



Yoga is for Everyone Newsletter

February 2022 Newsletter

Welcome to all our new yogis; hope you are enjoying exploring this beautiful art together.

The word yoga comes from Sanskrit, the language of ancient India. It means union, integration, or wholeness. It is an approach to health that promotes the harmonious collaboration of the human being's three components: body, mind, and spirit.

Yoga

Yoga, an ancient practice and meditation, has become increasingly popular in today's busy society. For many people, yoga provides a retreat from their chaotic and busy lives. This is true whether you're practicing downward facing dog posture on a mat in your bedroom, in an ashram in India or even in New York City's Times Square. Yoga provides many other mental and physical benefits.

Types of Yoga

There are many types of yoga. Hatha (a combination of many styles) is one of the most popular styles. It is a more physical type of yoga rather than a still, meditative form. Hatha yoga focuses on pranayamas (breath-controlled exercises). These are followed by a series of asanas (yoga postures), which end with savasana (a resting period).

The goal during yoga practice is to challenge yourself physically, but not to feel overwhelmed. At this "edge," the focus is on your breath while your mind is accepting and calm.

"In oneself lies the whole world and if you know how to look and learn, the door is there and the key is in your hand. Nobody on earth can give you either the key or the door to open, except yourself."

Shiva Bhanadana

Asana of the Month - Ardha Chandrasana - Half Moon Pose

The moon is becoming less dominant to the sun! As we move towards spring.

Ardha Chandrasana (Half Moon Pose) is a challenging posture that will test your balance. You bring in energies from both the moon (calm, cooling) and the sun (fiery, intense), as you root down with your standing leg and stabilising arm while lifting and extending your raised leg and opposite arm.

Practice Half Moon Pose on both sides to work on postural imbalances. If you have a tight chest or hips (say, from sitting at a computer all day), do some hip opening stretches before moving into this pose, so that you can more easily rotate your torso and lengthen your ribcage.

If you lose your balance and fall in Half Moon Pose, simply refocus and reconnect with your breath. It's the same way in daily life: When you get distracted, come back to your breath and to the present moment.

Sanskrit: Ardha Chandrasana (*are-dah chan-DRAHS-anna*)

