



Yoga is for Everyone Newsletter

June 2022 Newsletter



"Undisturbed calmness of mind is attained by cultivating friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference toward the wicked."
Anon

CLASS NEWS

NO CLASSES 7th and 14th JUNE

Pop-Up Classes – Watch the Website!

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

www.ukyogatherapy.co.uk

This Months' Practice - Relaxation

Water Vessel

Relieves tension.

Start by lying supine, with knees bent - your head becomes the water vessel.

On exhalation roll head slowly to right, having a sense that the water in the water vessel is pouring into right ear.

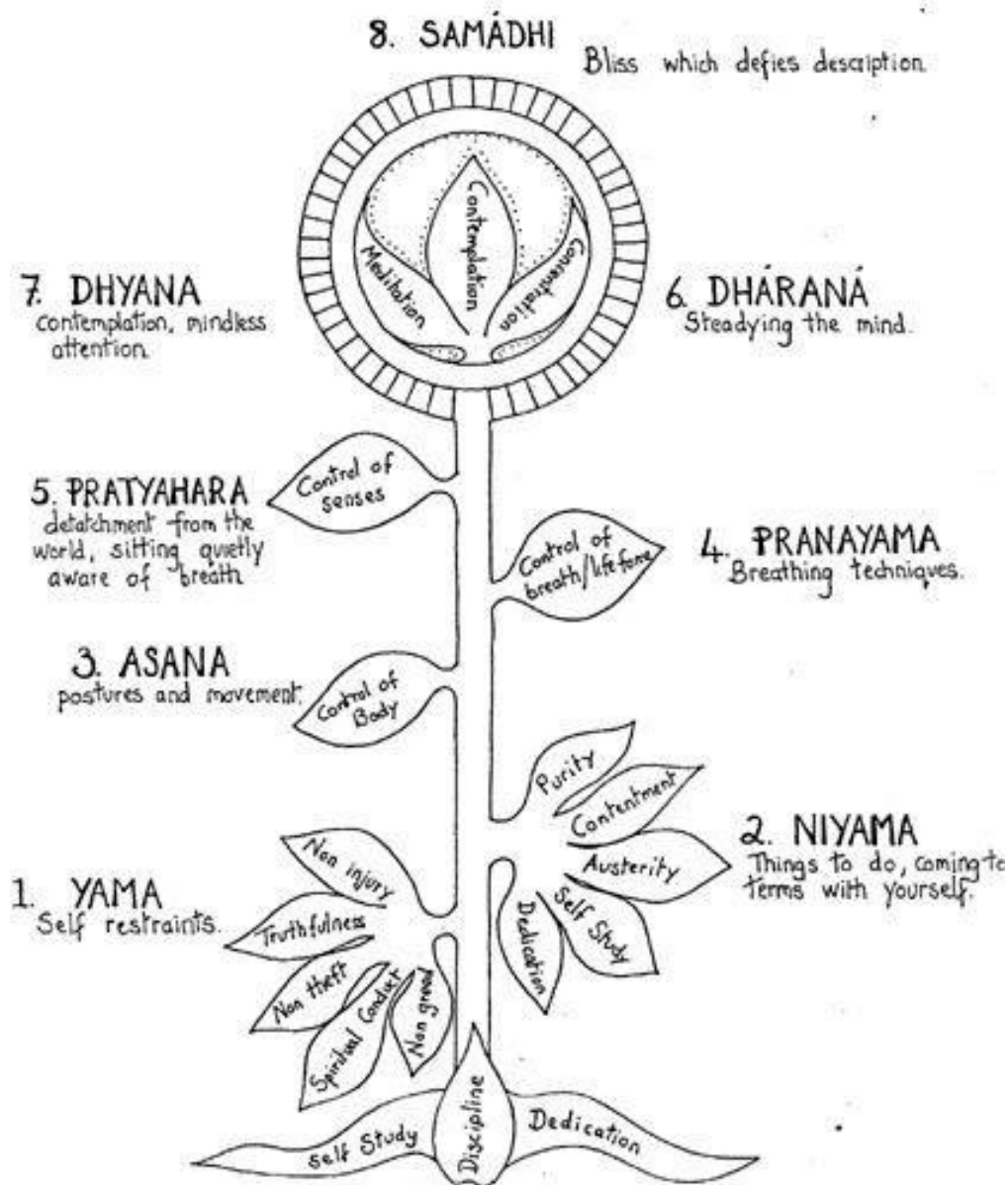
On inhalation, bring head slowly back to centre, levelling the water in the vessel again. Repeat from right to left, several times.

