



Yoga is for Everyone Newsletter

May 2023 Newsletter

How come it is May already? Time seems to fly by, which is why it is so important that we live in the present and try a yogi lifestyle - following the moral codes and observances but by largely remaining in the present.

The present moment is all that is important, so stop, breath be mindful and slow down, time goes quickly enough as it is.

This month focus is on energy, as we move into the warmer, lighter months. Surround yourself with nature, be present and take care of yourself.

See you all on the Mat ॐ 🧘

Class News

Yoga class vouchers - what a great gift! 🎁

All CLASSES AVAILABLE, SO PLEASE BOOK VIA THE WEBSITE.
PLACES ARE LIMITED.

Mixed Classes both in person and on Zoom are all via the website.

NO Increases to class prices for over 3 Years

Classes will stay at £4 for my zoom classes and £7 for face to face classes.

Fees cover 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).

Classes are filling up so please let me know if you have to cancel.

Any changes in your health form. Let me know please

Remember that I also do 121's and Yoga Therapy and much more.
It's all on the websites;

www.yogaisforeveryone.net

www.ukyogatherapy.co.uk

Asana of the Month - Pigeon Pose

Eka Pada Rajakapotasana



What Is the Pigeon Pose?

The pigeon yoga pose requires you to get into a low lunge position with your right leg forward and left leg back.

From there, you lower your body so that your right shin is parallel to the mat. Your left leg should be extended straight behind you, with the top of your foot resting on the mat.

This posture targets your glutes, hips, and groin. The pigeon pose can help relieve tension in these areas. It can also help improve your range of motion. If you have tight hips, this stretch can be particularly beneficial.

You only need a yoga mat to do the pigeon pose. However, you may want to place a blanket under your right knee for support if you have knee problems.

The most common version of the pigeon yoga pose is the classic pigeon.

How to do

- Stand with your feet hip-width apart. Your arms should be on the side of your body.
- Adopt the standing forward bend. To do this, hinge at your hips and bring your torso toward your legs. Keep your spine straight as you fold forward.
- Inhale and lunge with your right leg forward, keeping your left leg straight behind you. Lower your right knee toward the ground. Try to keep your left heel lifted.
- Exhale and put the exterior side of your right shin on the mat. Your right heel should be close to your left hip.
- Place your left knee on the mat. Your left foot should face the ceiling.
- Place your palms on the mat in front of you. If it's difficult to keep your palms on the mat, you can place them on your shins.
- Then, elongate your spine and lift your chest. Look forward, keeping your gaze soft.
- Hold the position for a minute or 30 seconds, whichever is comfortable. Breathe deeply.
- To come out of the pigeon pose, exhale and bring your right leg back. Place both feet on the ground and go into the standing forward bend. Inhale as you bring your body up.

Variations

Besides the classic pigeon pose, there are several variations you can perform to target different areas or muscle groups.

One of them is the resting pigeon pose. In this variation, you start in the traditional pigeon pose but lower your body closer to the ground and rest your forehead on the mat. It's a great way to relax the hips and low back.

If you want a challenge, try the king pigeon pose. In this variation, you start in the classic pigeon pose. Then, you place your hands on the ground in front of you and raise your

body off the ground. Don't forget that you can always use blocks underneath your hands. This helps strengthen the core and upper body.

Benefits

Since the pigeon pose targets the hip flexors, glutes, and piriformis muscles, it helps improve the range of motion in the hips. It may also strengthen the muscles that support the hips and lower back.

Pigeon pose may also help relieve lower back pain by stretching the muscles and tendons around the spine. It can also help ease sciatic pain by stretching the piriformis muscle.

Mistakes to Avoid

Although there are many pigeon yoga pose benefits, there are a few mistakes that you should avoid to maximise those benefits and minimise the risk of injury.

1. Not Warming Up First

Pigeon is a deep hip opener. If your hips are tight, you could be at risk for injury if you don't warm up first. Make sure to do gentle hip openers and stretches before attempting the pigeon pose.

