



# Yoga is for Everyone Newsletter

## November 2018 Newsletter

The clocks have gone back so now is an even more important time to look after our minds and bodies to prepare ourselves for the darker winter months ahead.

Good things to do this month include;

- Make sure that you do get some sunlight.
- Vitamin C is another great idea to support our immune system against coughs and colds.
- Have a flu jab!
- Drink lots of warm water add a slice of ginger.
- Eat warming vegetable stews.
- Remember sleep is important, generally slow down to help our bodies recharge.
- Do more Yoga!

## Vegetable Casserole Recipe



Heat 1 tbsp olive or rapeseed oil in a large, heavy-based pan. Add 1 finely chopped onion and cook gently for 5 – 10 mins until softened. Add 3 sliced garlic cloves, 1 tsp smoked paprika, ½ tsp ground cumin, 1 tbsp dried thyme, 3 sliced carrots, 2 finely sliced celery sticks, 1 chopped red pepper and 1 chopped yellow pepper and cook for 5 minutes.

Add two 400g cans tomatoes, 250ml vegetable stock (made with 1 stock pot), 2 thickly sliced courgettes and 2 sprigs fresh thyme and cook for 20 - 25 minutes. Take out the thyme sprigs. Stir in 250g cooked lentils and bring back to a simmer. Serve with wild and white basmati rice, mash or quinoa.

### Quote of the Month

*“Day after day, let the yogi practice the harmony of the soul.  
In a secret place, in deep solitude, master of his mind, hoping for nothing, desiring nothing” - Bhagavad Gita*

### Class Update

We continue to be very busy and I appreciate it can be sometimes difficult to get onto a Class. A repeat my usual advice – please book early!

If you are unable to attend or get a place on the Tuesday night Class, please consider the new Friday Night Yoga Class at Hooton Pagnell (6.30pm).

### Workshops

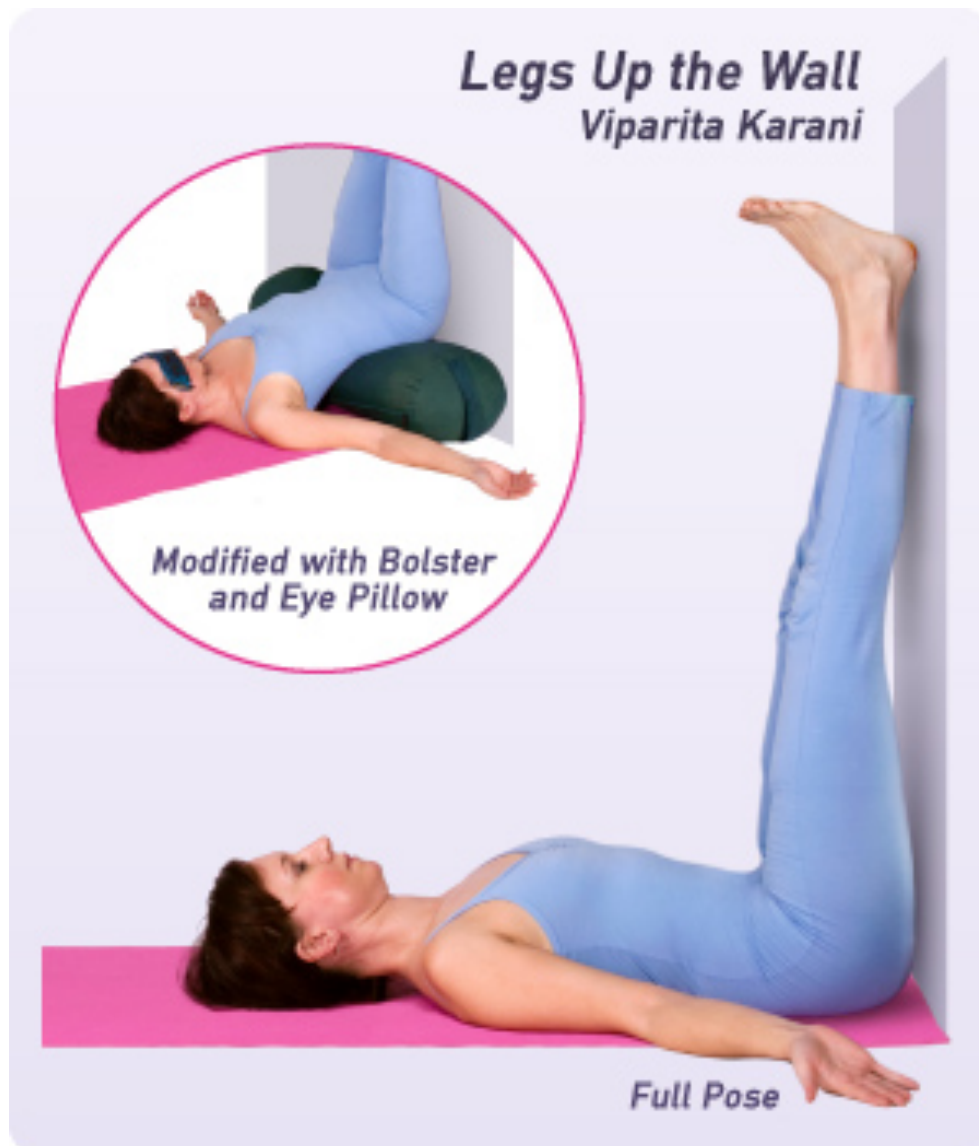
Sunday 9th December 10.00am (2 ½ Hours, £12.00) [Book Online](#)

