



Yoga is for Everyone Newsletter

January 2022 Festive Newsletter

Happy New Year Yogis



Welcome to 2022....

“Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can.” - Dalai Lama XIV

Class News

LIVE Classes resume on the 11th January

NEW CLASS - Restore and Renew – Coming Soon

A new 30 minute Zoom class - **Restorative Yoga** to help support us following 2021 and giving us strength and renewal. Please check the website for date and times.

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](#)

Restorative Yoga

Restorative Yoga is a relaxation practice for Conscious Deep Rest. A practice with the use of props to support the body in position of ease and comfort, to facilitate positive relaxation response for energetic, emotional and mental equanimity.

Relaxation and Rest may be influenced by society, relation to environment, and cultural background.

It is often in the absence of or the lack of Rest that may affect one's physical health, emotional balance, mental clarity, and therefore lifestyle choices.

Difference between rest and relaxation

Relaxation – activities that promotes physiological changes in calming and slowing down.

Rest – requires relaxation of the body at every level. During Deep Rest, it is important to have reduced to nil stimulation on the body and mind. It is when the body begins to grow, repair, heal, and rejuvenate. It is when the body re-calibrates for health and vitality. It is when there is mental calmness.

Benefits of Restorative Yoga

1. To shift from Sympathetic-dominance to Parasympathetic-dominance (Autonomic Nervous System)
2. To allow for conscious deep rest, a state for the body to repair, grow, rejuvenate, and heal.
3. Allow for energetic, emotional and mental balance / equanimity, to reinstate our innate true nature of kindness, generosity, expansiveness and openness to life.
4. As a precursor and preparation for pranayama practice and meditation.
5. When well rested, it is more likely that we could offer the best version of ourselves to the world and to ourselves.
6. To rest the mind.

Sleep is necessary, but different. Sleep is a reversible state of unconsciousness. We need quality restful sleep

Join me to restore and renew. You will need blankets, cushions/bolsters.

The effects are AMAZING 🙏

Restore and Renew January Practice:

Witness how you feel -

Spend 10 minutes today not talking, not listening to music, not creating sound around you.

Just quietly do your task. Let silence find you.

Witness how you feel now

Yoga Therapy

Yoga is an ancient practice that brings movement and breath together to promote physical and mental well-being. The benefits are varied and include increased flexibility, improved strength and reduced stress levels. For dedicated yogis, it is more than just an exercise - it is a way of life. The philosophical side of the practice dates back thousands of years, with roots in ancient India.

Yoga therapy is an adaptation of the practice, catering specifically for those with health problems and/or physical injury. The aim of yoga therapy is to support natural healing while offering other benefits.

Using this discipline in a therapeutic setting is different than most of the classes you see advertised. Yoga therapy is a more tailored practice that looks to help those with health/mobility problems or those recovering from injury.

While general yoga is preventative in nature (and may help resolve mild ailments) it may not be suitable for those with specific mobility/health concerns. In contrast, yoga therapy looks to encourage healing of such ailments with a personalised treatment plan.

Some concerns that can be addressed include:

- arthritis
- back pain
- depression
- painful joints
- certain musculoskeletal issues
- stress
- headaches.

As with all complementary therapies, yoga therapy is designed to be used alongside conventional treatment to help the body heal more effectively. In some cases, the therapy

will not be able to 'cure' an ailment, but it may help you to better manage your symptoms and lower any associated stress.

After getting the go-ahead from your doctor (if required), your first port of call will be to have a consultation with me. During this meeting I will discuss your medical history to ascertain your specific concerns. I will also ask about any lifestyle factors which may be affecting your condition.

I will then devise a treatment plan. I will put together a range of suitable poses and exercises. The poses that I will recommend will depend on your issues/concerns/needs.

In most cases the therapy will be delivered in a one-to-one setting, however it can also be delivered to groups of people with the same ailment. During your sessions I will show you how to do the poses and will ensure you are doing them safely. I will also keep track of your progress, adjusting your treatment as needed.

I will also encourage you to continue your practice at home.

I may also offer advice on relaxation and meditation too, to complement your therapy.

Just email me for more details.