2. Wrong Hip Posture

Pigeon pose for beginners can be tricky since keeping the hips in a square position is difficult. You should feel a stretch in your front hip, but if you're feeling pain in your back hip, you must adjust your posture.

3. Unparalleled Shin position.

Your shin should be parallel to the front of your mat when in the pigeon pose. If your shin is not parallel, you will feel the tension in your knee or ankle.

Keep a soft towel under your knee and thigh if the pressure hurts your knees. It will help protect your knees.

May Mediation - Lunar Eclipse



A penumbral lunar eclipse will take place on Friday, May 5, 2023, the first of two lunar eclipses in 2023. The moon's apparent diameter will be only 0.1% larger than average because it occurs 5.5 days before perigee. This will be the deepest penumbral eclipse since February 2017 and until September 2042. Wikipedia

How to do

As you begin, find a comfortable position. If you tend to fall asleep during meditation, set yourself in an upright posture. Use bolsters, cushions, and blankets to support your body however you need to. Gently close your eyes and begin to notice your breath.

As you allow yourself to release any control on your breath, notice the natural cadence of your inhale and exhale. Simply follow your natural breathing pattern. This may cause some discomfort as you continue to release any control over breathing. Allow yourself to settle into this pattern.

Bring your attention to the end of the exhale, the place of emptiness that rests there. Try allowing the space at the end of the exhale to expand. Don't force yourself to hold your breath, just notice how you can find a kind of spaciousness before your next inhale.

Let the image of the moon remain in your mind as you become curious about what is alive in the emptiness of your breath. Notice any sensations in your body as space opens up in the stillness. What can you find in this shadowed place that is normally hidden by the movement of your breath?

When you feel ready, softly open yourself to the inhale. Let your breath slowly fill back into your body, expanding into your abdomen and filling up into your chest. Again, notice the pause at the top of the inhale. Let there be room there. Notice what happens in your body as you let there be a beat or two of non-action. Feel the fullness in your body with the inhale and rest in that sense of fullness.

Do not strain or hold your breath. When you are ready to release it, let it be a gentle, soft exhale. Be deeply compassionate with yourself as you release your breath, any tension in your body, and any strain in your mind.

Finish your meditation by bringing the image of the moon into your mind's eye. Imagine that reddish light radiating from your tummy and filtering through your breath.

Best UK foods in May to eat are...

Artichoke, asparagus, aubergine, beetroot, broccoli, sweetheart cabbage, carrots, wild garlic, jersey royal potatoes, lettuce, wild nettles, new potatoes, peas, peppers, radishes, rhubarb, rocket, samphire, sorrel, spinach, spring greens, spring onions, watercress.

Mix and match. Fresh is better

Mint Tea

Method

- STEP 1 - Take a few leaves of the mint in one hand and sharply clap your other hand on top, then drop the leaves into a teapot. Repeat with the rest of the mint, saving a few small sprigs for each glass as a garnish.
- STEP 2 - Fill up the pot with boiling water and let it infuse for 2-3 mins or until the liquid starts to take on a slight pale yellow/green hue. Strain the tea into cups or heatproof glasses and sweeten with honey to taste. Drop the reserved mint into the cups to decorate if you like.

Benefits of mint tea (one of my favourites)

Peppermint oil contains compounds which have antibacterial, antiviral and anti-inflammatory properties, which are all helpful to aid the immune system. Mint also might also help to fight infections of the upper respiratory tract and help relieve a stuffy nose.

Quote of the Month

"Fear, anger, and stress are poisons you create. If you take charge, you can create a chemistry of blissfulness. Engineer yourself to inner well-being."

'Sadhguru

Final Note

Fear, anger, and stress are all natural human emotions. As Sadhguru notes , these are poisons that are created in the mind. If we are able to create these poisons then we must also be able to create blissfulness. Sadhguru encourages the idea that we can engineer our inner well-being. We can create an environment of positivity and happiness as opposed to fear.

Stay well

Stay safe

Be in the present

Enjoy the warmer, lighter days

See you next month. 🙏

Namaste

Michele 🙏