All classes and Workshops can be booked on the website;

[www.yogaisforeveryone.net](http://www.yogaisforeveryone.net)

**If a class is full, please book yourself onto the corresponding Wait List - if we have any cancellations we'll try to fit you in!**

## Asana of the month: - Viparita karani (Legs up the Wall)



(vip-par-ee-tah car-AHN-ee), also known as legs-up-the-wall pose, is a mild, restorative posture. Is a gentle inversion that eases the mind while relieving painful symptoms such as tension and cramps. Many people enjoy this pose using props — you may want to have a pillow, bolster, or folded blanket nearby. During each exercise, make sure to maintain a focus on your breathing.

How to do;

Find an open wall space. Start seated beside the wall, with your feet on the floor in front of you and your left side body in contact with the wall. On an exhale, gently lie down on your back and pivot yourself so that the backs of your legs press against the wall and the bottoms of your feet face upward. You may need to wiggle around to find your way into this position.

Your sitting bones should now be pressed up against the wall, or slightly away from the wall, and your back and head rested on the floor; this will form approximately a 90-degree angle with your body.

If you find this position uncomfortable in any way, or just wish for extra cushion, you can use your prop here. By pressing the bottoms of your feet into the wall, lift your hips slightly, and slide your prop underneath your hips.

Let the back of your head be heavy and your neck be in a neutral position. Soften your face and your throat. Let your hands rest either on your belly or down by your sides, palms facing upward. Close your eyes and breath deeply through your nose. Stay here for anywhere from five to 15 minutes. To come out of the position, push the bottoms of your feet into the wall and lift your hips slightly. Gently roll to one side, being sure to slide your support out of the way if you have used one. Stay on your side for a few breaths before returning to your seat.

Tip:

The use of props or bolsters will aid in the practice of this pose and ensure correct and beneficial posture.

Cautions:

Although this is a mild, restorative posture, it is still considered an inversion. Note that, although many teachers recommend it as a therapeutic posture for several conditions.

- Menstruation
- Pregnancy
- Glaucoma
- High Blood Pressure

Benefits:

- Offers relief from symptoms of arthritis, headaches, high/low blood pressure, and insomnia
- Eases symptoms of premenstrual syndrome and menopause
- Relieves tired, cramped feet and legs
- Gently stretches the hamstrings, legs and lower back
- Relieves lower back pain

*Michele* 