



Yoga is for Everyone Newsletter

November 2020 Newsletter



COVID-19 Coronavirus *Update*

Due to the ongoing COVID situation I have decided to move our Tuesday Night Yoga Classes Online via Zoom for the foreseeable future.

A small charge of £4 will be 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](#)

Note: All future Tuesday Night Yoga bookings have been cancelled and all advance payments have been refunded. If you previously had a Tuesday Night Yoga booking you will need to re-book onto the new Online Class (using the link above).

Moving our Classes back online has been a difficult decision, but I believe it is the correct course of action in order to best protect you and the community. If you have any questions, please email me.

Thank you for your ongoing support and I look forward to seeing you (virtually!) soon.

Self-Care

As humans there are some very basic things that we need to do, these include

- Relieve tension and strengthen our bones
- Protect ourselves from the dangers of modern life
- Remind ourselves to move
- Keep our vital energy moving
- Manage stress

- Good diet
- Good sleep

Yoga can help with all these (yoga helps our digestive system).

Yoga Therapy - Anxiety

Yoga therapy for anxiety is an approach that combines breathing practices, mindfulness applied neuroscience and tailored yoga postures to treat common symptoms of anxiety in the mind and body.

It works and is for everyone to access. Please email me for further details.

Comments by Paramahansa Yogananda

1. I relax and cast aside all mental burdens, allowing God to express through me His perfect love, peace, and wisdom.
2. The healing power of Spirit is flowing through all the cells of my body. I am made of the one universal God-substance.
3. God's perfect health permeates the dark nooks of my bodily sickness. In all my cells His healing light is shining. They are entirely well, for His perfection is in them.
4. Daily I will seek happiness more and more within my mind, and less and less through material pleasures.
5. God is the shepherd of my restless thoughts. He will lead them to His abode of peace.
6. I will purify my mind with the thought that God is guiding my every activity.
7. With the sword of devotion, I sever the heart-strings that tie me to delusion. With the deepest love, I lay my heart at the feet of Omnipresence.
8. I am submerged in eternal light. It permeates every particle of my being. I am living in that light. The Divine Spirit fills me within and without.
9. God is within and around me, protecting me; so I will banish the fear that shuts out His guiding light.
10. I will help weeping ones to smile, by smiling myself, even when it is difficult.

Paramahansa Yogananda was an Indian monk who introduced millions in the 'West' to the ancient teachings of meditation and yoga. He is often cited as the first western yogi.

Aromatherapy

Carrot seed oil (Dadus Carota)

As the landscape changes and the colours and leaves turn golden and orange, Carrot seed oil is great for the changing seasons and autumn. Carrot seed oil (dadus carota) is distilled from the seeds of the wild carrot plant. This should not be confused with carrot oil, which is a carrier oil rather than an essential oil and made by infusing carrot flesh into oil.

Carrot seed essential oil has a strong and earthy smell so it is often used in a diffuser on its own. It's also great and rejuvenating as a facial oil. Mix a couple of drops with some

rose essential oil and a couple of lavender oil, mix well then use as a deeply nourishing facial oil to help repair, tone and tighten the skin, soothes it too.

Alternatively, blend this facial oil with some Shea butter for a deeply moisturising skin treatment for the whole body, it can help seasonal eczema or psoriasis.

The oil also works on another level as it helps lift us out of the 'fogginess' caused by the changing light and season – it calms and restores harmony.

(Avoid using if pregnant)

Mindfulness

Instead of a physical practice this month, have a go at this mindfulness practice.

First four words you see here
reveal your subconscious mind,
go for it!

JGLDMGKDMSDOEOVMSCMWOQPRYTL SMLFJOMCES
KOGJKLMSMIEOPJMLSMVMGKEJSKNM LESSONSJAPQ
PEICREATIONJMXLAMFAJFLSMCGJIWLOVEPJFLAMVL
WILFEGMLEMFM EPAVBNZLSNVMJDKUIT EWJTKDKNV
MSNGKDSLJGKDSLJGKLSGRATITUDEJGKLSJAKLGZV
NMCNSJWUQDLD PWSJGDSKIEMNBSKGMNBAXBDMSII
IMELNGSANVDCONNECTIONKMG EWJNNZCMANHHFL
NQIRPWIQTYIEJCZXNMXZVJSAGKSMZNV LGKELJWJK
TNSNJDQRWADFXCRPWVGCRBYTNMONEYKUMLIMLY
UJVRNWCGEYVQPOWERPUYXDRWKLJDSKLGJKDSLJI
IALIGNMENTJEVMSLJJFLSHAHMLFJELWPORIVMSMM
TGLDMGKDMSIOMCHANGEVVMSCMWOQPRYTL SMLFJ
IIMCESKOGJKLMSMIEOPJMLSMVMGKEJSKNMJAPQPE
OOMXLAMFAHEALTHJFLSMCGJIWPJFLAMVLWILFEGM
NNMFM EPAVBNZLSNVMJDKUISELFCAREVMSNGKDSL
JGKDSLJGKLSJGKLSJAKLGZVNMCNSJWUQDLD PWSJ
GDSKIEMNBSKGMNBAXBDMSGMELNGSANVDSMGEW
JNNZCMANHHFLSTRENGTHWQIRPWIQTYIEJCZXNMR
ZVJSAGKSMZNV LGKELJWJKCNSNFAMILYJDQRWADE
XCRSWVGCRBYTNKUMLIMLYBJVRNWCGEYVQXDRWS
LJDSKLWPURPOSEJKDSLJEMJGLDMGKDMSDOEOVM
STMWOQMIRACLES PRYTL SMLFJOMCESKOGJKLMSMI
ELPJMLSMVMGKEJSKNMJAPQBREAKTHROUGHPEIJM
XLAMFAJFLSGMDTVNMWURHDKABNPOIUMAFNHAKHJ
JJHJJJDHJSWIIRUMAMBQGEHJAKQWHCSANKNLALADI

Eight Facts about Bonfire Night 🔥

1. Catholic dissident Fawkes spent months with his 12 co-conspirators planning to blow up King James I of England during the opening of Parliament on 5 November 1605. But they were caught red-handed, allegedly lighting their 36 barrels of gunpowder in a cellar below the House of Lords, and their assassination attempt was foiled. Londoners immediately began lighting bonfires in celebration of the plot having failed, and a few months later Parliament declared 5 November a public day of thanksgiving.
2. The name “bonfire” derives from the term “bone fire”; in the Middle Ages, these types of fires were usually set up in order to burn bones.
3. Up until 1959, it was illegal to not celebrate Bonfire Night in the UK.
- 4 There is at least one school in York taking advantage of the lifting of this law. St Peter’s School in York was attended by Guy Fawkes, and it refuses to burn his effigy as a mark of respect to the former pupil.
5. Fireworks were invented by accident. In the 10th century, a Chinese cook accidentally mixed three common cooking ingredients (sulphur, charcoal and a salt substitute) and set it alight, which resulted in colourful flames.
6. Fireworks first reached Europe in the 14th century. Initially, they were produced by the Italians and the first recorded display took place in Florence.
7. The first recorded fireworks display in England was at the wedding of King Henry VII in 1486.
8. If Guy Fawkes had managed to light the 2,500kg of gunpowder underneath the Houses of Parliament, he would’ve caused damage within a radius of almost 500 metres.

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.

Stay Safe. Stay well

Michele

