



Yoga is for Everyone Newsletter

December 2020 Newsletter



Includes Free Christmas Gift!!!



**Thank you. Thank you. Thank you 🙏
...for all your support during this challenging year.**

What a year! Who would have thought as we were celebrating in 2020 what it would turn out like? The worse pandemic in our living memory, the worse for over 100 years. Locked down, restrictions, confusing guidance, social distancing and face masks. We will all remember 2020 and have our own memories. We must, however, take some positivity and transformation with us, be that personal, professional, family or all three. Resilience is needed and yoga can help with that and strengthen our bodies and minds.

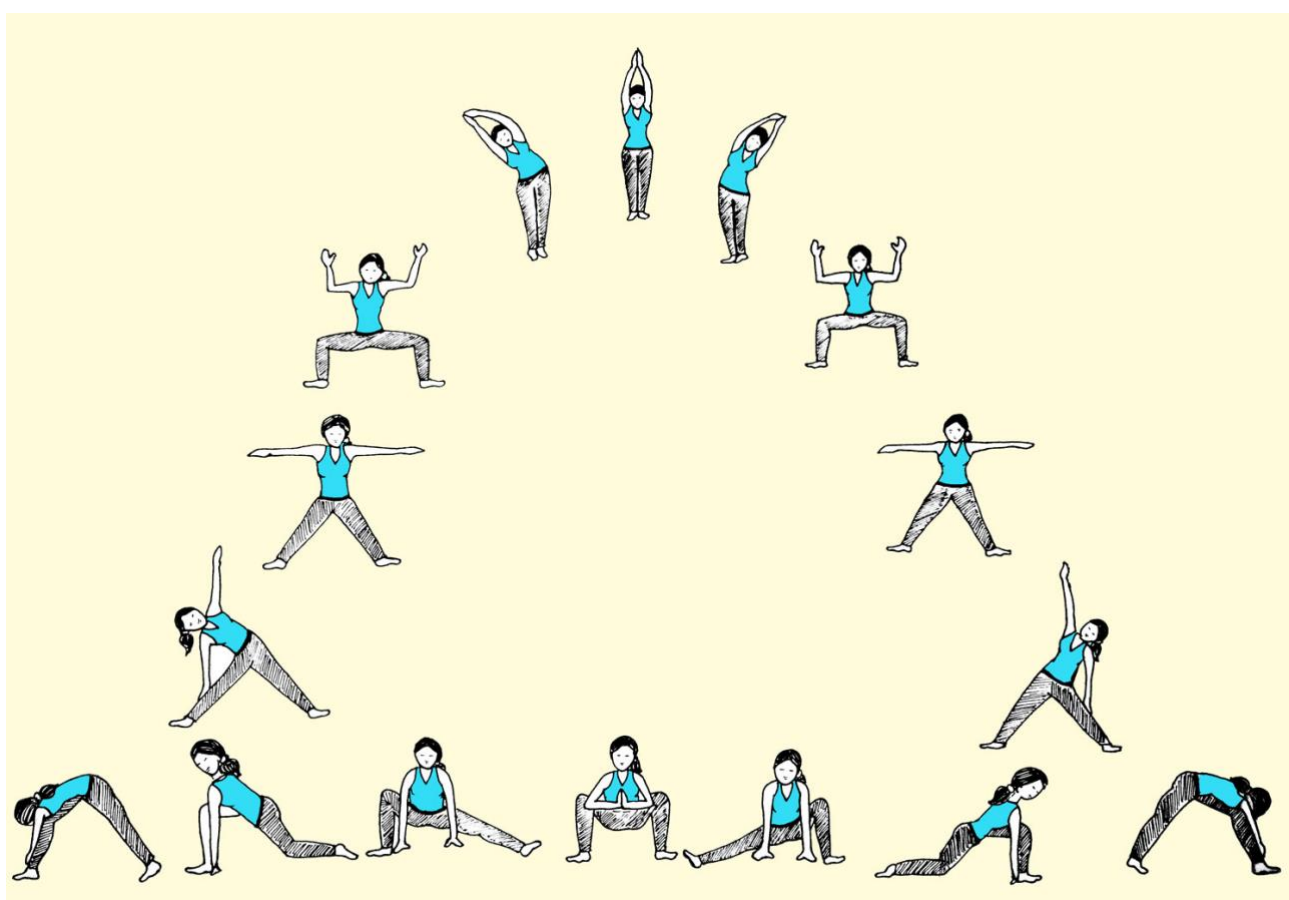
Moons in December

Full cold moon – an oak moon (the moon after Yule).

