



# Yoga is for Everyone Newsletter



## **February 2020 Newsletter**



As we move into the new lunar year, the Chinese New Year, the year of the rat, which is the first in the 12 personality cycles and often described as industrious, thrifty, diligent and positive, we need to stay positive and diligent about our yoga journey. It's easy this time of year to let things slip! So, let's all stay focused upon our practice and wellness.

It's also a Leap year, the extra day every four years, synchronising the seasons, so it's important we self-care, offer compassion and synchronise and balance ourselves - the core of yoga 🧘

### **Charm of the month**

As this is a leap year, the tradition says a red petticoat for leap day proposals!

### **Class and Workshop News**

#### **2020 Dates for your Diary**

Saturday 28<sup>th</sup> March (9.30am) – Spring Workshop (2 ½ hours)

Saturday 16<sup>th</sup> May (9.30am) – Yoga Hub (1½ hours)

Saturday 4<sup>th</sup> July (9.30am) – Yoga Hub (1½ hours)

Saturday 26<sup>th</sup> September (9.30am) – Autumn Workshop (2 ½ hours)

Saturday 5<sup>th</sup> December (9.30am) – Christmas Workshop (2 ½ hours)

Don't forget, Private One-to-One Sessions are also available.

### **Yoga Therapy Sessions**

Are you or do you know anybody struggling with aches, pains or medical conditions? If so, I could help. I am now offering tailored sessions to meet specific health conditions. Yoga therapy can and does work. Please contact me for more details. Please have a look at my website for more information;

<http://ukyogatherapy.com>

### **Asana of the Month – Bridge - Setu Bandha Sarvangasana. (A favourite)! 😊**



Bridge Pose can be whatever you need—energising, rejuvenating, or luxuriously restorative.

#### How to do:

Lie supine on the floor, and if necessary, place a thickly folded blanket under your shoulders to protect your neck. Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible.

Exhale and, pressing your inner feet and arms actively into the floor, push your tailbone upward toward the pubis, firming (but not hardening) the buttocks, and lift

the buttocks off the floor. Keep your thighs and inner feet parallel. Clasp the hands below your pelvis and extend through the arms to help you stay on the tops of your shoulders.

Lift your buttocks until the thighs are about parallel to the floor. Keep your knees directly over the heels, but push them forward, away from the hips, and lengthen the tailbone toward the backs of the knees. Lift the pubis toward the navel.

Lift your chin slightly away from the sternum and, firming the shoulder blades against your back, press the top of the sternum toward the chin. Firm the outer arms, broaden the shoulder blades, and try to lift the space between them at the base of the neck (where it's resting on the blanket) up into the torso.

Stay in the pose anywhere from 30 seconds to 1 minute. Release with an exhalation, rolling the spine slowly down onto the floor.

#### Contraindications and Cautions

Neck injury: avoid this pose unless you are practicing under the supervision of an experienced teacher.

#### Modifications and Props

If you have difficulty supporting the lift of the pelvis in this pose after taking it away from the floor, slide a block or bolster under your bottom and rest the pelvis on this support.

Remember; counter-posture - knees to chest for a couple of breaths.

#### **Recipe of the Month – Winter Vegetable Tagine**



## Ingredients

- 1 tbsp olive oil
- 2 white onions, thickly sliced
- 2 large cloves garlic, peeled and crushed
- 2 tbsp tomato purée
- 2 tbsp harissa paste
- 2 carrots, peeled and chopped into 2cm chunks
- 2 parsnips, peeled and chopped into 2cm chunks
- 2 medium potatoes, peeled and chopped into 2cm chunks
- 2 sweet potatoes, peeled and cut into 2cm chunks•
- 600ml (generous 2½ cups) vegetable stock made using two cubes
- 1 tsp ground cinnamon
- 400g (14oz) tin chickpeas, drained and rinsed
- 400g (14oz) tin of chopped tomatoes
- 70g (½ cup) dried apricots, roughly chopped
- 2 tsp coconut honey or maple syrup
- Salt and pepper, to taste
- Large handful fresh parsley, chopped

## Method

1. Heat the oil in a large saucepan and fry the onions over medium-low heat for 5 minutes or until soft and transparent. Add the garlic, tomato purée and harissa paste, and stir for a minute.
2. To this, add the carrots, parsnips, potatoes, and sweet potatoes, fry for a further few minutes before adding the stock and cinnamon, and bringing to a simmer. Cover and cook for 30 minutes, until the vegetables are tender. Then stir in the chickpeas, tomatoes, apricots and coconut honey, and cook for a further 15 minutes.
3. Season to taste with salt and pepper and serve sprinkled with plenty of fresh parsley, and with a side of couscous.

## Quote of the month

This month it's a mantra.

Mantra - A word or sound that is repeated as a prayer.  
A personal mantra can be repeated as an aid to mediation.

## Lord Ganesh Mantra

Also called Ganapati, Vinayali or Vigneshwar  
Said to have the power to remove all obstacles and evil;

‘Om Gam Ganapatayenamah‘

Mantras often used in meditation, give it a go, repeat for 5 minutes and see how much calmer you feel! 🙏

**Featured Dates this Month**

Shrove Tuesday 25<sup>th</sup>

Valentine's Day 14<sup>th</sup>

Full Moon 9<sup>th</sup>

New Moon 23<sup>rd</sup>

*Michele* 🙏

