



Yoga is for Everyone Newsletter

September 2020 Newsletter

Class Update

Yoga Workshop - Moving with Gratitude.

Saturday 28th September 2020

2 hours of yoga, breath and relaxation.

[Book Online Here](#)

NEW - A Little extra for Fridays - NEW

ZOOM 30 min Yoga Chill session. **NEW TIME - STARTS 18th September at 6pm.**

Gentle, restorative movements with breath then relaxation 🧘 to prepare us all for the weekend. £3 via PayPal or what you can pay. Bank details available on request.

Live Classes at Billingley Village Hall are back and are going well! 🤝 😊 ☐

Classes will be facilitated to keep us all as safe as possible;

I will check your temperature (non-contact) on admission to class.

You must come with your own equipment.

You must use the hand sanitiser which will be on the door when you arrive.

You must stay away if you have any signs of the virus.

You must stay 1 meter apart.

Please pay by PayPal or bring the correct money, no change will be given.

That said - it will be great to see you all in person.

Live class time will be 7pm - one class only. £7.00

Please book early and please book on-line.

121 Yoga sessions available - please email me.

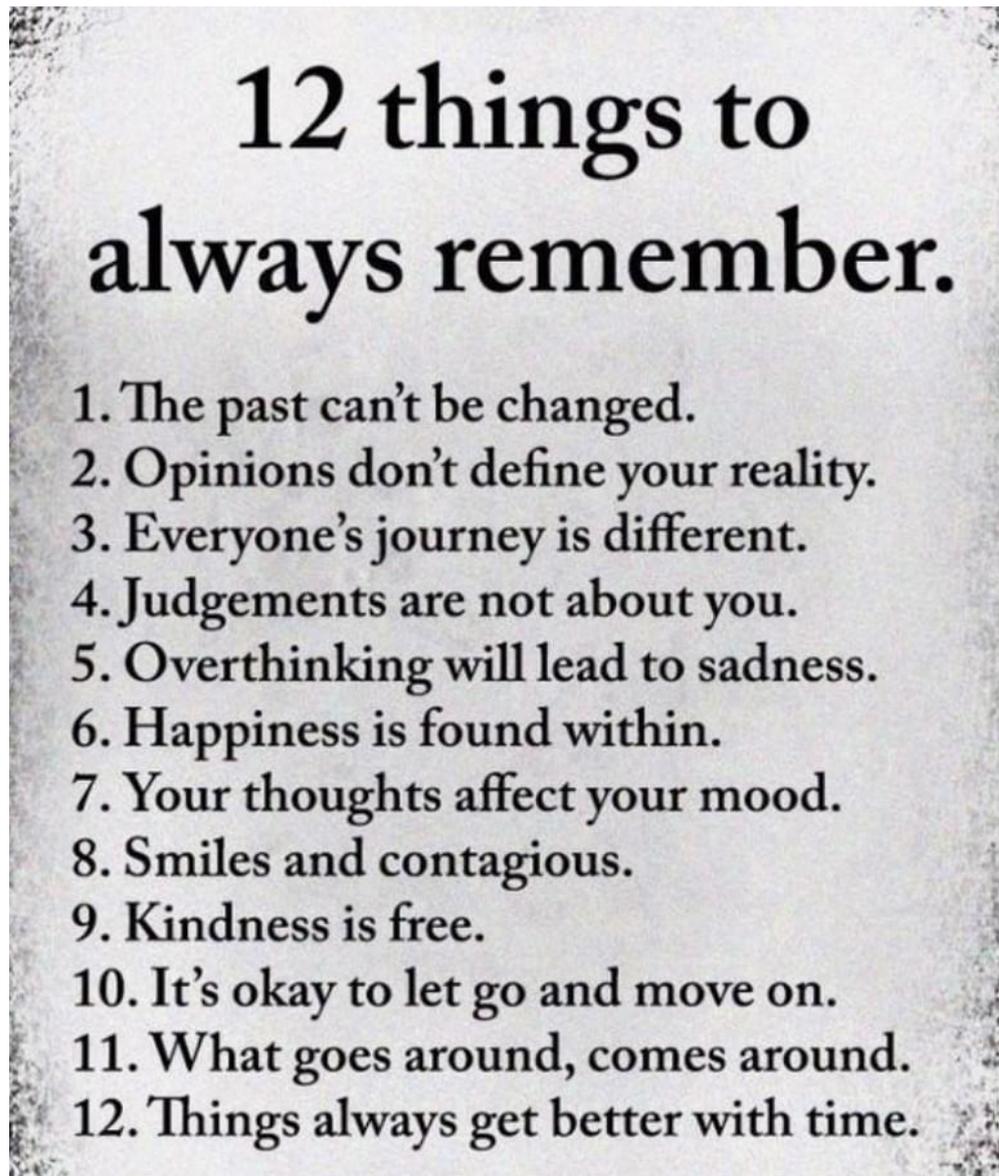
Yoga Therapy - 121 sessions available - please email me.