Progress to the pelvis being the water vessel, pouring water into right hip then left as knees roll side to side in a twisting movement.

Finally, the body is the water vessel with head moving away from body, then the tailbone, in a 'shaking the water in the bottle' effect. This helps to subtly move the internal organs and gives a sense of freedom in the body.

Practice for 5~10 minutes then just relax in your space.

THE EIGHT LIMBS OF YOGA



The Yoga Sutras of Patanjali are thought to have been authored by around the year 250 CE. Although they make little direct mention of yoga asana practices, they are often cited as the philosophical basis for modern postural yoga. The sutras outline eight “limbs” of yoga. (The Sanskrit word for eight limbs astanga.) Each limb relates to an aspect of achieving a healthy and fulfilling life, and each builds upon the one before it, outlining a path for the aspiring yogi to follow.

The directives move from basic and even mundane aspects of daily life toward the lofty reaches of enlightenment. You may be surprised to discover that only one of the limbs is concerned with the performance of yoga postures. The advent of the primacy of the physical hatha side of yoga is actually a fairly recent development in yoga's long history.

Yoga really is about *living your yoga*.

The eight limbs are as follows:

Yama

The five yamas are moral directives intended to guide the practitioner's behaviour towards others. They are:

- Ahimsa: Nonviolence towards others. Ahimsa is often cited as an argument for choosing a vegetarian diet.
- Satya: Truthfulness
- Asteya: Not stealing from others. Though this probably had a literal meaning originally, it has been extended to mean not putting others down to build yourself up.
- Brahmacharya: Chastity. Whether this means celibacy or simply controlling one's sexual impulses is open to interpretation.
- Aparigraha: Not coveting what others have

Niyama

While the yamas direct one's behaviour towards others, the niyamas describe how to act ethically towards oneself. Together, these two sets of rules were meant to guide one to a righteous lifestyle. Here are the niyamas:

- Saucha: Cleanliness. Again, probably a practical meaning originally but has a modern interpretation keeping your intentions pure.
- Santosa: Contentment with oneself.
- Tapas: Self-discipline. Having the commitment to sustain a practice.
- Svadhyaya: Self-study. Having the courage to look within yourself for answers.
- Isvara Pranidhana: Surrender to a higher power. Whether that is a deity or the acceptance that the world is governed by forces outside of our control is up to you.

The Longest Day - June 21st

The June Solstice in the Calendar.

Even though most people consider June 21 as the date of the June solstice, it can happen anytime between June 20 and June 22, depending on the time zone. June 22 solstices are rare—the last June 22 solstice took place in 1975, and there won't be another one until 2203.

The longest day of 2021 for those living north of the Equator is June 21. In technical terms, this day is referred to as the summer solstice, the longest day of the summer season. It occurs when the sun is directly over the Tropic of Cancer, or more specifically right over 23.5 degrees north latitude.

Also, on the June 21 - International Day of Yoga.

Recognising its universal appeal, on 11 December 2014, the United Nations proclaimed June 21 as the International Day of Yoga by resolution 69/131. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

June's Diet

In Season;

- Broad beans.
- Courgettes and summer squash.
- Globe artichokes.
- Mint.
- Parsley.
- Lettuce.
- Rocket.

Cook with;

Asparagus and new potatoes, especially Jersey Royals, well in season alongside aubergines, courgettes and fennel. It's also time to say hello to the new crop of carrots, beans and summer greens, like lettuce, runner beans and mange tout. Tomatoes, although technically a berry, reign supreme in June and there's a wealth of varieties appearing in supermarkets and veg boxes. This is also the best month for leafy, fragrant soft herbs like basil, mint, parsley and coriander.

Eat well and mindfully 🙏🍲

Metta Meditation

Say first to yourself:

May I feel protected and safe.

May my heart remain open.

May I awaken to the light of my true nature.

May I be healed, and be a source of healing for the world.

Thinking of someone it is so easy to love. Draw this person close to your heart & your mind and send them metta:

May you feel protected and safe.

May your heart remain open.

May you awaken to the light of your true nature.

May you be healed, and be a source of healing for the world.

Next, thinking of someone who needs a little more love. Draw this person close to your heart & your mind. Send this person metta:

May you feel protected and safe.

May your heart remain open.

May you awaken to the light of your true nature.

May you be healed, and be a source of healing for the world.

Lastly, to all beings everywhere:

May we feel protected and safe.

May our hearts remain open.

May we awaken to the light of our true nature.

May we be healed, and be a source of healing for the world.

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

Namaste

Michele 

