 2-3 minutes until the onion is soft.

Add the apple to the pan and cook for a further 3-4 minutes until the apple softens, before removing the pan from the heat. Add in the mashed lentils, mustard, ketchup and gram flour and mix well.

Preheat the oven to 200°C/400°F/Gas 6. Remove the pastry from the fridge and roll it into a long, thin, 5mm-thick rectangle. Place a line of filling on the pastry stretching from one end to the other, about 1-inch in from the edge. Roll the pastry around the filling, using the

milk and a pastry brush to seal the edge. Cut the filled roll into six larger or twelve smaller rolls. Place them onto a lined tray and bake in the oven for 25-30 minutes.

Enjoy! 😊

### Quote of the Month

*"Mountain pose teaches us, literally, how to stand on our own two feet.... teaching us to root ourselves into the earth.... Our bodies become a connection between heaven and earth." - Carol Kikki*

### Yoga is a...



Thank you for your continued support and best wishes for the season and 2022.  
Stay Safe. Stay Well.

Michele 🙏