Zoom sessions also, available on request.

Check out the website for all the latest news;

www.yogaisforeveryone.net

'As we are moving out of lockdown, reports emerge on what impact it had on our mental health. Perhaps unsurprisingly, most research found that anxiety levels rose significantly over the last couple of months and some even state that we are facing a 'mental health



emergency [Mind, 2020](#)

Rest is a state where the body and mind take a pause from stimulation, to recalibrate and restore equanimity. Rest is not something luxurious, it is an essential process for peace and joy in life. It is for survival, vitality and longevity.

Therefore, this month's practice is Meditation (a change from the normal monthly Asana).

Meditation

With the hectic pace and demands of modern life, many people feel stressed and over-worked. It often feels like there is just not enough time in the day to get everything done. Our stress and tiredness make us unhappy, impatient and frustrated. It can even affect our health. We are often so busy we feel there is no time to stop and meditate! But meditation actually gives you more time by making your mind calmer and more focused. A simple ten or fifteen minute breathing meditation as explained below can help you to overcome your stress and find some inner peace and balance.

Meditation can also help us to understand our own mind. We can learn how to transform our mind from negative to positive, from disturbed to peaceful, from unhappy to happy. Overcoming negative minds and cultivating constructive thoughts is the purpose of the transforming meditations yoga is based upon. This is a profound practice you can enjoy throughout the day, not just while seated in meditation.

Remember; Find a comfortable sitting position, which will not interfere with your practice.

(1) Body Scan Mediation

1. Find a quiet space without distractions. Sit or lie down comfortably.
2. Close your eyes and bring the awareness to the body, breathing in and out. Notice the feeling of your body against the floor, chair - where can you feel the pressure? What does it feel like? Allow yourself to sink into the surface feeling the weight of your body supported. Sinking and supported.
3. Whilst breathing deeply draw your attention to your toes, nose and sensations. Lightness, heaviness, warm or cold ask what is this sensation trying to tell me? If nothing happens, acknowledge that and move on with your scan without judgement.
4. Systematically work your way up your body focusing on each area, spend as long as you need to, paying attention to how each part feels.
5. Be curious and open to what you feel and experience, intentionally releasing each part before moving on to the next.
6. If your attention starts to wander, acknowledge that, let it go and carry on back to the present moment.
7. Once you have completed your body scan, feel the breath, feel your body breathing as a whole
8. Open your eyes slowly, accustom yourself back into your space and move your body slowly as you move back into your space and room.

(2) A Meditation for You from Me

Click on the link below to play the audio recording featuring one of my favourite poems "She Let Go" by Safire Rose.

[Click here to play the audio file](#)

"Meditation is the dissolution of thoughts in Eternal awareness or Pure consciousness without objectification, knowing without thinking, merging finitude in infinity."

'Yoga Sutras'

Yoga Therapy:

The main difference between traditional Yoga Classes and Yoga Therapy is that a Yoga Therapist applies the techniques of yoga with knowledge about a specific problem, experience and intuition to help alleviate that problem.

Please just speak or contact me. Yoga therapy can and does make a difference.

Recipe of the Month:

Delicious Carrot Cake Energy Balls



Ingredients

100g (3.5oz) Dates

100g (3.5oz) gluten-free rolled oats

50g (1/2 cup) Walnuts

100g (3.5oz) Carrots, grated

1 tsp Ground Ginger

2 tsp Ground Cinnamon

1/2 tsp Ground Nutmeg

1 tbsp Agave Syrup

50g (1/2 cup) Desiccated Coconut

Method

Add the dates, oats, walnuts, carrot, ginger, cinnamon, nutmeg and agave syrup to a food processor and blend until a dough is formed.

Split the mixture into 12 and roll each piece into a small ball. Roll the balls in the desiccated coconut, ensuring they are evenly coated. Place the balls in the fridge to firm up, before serving.

Top Tips for September

1. Garden;

- Divide herbaceous perennials
- Pick autumn raspberries
- Collect and sow seed from perennials and hardy annuals
- Dig up remaining potatoes before slug damage spoils them

2. Eat

- Apples. Crispy Apple & Kohlrabi Salad
- Berries! Blackberries, Blueberries, Raspberries & Strawberries
- Broccoli. Spinach Pasta with Roasted Broccoli & Bell Pepper
- Cabbage. Fresh Spring Rolls with Peanut Sauce
- Carrots. Healthy Carrot Muffins
- Cauliflower. Roasted Cauliflower and Lentil Tacos with Chipotle Sauce
- Cucumber

3. Meditate and be mindful.

*"When the breath wanders, the mind also is unsteady.
But when the breath is calmed, the mind too will be still, and the yogi achieves long life.
Therefore, one should learn to control the breath."
~ Hatha Yoga Pradipika*

So, that's it for this Newsletter. I hope you've 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. Be mindful and in the present

I LOOK FORWARD TO SEEING YOU AND PLEASE BOOK ONTO CLASSES!

Stay Safe. Stay well

Michele

