



Yoga is for Everyone Newsletter

March 2019 Newsletter



***May all beings everywhere
Awaken to the inherent goodness
That dwells within themselves
And all others .***

I'm hoping that the Winter weather in the above image is behind us! But as we move into Spring, the snowdrops and daffodils are showing, and the days are steadily getting longer, the words in the picture are so meaningful. We think that there's no better challenge than the challenge to get to know and **love yourself better**. It may seem a bit obvious, and perhaps these days it can seem like everyone's talking about **self-care**. But I think that this truly is the most important part of living a healthy and sustainable life.

You simply can't care for others or the environment, **if you don't care for yourself**.

When we're feeling well-rested, nourished and supported, we're more likely to feel happy, friendly, eager to get friends round for a cuppa and ask them how they **really** are. Give people time. Give ourselves **more time** to keep feeling good with **nourishing food and practices**. From this place of feeling better, we're more likely to really accept ourselves for who we really are. We're less likely to feel pressure to look differently or act differently.

Class and Workshop News

Forthcoming Workshops

'Spring into Spring'
10.00am Saturday 13th April 2019
Duration: 2 hours 30 minutes

Celebrate the coming of Spring with this Yoga Workshop. Complete beginners welcome. Places limited. Please book your place on the website.

Tuesday Night Yoga

All Classes up until the end of July are now available to book on the website.

There a few 'special' dates to note;

Tuesday 12 th March	– No Classes
Tuesday 9 th April	– No Early Class (i.e. Late Class only)
Tuesday 4 th June	– No Classes
Tuesday 11 th June	– No Classes

Dates where there are No Classes still appear on the website but are shown as full (as is the Wait List for that date).

Despite moving to two Classes, we are mostly full every week (particularly for the Early Class). I appreciate that this can be inconvenient but if you cannot book onto your required Class, I urge you to please use the Wait List option on the website. It is not unusual for us to get 2 or 3 cancellations a week, so if you have put your name on the Wait List there is still a good chance of getting a place.

Time for Tea!



There may be several reasons why you may need to lift your mood, you may feel low in energy, lack motivation or feel easily fatigued. The best chance of overcoming this is by first being in control of your health. Drinking herbal teas can help you de-stress and reduce your low mood. Here are a few recommendations and a brief description of what effect they have on your body.

1. Lemongrass

Lemongrass improves blood circulation which ultimately clears up your skin by treating oily textures. It's also great for reducing anxiety and stress, as well as promoting sleep. The lemongrass aroma can also be used to freshen the air and uplift your mood.

2. Valerian

Valerian can help improve your sleep and reduces stress and anxiety. It also has hormonal benefits, through menstrual relief and the reduction of menopause symptoms.

3. Ginger

Ginger tea can be made by slicing pieces of ginger and adding them to boiling water. Full of nutrients and vitamins, ginger is also the perfect herbal tea for relaxing the body and mind.

4. Saffron

Saffron influences the neurotransmitter serotonin in the brain, which gives off a feel-good signal, resulting in a happier state. It has been shown to be beneficial for mood swings and those who feel like day to day activities are a chore.

5. Turmeric

Turmeric is known best as an anti-inflammatory aid, but turmeric also helps improve wellbeing and mood as it influences both serotonin and dopamine – the feel-good hormones.

Asana of the month – Uttanasana (Standing Forward Fold)



How to do:

- Start in standing with your hands on your hips.
- Exhale as you bend forward at the hips, lengthening the front of your torso.
- Bend your elbows and hold on to each elbow with the opposite hand. Let the crown of your head hang down. Press your heels into the floor as you lift your sit bones toward the ceiling. Turn the tops of your thighs slightly inward. Do not lock your knees.
- If you can keep the front of your torso long and your knees straight, place your palms or fingertips on the floor beside your feet. Bring your fingertips in line with your toes and press your palms on the mat. Those with more flexibility can place their palms on the backs of their ankles.
- Engage your quadriceps (the front thigh muscles) and draw them up toward the ceiling. The more you engage your quadriceps, the more your hamstrings (the rear thigh muscles) will release.
- Bring your weight to the balls of your feet. Keep your hips aligned over your ankles.
- Slightly lift and lengthen your torso with each inhalation. Release deeper into the pose with each exhalation. Let your head hang.
- Hold the pose for up to one minute. To release, place your hands on your hips. Draw down through your tailbone and keep your back flat as you inhale and return to standing. Repeat 5-10 times.

Cautions:

A lower back injury
A tear in the hamstrings
Sciatica
Glaucoma or a detached retina
Heart issues or blood pressure keep head above knees.

If you have a back injury, do this asana keeping your knees bent. You can also place your hands on a wall, such that they are parallel to the floor. Make sure your legs are perpendicular to your torso.

Beginner's Tip:

As a beginner, it might be hard to increase the stretch. To make it easier, gently bend your knees, and imagine the sacrum sinking deep into the back part of the pelvis. Now, decrease the distance between your tailbone and the pubis. As you feel the resistance, push the top part of your thighs back and press your heels down. Straighten your knees. But be sure you don't lock your knees when you straighten them

The Benefits Of Uttanasana:

1. This asana gives your back, hips, calves, and hamstrings a good stretch.
2. It calms your mind and relieves anxiety. It also helps quiet the mind.
3. It helps relieve headaches and insomnia.
4. It gives your digestive organs a good massage, improving digestion.

Yoga Equipment

If you would like to purchase any yoga related equipment, please let me know. I can supply; Blocks, Bolsters, Bricks, Wedges, Belts, Mats, Blankets and Neti pots

Quote of the Month

"Make an attitude to be in gratitude, you will find the whole Universe will come to you."
Yoga Bhajan

Om Shanti

Michele 