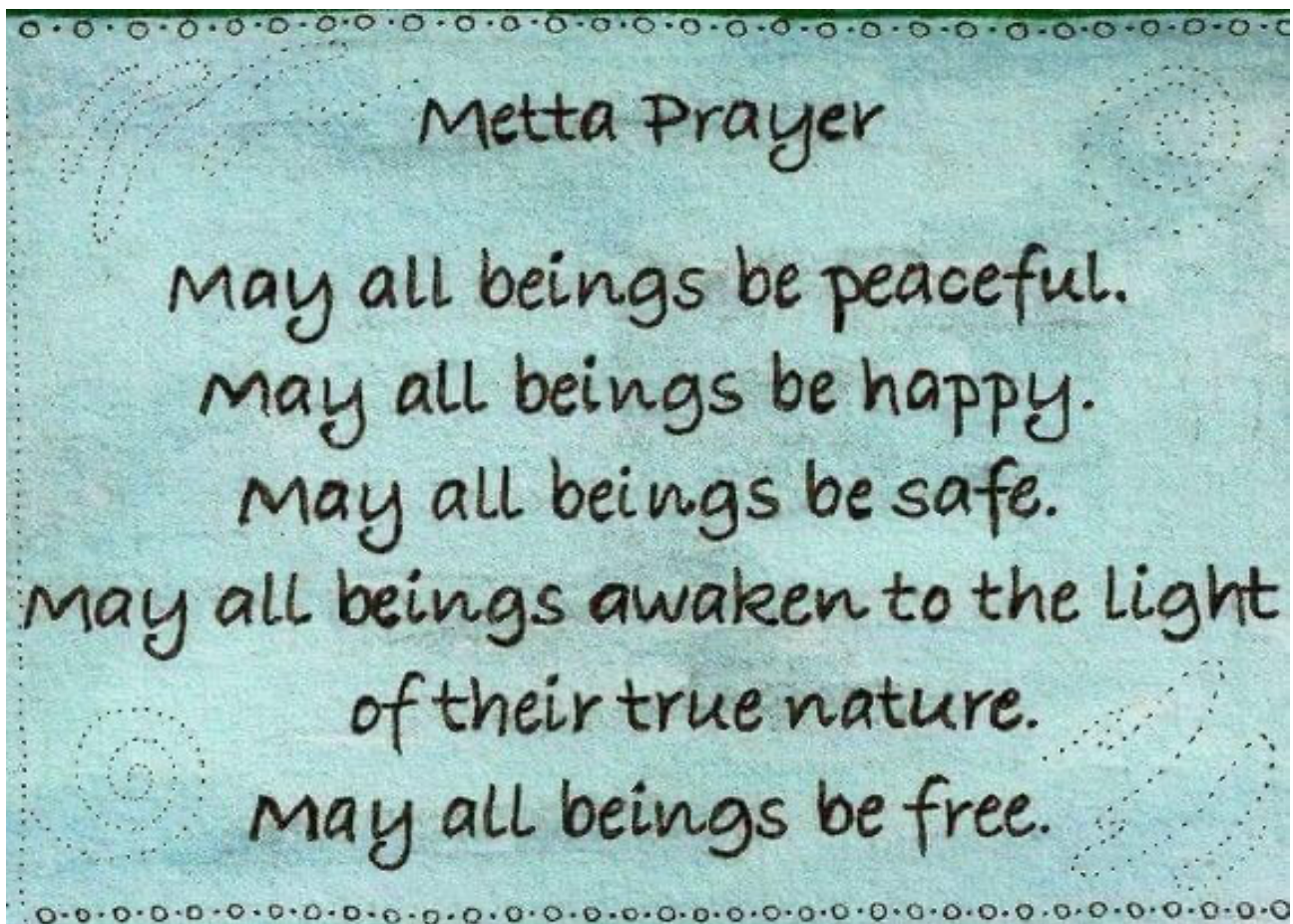




Yoga is for Everyone Newsletter

October 2022 Newsletter



"This yoga should be practiced with firm determination and perseverance, without any mental reservation or doubts."

Bhagavad Gita

October Challenge

Self-care is important. I'm refreshed following my weeks holiday. It's important to take the time. So, let's have a challenge for October – try to complete at least 5 minutes of meditation or stillness each day.

Let me know how you get on!

The word yoga comes from Sanskrit, the language of ancient India. It means union, integration, or wholeness. It is an approach to health that promotes the harmonious collaboration of the human being's three components: body, mind, and spirit."

CLASS NEWS

WORKSHOP 30th OCTOBER - BILLINGLEY VILLAGE HALL

10am to 12 noon – £12.00

The workshop allows us time to come together with asana practice, pranayama (breath-work), meditation and yoga nidra (deep relaxation) plus time to chat and discuss our practice on and off the mat 🙏🧘

Numbers are limited – please book on the website.

Tuesday Night Yoga - 7pm Billingley Village Hall

Classes will remain fully Covid secure, please don't come along if you feel unwell. I will still be sticking with the recent measures to help keep us all safe. Please do NOT attend if you have any signs of Covid - please respect your fellow yogis.

Classes are filling up so if you need to cancel your booking, please let me know.

Classes will stay at £4 on Zoom and £7 face -to-face.

Costs are for the zoom licence/hall fees 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.

Gift Vouchers, Yoga Mats, Blocks and Netties are all available for sale.

Yoga 1-2-1 Sessions also available – more details on the website.