Pose type: Standing Balance

Targets: Full Body

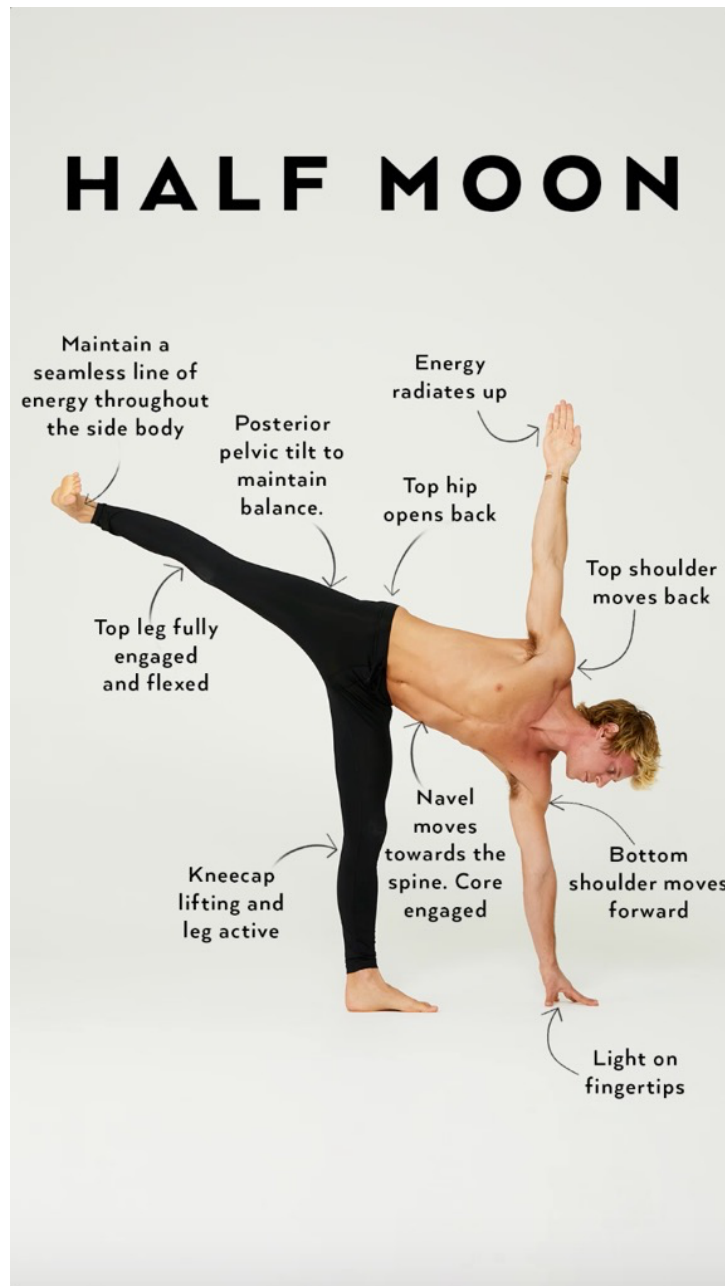
Benefits

Half Moon Pose is good for strengthening both legs evenly, teaching coordination.

How to do:

1. Start if possible left hand on floor with your left foot forward. Back leg raised.
2. Bring your right hand to your hip and turn your head to look at the floor.
3. Bend your front leg and shift your weight into your front foot.
4. Reach your front hand a little forward and place it on the mat or a block directly beneath your front shoulder. Press down through your fingers to steady yourself.
5. Lift your back leg until your thigh is parallel to the floor. Slowly turn your chest to face the right, twisting your torso and hips. Reach your top hand to the ceiling.
6. Either keep your gaze on the floor or slowly bring it to your top hand. Keep a slight bend in your standing leg so you don't hyperextend your knee.

7. Exit the pose the same way you came into it and return to standing.



Beginners tip

If you have difficulty touching the floor with your lower hand, support your hand on a block. Start with the block at its highest height and, if your balance is steady and comfortable, lower it down first to its middle height, then finally if possible to its lowest height.

CLASSES 2022

Tuesday classes will remain mixed, but keep an eye on the website, weather etc.

Please Note: No Classes on the 8th or 15th March.

Restore and Renew - There will be a new 30 min zoom class - Restorative Yoga. To help support us following 2020/21 and giving us strength.

Workshops are being planned more in subsequent newsletters.

Saturday Mediation sessions to return....

Yoga one to one sessions are available.

Yoga Therapy sessions are available.

Please check out and book on the website

"Whatever you do in life, yoga shows you how to do it better."

Chinese New Year

Chinese New Year will soon be upon us – and with it comes a host of superstitions that will apparently dictate how the next 12 months will play out for each of us.