Quote of the Month

"Illuminated emancipation, freedom, unalloyed and untainted bliss await you, but you have to choose to embark on the Inward Journey to discover it." Ivenger

Yoga is a way of life

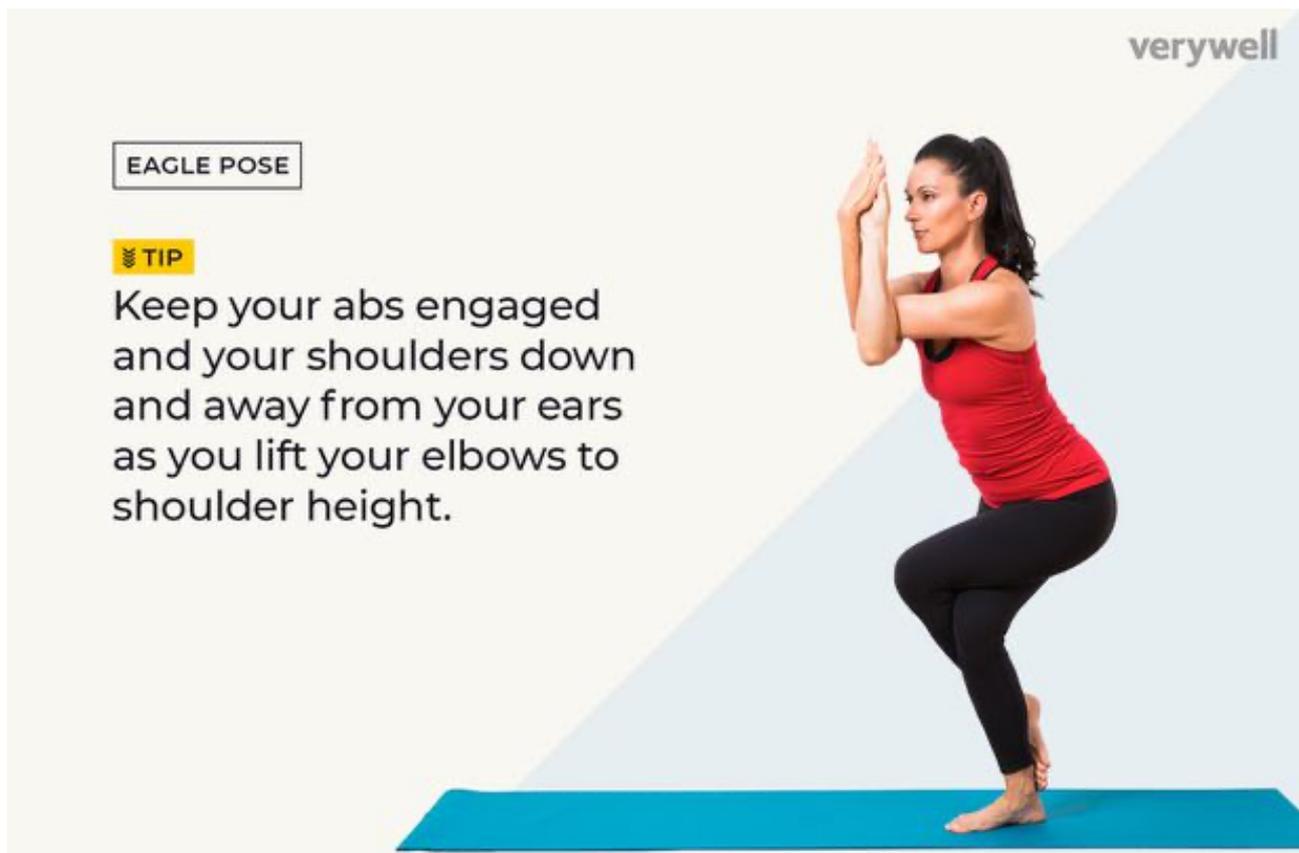
As we move into a new year think about your practice, your journey - this month think about Asana - Challenging Pose:

Amaze yourself
Experience the moment fully
You'll never get there without practice
What's the worst that could happen
The pose doesn't matter - real yoga lies in the process of trying!

Asana of the Month

Eagle Pose — Garudasana (gahr-ooo-DAHS-uh-nuh)

Eagle pose is a standing balance pose that requires and develops focus, strength, and serenity. Using your breath and your gaze in this posture will help calm your mind and release distractions, allowing for quiet poise and stability in the pose.