You can book your place on the Online Class via the website.

www.yogaisforeveryone.net

www.ukyogatherapy.co.uk

🍂 Yoga Wisdom of the Season - Autumn 🍂

Autumn is a time of consolidation, keeping hold of values and letting go of what is no longer needed. A time to shape and refine with high principles, values and expectations.

Element: metal

Time to: hold onto your principles, express yourself and resolve any grief and sadness.

It's all about: breath, quality of your breath effects all movements, experiences, thoughts and mood.

Ideal practice: slow focus on breath, asana that move the rib cage (reclined twist).

Mediation: counting the breath and space between breaths.

Food: flora enhancing such as yogurt, miso - cut down on dairy.

Work on: clearing clutter in your space and mind

Watch out for: harbouring thoughts and unresolved issues.

This Month's Asana - High Lunge



High Lunge is a demanding, somewhat advanced pose that requires balance and strength. It asks for power to firm the feet, legs, and glutes, and the flexibility to lengthen the front hamstring while opening the back hip flexor. The balancing piece comes in because the back heel is lifted, causing instability that can be counteracted by squeezing the inner thighs together and activating the core. Press through the front big toe to get even more steadiness in this pose.

Sanskrit: No direct translation

Pose Type: Standing Pose

Targets: Legs, arms, and groins

How to

1. Start in Downward-Facing Dog. Exhale and step your right foot forward between your hands, aligning your knee over the heel. Keep your left leg strong and firm.
2. Inhale and raise your torso to upright. At the same time, sweep your arms wide to the sides and raise them overhead, palms facing.
3. Be careful not to overarch the lower back. Lengthen your tailbone toward the floor and reach back through your left heel. This will bring the shoulder blades deeper into the back and help support your chest. Look up toward your thumbs.
4. Be sure not to press the front ribs forward. Draw them down and into the torso. Lift the arms from the lower back ribs, reaching through your little fingers. Hold for 30 seconds to a minute.
5. Exhale, release the body to the right thigh, sweep your hands back onto the floor, and, with another exhale, step your right foot back and return to Down Dog. Hold for a few breaths and repeat with the left foot forward for the same length of time.

Cautions

High blood pressure

Heart problems

Helpful for

Sciatica

Beginners Tip

To improve balance, rest the thigh of the forward leg on a chair seat.

Enjoy!

Breath-work Practice - Pranayama

Pranayama is the ancient practice of controlling your breath. You control the timing, duration, and frequency of every breath and hold.

The goal of pranayama is to connect your body and mind. It also supplies your body with oxygen while removing toxins. This is meant to provide healing physiological benefits.

Pranayama involves different breathing techniques. Examples include;

Alternate nasal breathing – nadi shodhana

Victorious breath - ujjayi

Female humming bee breath - bhranari

Bellows breath - bastrika

These breathing exercises can be practiced in many ways. For instance, you can do them while performing asana. You can also practice them while meditating or on their own.

Watch future newsletters for details of how to do in depth.

Check out with a medical professional before starting any practice - or speak to me directly.

Yoga Sutras - Patanjali

The sutras are my go to reflection and go to text.

Sutras = threads

The Yoga Sutra, widely regarded as the authoritative text on yoga, is a collection of aphorisms, outlining the eight limbs of yoga. These "threads" (as sutra translates from Sanskrit) of wisdom offer guidelines for living a meaningful and purposeful life. Learn more about the sutras and Patanjali, the sage who wrote them.

The sutras -

Eight limbs of yoga.

The postures (asanas)

Are just one Limb (aspect)

Yoga is so much more than simply adopting postures and moving our bodies.

The first limb is asana

Sutras include The *Niyamas*

Specifically, reminders of our duties to ourselves and are considered to be character building encouraging us to look inward as opposed to the *Yamas* which largely have an external or social focus looking at our relationships with others.

Saucha

Stems from the word purity and talks about cleanness of the body mind spirit and environment. Ancient yogis placed a great deal of emphasis on keeping their bodies pure so they could strengthen the body and insulate the mind.

Some purification processes may still be relevant today, for example, tongue scraping, netti pots, breathing practices and certain postures (especially twists) help to cleanse. We're also encouraged to eat wholesome food and increase our physical exercise and drink more water.

Purification has the intention to lighten the load that we carry. We should strive towards being a true pure version of ourselves.

Interesting Facts about October

October is the tenth month of the Gregorian and Julian calendars and is the sixth month of seven to have a length of 31 days.

The name October comes for the Latin word Octo, meaning eight because this was the eighth month in the early months of the Roman calendar. When the Roman calendar adopted the 12-month calendar, the name October stuck even though its currently the tenth month of the year.

October's birthstones are Tourmaline and Opal

Birth Flower for the month of October is the Calendula or Marigolds

October has two zodiac symbols: Libra (until October 22nd) and Scorpio (from October 23rd to November 22nd)

October is National Pizza Month, National Popcorn Poppin Month, National Pork Month, and National Seafood Month

October ends of the same day of the week as February every year

In October 1925, the first working TV was tested by John Logie Baird

In October 1886, France presented the US with the Statue of Liberty

October 2020 brings two full moons: The Harvest Moon on October 1st and the Hunter's Moon on October 31st. The Hunter's Moon is special for two reasons, it's a rare Halloween full Moon and a Blue Moon

Halloween is celebrated every year on October 31st

So, that's it for this Newsletter. I hope you've 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.

See you all on the mat. Stay safe out there.

Namaste

Michele 🙏