December's full cold moon is the highest and brightest of the year. During the year a fight for domination is played out in the sky between the moon and the sun. In December the moon is definitely winning and shines high, bright and strong over the winter countryside, just as the sun stays low and weak. However, December also brings with it the winter solace, the moment at which the pendulum swings back the other way. The December full moon falls after the solace and so it also takes the name "moon after Yule".

In celebration of the moon after Yule this month's practice is the Moon Sequence.

Asana of the Month – The Moon Sequence



How to do the Moon Sequence

Find mountain pose, with hands at heart centre.

Inhale back to Upward Facing Mountain Pose and exhale to side bend to the left. This time create length in your right-side body and keep your navel drawing in and up, as your tailbone melts down to the floor. Inhale back to centre.

Exhale to step your left foot out wide into Goddess Pose, or Utkata Konasana. Your toes point slightly out. Keep your knees soft as you squat.

Your knees stack over your ankles as your navel draws in and up. Bend your arms to 90 degrees at your elbows (cactus arms), or you can bring your hands to a prayer mudra.

Inhale, straighten your knees, and reach your arms straight out coming into Star Pose.

Exhale, point your right foot toward the front of your mat, and keep your left foot parallel to the back of your mat. Release your right hand to your shin or yoga block for Triangle Pose.

Inhale to bring both hands to the floor on the big toe side of your right foot. Pivot both feet to the short edges of your mat, keeping them at lunge-distance.

Bring your hands to frame your left foot and then exhale to pivot your right heel off your mat (your heel will stack over the ball of your back foot) to come into a supported lunge.

Place both hands on the ground. Exhale to extend your right leg straight out keeping the foot flexed for Side Lunge on the opposite side.

Place your hands in front of you. Exhale to bend your left knee and bring your hands to prayer for Yogi Squat.

Place both hands on the ground. Exhale to extend your left leg straight out keeping the foot flexed for Side Lunge on the opposite side.

Bring your hands to frame your right foot and then exhale to pivot your left heel off your mat (your heel will stack over the ball of your back foot) to come into a supported lunge.

Inhale to bring both hands to the floor on the big toe side of your left foot. Pivot both feet to the short edges of your mat, keeping them at lunge-distance.

Exhale, point your left foot toward the front of your mat, and keep your right foot parallel to the back of your mat. Release your left hand to your shin or a yoga block for Triangle Pose.

Inhale, straighten your knees, and reach your arms straight out coming into Star Pose.

Exhale to step your right foot out wide into Goddess Pose, or Utkata Konasana. Your toes point slightly out. Keep your knees soft as you squat.

Your knees stack over your ankles as your navel draws in and up. Bend your arms to 90 degrees at your elbows (cactus arms), or you can bring your hands to prayer mudra.

Inhale back to Upward Facing Mountain Pose and exhale to side bend to the right. This time, create length in your left side body and keep your navel drawing in and up, as your tailbone melts down to the floor. Inhale back to centre.

Find mountain pose with hands at heart centre.

Do four rounds, watching the breath.

The Benefits of Moon Salutations

Moon Salutations have many benefits including:

- Maintain balanced energy
- Channel creativity
- Calm stress and anxiety
- Relieve sciatica and pain
- Balance Ida and Pingala nadis (nadis are energy channels throughout our bodies)

Cautions

- High Blood Pressure
- Sciatica
- Lower back pain if severe avoid
- Arthritis take it slowly
- Pregnancy

In Sanskrit, "Chandra" means moon. Moon Salutations give thanks to the moon and channels the calming energy she emanates.

Moon Salutations are cooling and quiet because they channel feminine energy from the moon; whereas Sun Salutations are active and warming because they channel masculine energy from the sun.