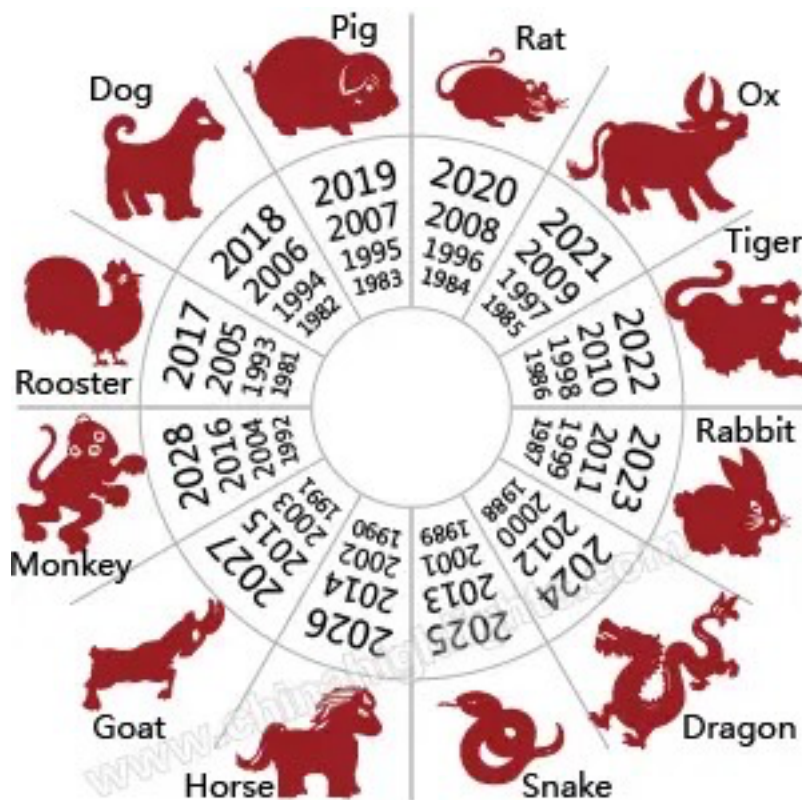
Chinese New Year 2022 will fall on Tuesday 1st February and start the year of the Tiger.

People born in a year of the Tiger are predicted to be brave, competitive, unpredictable, and confident.

Lucky numbers for people born in the Year of the Tiger are one, three and four, and their lucky colours are blue, grey and orange. Their lucky flowers are cinerarias and anthuriums.

Washing clothes, using scissors and sweeping floors are some of the easier omens to sidestep. However, parents might find it difficult to dodge crying children and – on the more extreme end of the scale – women might find it difficult to avoid leaving the house all day. According to Chinese superstition, doing any of these on Feb 1 – the day Chinese New Year falls in 2022 – will lead to bad luck for the entire coming year. But it isn't all doom and gloom as 2022 is the Year of the Tiger, an animal that symbolises strength and being brave.

The new year, also known in China as the Spring Festival, is marked by the lunisolar Chinese calendar; this means the date changes from year to year.



The festivities usually start the day before the new year and continue until the Lantern Festival, the 15th day of the new year.

The Chinese zodiac is divided into 12 blocks (or houses) just like its western counterpart, but with the major difference that each house has a time-length of one year instead of one month. Each Chinese New Year is characterised by one of 12 animals that appear in the Chinese zodiac – last year was the Year of the Ox.

Yoga Therapy - Part 2

You love yoga. You've read the sutra and taken them to heart, and you regularly rely on your restorative practice to decompress. But now you're wondering how else yoga can help improve your mental and physical health. Or, you have a new condition or challenge—you're dealing with prolonged anxiety, or just had knee surgery—and are looking for complementary healing treatments. Enter Yoga Therapy

This ancient tradition combines asana, meditation, mantra, and yoga philosophy to address specific physical and mental concerns. Yoga therapy is, in essence, working one-on-one with a yoga expert on a specialised, customised, therapeutic practice that can help you with everything from easing symptoms of depression and anxiety to recovering from chemotherapy, managing diabetes or Covid.

Yoga classes address your overall health and help you to feel more flexible, balanced, and resilient, mentally and physically. A yoga therapist, on the other hand, works with a person

suffering from certain issues — rheumatoid arthritis, hypertension, Parkinson’s disease, long Covid to name a few—and uses yoga to help alleviate symptoms.

Yoga therapy may be for you, too, if you’re interested in getting to the root of your physical and mental health issues, instead of just treating the symptoms.

Check out the website and give it a try.

So, that’s it for this Newsletter. I hope you have enjoyed it, and I hope you find the time each day to move your beautiful bodies, breathe a little deeper, and pause in stillness and gratitude for the many blessings we all have around us.

Michele 