It's named after the mythological Hindu "king of the birds," known as "Garuda." Garuda was also the vehicle for the Hindu god Vishnu, who would ride on his back. The word "garuda" means "eagle" in Sanskrit, but it can also be translated as "devourer." Garuda was believed to help humans fight against demons (and win).

Benefits:

Eagle Pose stretches the shoulders and upper back while strengthening the thighs, hips, ankles, and calves. It builds balance, calm focus, and concentration. Learning to open the back torso is also beneficial for advanced inverted poses.

This pose is therapeutic for those with lower back pain and sciatica. Because it opens the back lungs, it also increases breathing capacity and is invigorating for those with asthma. The dynamic balancing aspect of the pose helps to protect your knees against future injury, as well. Do not practice Garudasana if you have a current or recent knee injury. Those in late-term pregnancy should also avoid this pose, or should practice it against a wall for balancing assistance. If you have any other condition that affects balance, such as low blood pressure, headaches, or inner ear problems, practice this pose against a wall. Always work within your own range of limits and abilities. If you have any medical concerns, talk with your doctor before practicing yoga.

How to do:

- Begin standing in Mountain Pose (Tadasana), with your arms at your sides.
- Bend your knees. Balance on your right foot and cross your left thigh over your right. Fix your gaze at a point in front of you. Hook the top of your left foot behind your right calf. Balance for one breath.
- Beginners can omit the foot hook and cross the leg over the top of the standing leg, instead, resting the toes gently on the floor.
- Extend your arms straight in front of your body. Drop your left arm under your right.
- Bend your elbows, and then raise your forearms perpendicular to the floor. Wrap your arms and hands, and press your palms together (or as close as you can get them). Lift your elbows and reach your fingertips toward the ceiling. Keep your shoulder blades pressing down your back, toward your waist.
- If your palms don't touch yet, press the backs of your hands together, instead, or hold onto a strap.
- Square your hips and chest to the front wall. Draw your belly in and up.
- Gaze at the tips of your thumbs. Breathe smoothly and evenly.
- Hold for up to one minute, focusing on your breath and keeping your gaze fixed and soft. Gently unwind your arms and legs and return to Tadasana. Repeat on the opposite side.

Modifications:

Garudasana can be a great way to gain balance and strength. It might take some time to balance or be able to fully wrap your hands or legs. Be sure to move at your own pace and never force your body into the pose! Try these simple changes to find a variation of the pose that works best for you:

- As mentioned above, if you can't yet wrap your arms until your palms touch, press the backs of your hands together. Beginners can also hold the ends of a strap, placing the strap in their hands when their arms are parallel (in step 3), and then following the instructions. The strap is to be kept firmly pulled between both hands.
- If you can't yet hook your top foot behind your standing-leg calf, rest the big toe of your raised foot on the floor to help with balance. You can also rest your top-leg foot on a yoga block.

- Beginners and those having trouble balancing can practice this pose against a wall. Stand with your back to the wall, so the wall supports your back torso as you practice the pose.
- For a deeper challenge, come to the full pose. Then, exhale as you lean your torso forward and press your forearms against your top-leg thigh. Inhale to release and unwind, then repeat on the opposite side.
- Some yoga styles will have you hold your elbows high and in line with your shoulders; others will tell you to draw your elbows down toward the floor. There is no right or wrong, but if you're in a class, follow the direction your teacher gives — I am doing that for a reason!

Top Tips:

Garudasana will create grace, poise, and strength when it's practiced with correct alignment. Keep the following information in mind when performing this pose:

- Squeeze your thighs and arms together tightly. The more compact you can make your body, the more balance you will gain.
- Work to keep your hands, arms, and thighs in one straight line.
- If you're having trouble crossing your legs or wrapping your foot, sink your hips even lower in the pose.
- To sit deeper, squeeze your thighs together even more. Keep your inner thighs firmly pressing throughout the pose.
- Practice just the arms of the pose (generally referred to as “Eagle Arms”) throughout the day to counterbalance the shoulder and neck strain from sitting in front of a computer or driving!

Always remember you can return to your breath. Still the mind.

Self care is essential.

Be kind to yourself.

See you all in yoga 2022

Stay Safe. Stay Well.

Michele 

