



# Yoga is for Everyone Newsletter

## January 2021 Newsletter

### News Flash!

For the third year running, Yoga for Everyone has been independently rated as one of the top three yoga classes in the area. Thank you all.



Let's just hope 2021 is much, much better than 2020 and at some point, we return to a more 'normal' lifestyle.

The United Nations has declared this year as the International Year of Peace and Trust, the International Year of Creative Economy for Sustainable Development, the International Year of Fruits and Vegetables, and the International Year for the Elimination of Child Labour.

But you can set **your own** intentions and challenges for 2021. Decide on your resolutions and review them regularly. Don't set yourself up to fail. It's about you and your self-care.

*"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

### New Class - NEW YEAR MEDITATION 🙏 (Starts 9<sup>th</sup> January 2021)

Relax into the new year, set your intentions and look after your mind.  
Every Saturday morning at 9.00am (duration 30 minutes) Online via Zoom.  
What a way to start the weekend and year! Cost: £2.00  
Please book via the website.

### Tuesday Night Yoga (via Zoom)

Online classes continue from the 5th January with a small charge of £4 being 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](#)

## Asana of the Month – Apanasana - Knees to chest

### ***Supine Knees to Chest*** ***Apanasana***



To help our digestion in this new year. 🙏

A classic yoga posture, Knees-to-Chest Pose has many therapeutic benefits. Because it's performed on your back, it is sometimes referred to as "Supine Knees-to-Chest Pose." Though the pose is rarely referred to by its Sanskrit name — Apanasana it can be helpful to understand its meaning. It comes from two Sanskrit words: "Apana" (meaning, "downward-flowing life force") and "asana" (meaning, "pose"). In yoga, apana is a bodily energy that serves as the opposite function of "prana," which is considered the vital life force.

Prana gives life to the body through breathing and other techniques. Apana, in contrast, is the body's force of elimination. It flows downward and out of the body, eliminating impurities through the lungs and excretory systems. Practicing Apanasana relieves the pressure of this force of elimination, helping the body to efficiently reduce and expel waste, toxins, and tension.

### Benefits of Knees-to-Chest Pose

The benefits of Apanasana include relief from excess digestive air, indigestion, bloating, flatulence, acidity, and constipation. It is often recommended for those suffering from irritable bowel syndrome.

### Cautions

Do not practice this pose if you are recovering from abdominal surgery or a hernia. Also avoid this pose if you have a spinal, knee, or hip injury. If you have a neck injury, do not lift your head (see Modifications & Variations, below). Women who are pregnant should not practice this pose after the first trimester. Always work within your own range of limits and abilities. If you have any medical concerns, talk with your doctor before practicing.

### How to do

- Begin by lying on your back, with your legs and arms extended.
- As you exhale, draw both of your knees to your chest. Clasp your hands around them. If it is possible for you, wrap your forearms over your shins and clasp each elbow with the opposite hand.
- Keep your back flat on the mat. Release your shoulder blades down toward your waist. Broaden across your collar bones.
- Draw your tail and bottom down toward the mat, lengthening your spine even more if it is comfortable for you to do so, softly rock backward and forward or side-to-side for a gentle spinal massage
- Tuck your chin slightly and gaze down the centre line of your body.
- Hold for up to one minute. Keep your breath smooth and even.
- With an exhalation, release and extend both legs along the floor and rest. Repeat up to six times.

### Modifications & Variations

Knees-to-Chest Pose is good for all, from beginners to advanced practitioners. There should be no pain and very little discomfort when performed. If you need to modify the

pose to make it more comfortable, try these simple changes to find a variation that works best for you:

- To deepen the stretch, bring your nose to your knees when you're in the full pose.
- If your stomach or chest is large, it might be difficult to clasp both hands around your legs. Instead, draw each knee slightly to the side of your body, toward each same-side armpit. Hold onto your shins with each hand, instead of clasping your legs directly over your chest.
- If it is still difficult to hold onto your shins, wrap a yoga strap around the soles of your feet with your knees bent. Hold onto the strap with both hands to help draw your knees in closer.