The Yoga Sutras

The Yoga Sutras of Patanjali is a collection of 195 Sanskrit sutras on the theory and practice of yoga. The *Yoga Sutra* was compiled sometime between 500 BCE and 400 CE by the sage patanjali in India who synthesised and organised knowledge about yoga from much older traditions. The Yoga Sūtra of Patañjali was the most translated ancient Indian text in the medieval era, having been translated into about forty Indian languages and two non-Indian languages.

The Yoga Sutra, widely regarded as the authoritative text on yoga, is a collection of aphorisms, outlining the eight limbs of yoga. These "threads" (as sutra translates from Sanskrit) of wisdom offer guidelines for living a meaningful and purposeful life.

1.1 - 1.3

"Now the exposition of yoga is being made.

Yoga is the cessation of the movements of the mind.

Then there is abiding in the Seer's own form."

Meditation



From me to you – a Christmas treat!

Settle into a comfortable position then press the PLAY symbol below. Relax and enjoy.



Class News

2012 Yoga Classes

A massive thank you for all your support during this challenging year. Though the lockdowns and other restrictions, we have strengthened together as a yoga community. I am hopeful for a more 'normal' year in 2021 (at some point). However, for now, classes will continue online throughout January.

A small charge of £4 will be made to cover the Zoom licence 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.

You can book your place on the Online Class via the website. Please follow the link below.

[Book Online Now](#)

Christmas Class News

No classes 21st and 29th December 2020.

Classes recommence 5th January 2021

NEW Class – New Year Meditation

Relax into the New Year - set your intentions and look after your mind.
Online (via Zoom) every Saturday at 9.00am for 30minutes - What a way to start the weekend! 🙏 Cost: £2 please book via the website.

Starts Saturday 2nd January 2021

Christmas Recipe - Squash & Chestnut Crackers



Ingredients

- 1 tsp olive oil
- 1 tbsp butter
- 1 large onion , finely chopped
- 250g butternut squash (½ medium squash), deseeded, peeled and cut into 1cm cubes
- 250g chestnut mushrooms, chopped
- 100ml marsala or madeira
- 100g cooked chestnuts, chopped
- 1 tsp dried sage or a few finely chopped fresh leaves
- 2 prunes , pitted and finely chopped
- 2 tbsp red onion chutney or relish
- 40g soft white breadcrumbs
- 2 x 320g sheets ready-rolled puff pastry
- Plain flour for dusting
- 200g strong hard cheese, like vegetarian mature cheddar or vegetarian Emmental, cut into 1cm cubes
- 1 egg beaten to glaze

Method

- Heat the oil and butter in a frying pan Fry the onion and squash for 15 mins until the onion is golden and caramelised, and the squash is tender. Add the mushrooms and cook for another 8-10 mins until the water given off has evaporated. Pour in the marsala and bubble for 2-3 mins until it disappears. Stir in the chestnuts, sage, prunes, relish and breadcrumbs, and season well. Leave to cool.
- Unravel one of the pastry sheets onto a lightly floured surface and cut a 2cm-wide strip from one of the long sides of the pastry. Reserve this to decorate. Cut the remaining pastry into four long rectangles – these will be your cracker bases. Cut the remaining pastry sheet into four and chill all the pastry on a lined baking sheet for 15 mins.
- Stir the cheese into the cooled filling, then divide the mixture into four portions. Mould into sausages and position on the pastry bases, leaving lots of room for what will be

the scrunched ends of the crackers.

- Brush the exposed pastry around the filling with the beaten egg and drape over the larger pastry tops, sealing the pastry all around the filling. Trim, if you need to, and pinch in the ends to create the Christmas cracker shape. Press the ends with a fork, trimming again, if you need to, then glaze with more of the beaten egg. Chill for 30 mins or up to 24 hrs. Use the reserved pastry to create stars or Christmas trees, or whatever you fancy to decorate the crackers.
- Heat the oven to 200C/180C fan/gas 6. Glaze with more beaten egg and bake for 35-40 mins until golden and puffed. Serve with veggie gravy and plenty of trimmings.

Enjoy! 😊

Set your intention for 2021 - Calm the mind, body and breath.

Here's to a healthy, prosperous and calmer 2021.
May all your wishes be fulfilled. Thanks for all your support.

Stay Safe. Stay well

Michele

