



Yoga is for Everyone Newsletter

October 2020 Newsletter



Everything is yoga, but let's begin when I started. With the body.

Yoga awakens your mind in order to listen to your body, understand your body, feel your body and all its sensations.

Yoga is the mystery and enquiry into the nature of our being, it cleanses our minds as well as our bodies.

The goal is a sustained yoga practice bringing knowledge, wisdom and understanding.

26 bones make up the skeleton. They are dynamic living organs forming a framework for your body's ability to move.

Incorporate yoga into your daily activities.

Sitting on the floor with legs stretched out wide, back straight for example whilst reading, will help improve your posture and your aid practice.

Yoga = the unity of our minds, body and breath, no competition - yoga is for everyone and for life.

Everything is yoga.

Class Update



COVID-19
Coronavirus

Updat

Following the Government's recent announcement on 'the rule of 6' and further updated guidance concerning sporting activities/classes (including Yoga), I have studied the guidance and taken advice from the *British Wheel of Yoga*. I am pleased to report that we are allowed to continue with our Yoga Classes, under the precautions we are already taking. Therefore, after feedback from some of you, I have decided to carry on with the current schedule without any changes.

Classes will be facilitated to keep us all as safe as possible, please remember the following guidance;

- We will check your temperature on admission to class (non-contact).
- 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 metre apart.
- If possible, please pay via PayPal (when booking online) or bring the correct money, no change will be given.

Tuesday Night Yoga class time will be 7pm - one class only. Cost: £7.00

Please book early and please book on-line.

If the Class you wish to book is full **PLEASE** book yourself onto the corresponding Waitlist. Doing so means that;

- (a) we can allocate you a space on the Class if other attendees have to cancel and
- (b) we can monitor the number of people who wish to attend, allowing us to move to more than one Class, when the time is right.

Upcoming Yoga Workshop – watch this space!

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
www.ukyogatheraphy.com

Practice Yoga / Yoga Therapy

Stress is a huge contributor to stomach fat.

"It can make us crave high-energy, quick-fix foods for comfort. But the stress hormone cortisol suppresses our insulin production so that glucose in the blood is more likely to be converted into body fat."

A 2018 study reported that long-term raised cortisol levels are strongly related to abdominal weight gain. Yoga can help by relieving stress. A study by the University of Technology Sydney and the University of Duisburg-Essen in Germany reported how a 12-week yoga programme (participants completed an average of 2.5 hours of yoga per week), resulted in a significant drop in abdominal circumference, and moderate changes in weight and percentage body fat in the participants. Their stress levels also dropped.

Quote of the month

"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."

Lenard Perlmutter

Asana of the month - Tadansna

tah-DAHS-anna
tada = mountain



How to do

Step 1

Stand with the bases of your big toes touching, heels slightly apart (so that your second toes are parallel). Lift and spread your toes and the balls of your feet, then lay them softly down on the floor. Rock back and forth and side to side. Gradually reduce this swaying to a standstill, with your weight balanced evenly on the feet.

Step 2

Firm your thigh muscles and lift the knee-caps, without hardening your lower tummy. Lift the inner ankles to strengthen the inner arches, then imagine a line of energy all the way up along your inner thighs to your groins, and from there through the core of your torso, neck, and head, and out through the crown of your head. Turn the upper thighs slightly inward. Lengthen your tailbone toward the floor and lift the pubis toward the navel.

Step 3

Press your shoulder blades into your back, then widen them across and release them down your back. Without pushing your lower front ribs forward, lift the top of your sternum straight toward the ceiling. Widen your collarbones. Hang your arms beside the body.

Step 4

Balance the crown of your head directly over the centre of your pelvis, with the underside of your chin parallel to the floor, throat soft, and the tongue wide and flat on the floor of your mouth. Soften your eyes.

Step 5

Tadasana is usually the starting position for all the standing poses. But it's useful to practice Tadasana as a pose in itself. Stay in the pose for 30 seconds to 1 minute, breathing easily.

Contraindications and Cautions

- Headache
- Insomnia
- Low blood pressure

Modifications and Props

You can check your alignment in this pose with your back against a wall. Stand with the backs of your heels, sacrum, and shoulder blades (but not the back of your head) touching the wall.

Deepen the Pose

You can challenge your balance by practicing this pose with your eyes closed. Learn to balance without any reference to the outer environment.

Honey

If you have an upper respiratory tract infection—also known as the common cold — researchers have found that honey might be more effective at relieving your symptoms than traditional treatments.

A study published on August 18 in *The British Medical Journal* evaluated 1345 unique records and 14 studies that compared honey to standard medical treatments for upper respiratory tract infection symptoms, such as cough frequency, cough severity, sleep difficulty, and congestion.

The researchers found that using honey for symptom relief appeared to be more effective than other remedies, including antibiotics, coffee, prednisone, over-the-counter cough suppressants, and even placebo. The findings were the same for children and adults.

'Yoga is food for the soul'

Michele

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

Stay Safe. Stay well

Michele