### **Quotes of the Month**

*"Whatever you do in life, yoga shows you how to do it better."*

Chuck Miller

*"We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far."*

Swami Vivekananda

### **Lemon Water - The benefit of drinking lemon water - Good for the new year cleanse!**

Lemons are an acidic food that when it enters the body combined with water, alkaline the blood stream. This is great for if you are dehydrated as it replenishes the body and enhances the body's ability to absorb water.

1. Lemon water flushes out the system and stimulates the liver. Lemon water boosts liver productivity to help rid the body of extras it does not need.
2. Aids in digestion. Removes bloating and indigestion.
3. Builds the immune system. Lemons are packed with vitamin C, which helps increase the body's immunity to sickness.
4. Clearer skin. Lemons detoxify the blood which maintains skin's radiance. It is also rich in antioxidants eliminating free radicals that can cause dull skin and cause ageing effects.
5. Help with weight loss with lemon water. Lemons natural contain pectin fibre which helps to ward off hunger cravings.
6. Helps with anxiety and depression. Lemons have a calming effect to the nervous system, even just smelling the citrus can help.
7. Prevents kidney stones. The citric acid in lemons increases urine total which helps to fight off kidney stones.

Drinking lemon water in the morning starts the body off with balanced digestion after resting for 8 hours without food or water and boosts liver function.

Put a few drops or a squeeze in warm water - give it a go, you will be surprised.

## **Relax in 2021**

Below is a simple pranayama (breathing) practice that is a really a quick way to relax. Give it a go, it's called the 'Ha' breath:

THERE ARE SEVERAL VARIATIONS OF "HA" BREATHING. THE MOST BASIC FORM IS TO LIFT THE SHOULDERS TOWARD THE EARS IN SLOW MOTION WHILE PASSIVELY INHALING. EXHALE THROUGH THE MOUTH WITH A LONG SIGH—AHHHHH!—WHILE GRADUALLY SOFTENING THE SHOULDERS AWAY FROM THE EARS. REPEAT THREE TO FIVE TIMES. "HA" BREATHING MAY ALSO BE DONE WITH MORE SHOULDER MOVEMENT ON THE EXHALATION: LIFT THE SHOULDERS TOWARD THE EARS IN SLOW MOTION WHILE PASSIVELY INHALING. EXHALE THROUGH THE MOUTH WITH A SHORT, RAPID EXHALATION USING THE SOUND OF "HA" WHILE RELAXING THE SHOULDERS DOWNWARD. REPEAT 3–5 TIMES. IT IS NOT UNUSUAL FOR THIS BREATH TO EVOLVE INTO A BREATH OF LAUGHTER, WHICH IS AN EXCELLENT WAY TO RELEASE STRESS. KAKI PRĀṆĀYĀMA IS A COOLING BREATH THAT UTILIZES KĀKI MUDRĀ (FORMING A BEAK WITH THE MOUTH). THIS OPENING CREATES A TYPE OF STRAW THROUGH WHICH THE BREATH IS DRAWN. INHALE THROUGH THE MOUTH AND EXHALE THROUGH THE NOSE.

**Payne, Ph.D., E-RYT500, YTRX, Larry, Gold, M.A.,  
L.Ac., E-RYT500, YTRX, Terra, et al.**

*Yoga Therapy & Integrative Medicine: Where Ancient Science  
Meets Modern Medicine*

#kindlequotes

So, that's it for this Newsletter. I hope you have enjoyed it and I hope you find the time each day to move your beautiful bodies, breathe a little deeper, and pause in stillness and gratitude for the many blessings we all have around us.

Health and happiness in 2021.

Thank you for your continued support.

Stay Safe. Stay Well.

*Michele* 

