



Yoga is for Everyone
Newsletter



April 2020 Newsletter



Never has *let's share calm* been more important.

Remember we (humans) have such a capacity to adapt to our circumstances, to rise up, to reshape, to rebuild. We will come out of this wiser, stronger, more connected with ourselves and each other, and a deep respect for the healing powers of solitude and a slower pace. Let's also remember that it is springtime and new growth. Let's grow into our practice together, mindfully. Mastering our mind by the power of breath. I hope you are all well and taking time to reflect and nourish, ready to move with the rising Spring energy.

Yoga Research

Sometimes simply getting on a yoga mat makes you instantly calm but the benefits of this ancient practice are much more far reaching than the flexible body and still mind. Hatha yoga which involves mind, body and spirit, has even shown to increase the size and function of the brain. A review of 11 studies using MRI technology to observe the impact of yoga on the brain showed that certain areas of brain activity - the hippocampus (memory processes and known to shrink with age) amygdala (emotional regulation) and prefrontal cortex (planning, decision making and multitasking) - all improve with regular yoga practice! Let's get on our mats.....😊

Calming Tips for the Challenging Times

1. When you feel anxious inhale for six seconds, then exhale for six seconds. This 'coherent' breath is scientifically proven to bring you out of a stressed state.
2. Set your alarm 15 minutes earlier in the morning. Without reaching for your phone, just sit for 15 minutes and follow your breath. Starting your day from a state of calm not stress.
3. Switch off your phone for at least one evening per week. Bring some calm into your life.

Class Updates



I am now holding a weekly Live Streaming Online Yoga Class every Tuesday night at 7.00pm. **In these unprecedented times, I feel it would be wrong to charge for these Classes and, consequently, have decided that these will remain free to all.** If you have any friends/family or colleagues that you feel would benefit from joining us, then please direct them to the website (www.yogaisforeverone.net) where they will

be able to sign-up to attend. Each Class will last approximately 50 minutes but the Yoga Studio will open approximately 15 minutes before and 10 minutes after the Class. This is so that you can 'chat' to you fellow attendees, should you wish.

What Equipment do I Need to Join an Online Class?

You will need a suitable, internet connected, device such as a desktop PC/Mac or a mobile device such as an iPad/Android Tablet. Even a mobile phone (Apple or Android) will do, although you might find the screen a little too small.

How do I Configure my Device?

We are going to use the most popular streaming platform, which is called Zoom. In order to join a Zoom Yoga Class you will need to download the Zoom software or Zoom App, depending upon the device you have.

Please note that irrespective of the device you are using, you do not need to Sign in or create a new account with Zoom, you just need to download the software - its free!

I strongly recommend that you follow the steps below before Tuesday so that everything is ready to go at the time of the Class.

(a) If you have a Desktop PC or Mac then click on the link below;

<https://zoom.us/test>

This will take you to the Zoom website and allow you to join a test meeting. Press the Join meeting button and you will be prompted to download and install the software. Please do this.

(b) If you have an Apple device (iPad/iPhone) then go to the Apple App Store, search for Zoom Cloud Meetings and install the App.

(c) If you have an Android device (e.g. Samsung Tablet) then go to the Google Play Store, search for Zoom Cloud Meetings and install the App.

How do I Join the Class on Tuesday Night?

On Monday I will send an invite Email to you all. This will list the time of the Yoga Class (normally 7.00pm) and there will also be a link to the Class. Clicking the link will take you to the Online Classes page of our website. On here you will see a countdown timer indicating how long till the Online Class commences. Assuming that you have already configured your device (see above) beforehand, then pressing the Join Class Now button will open the Zoom App and allow you to join the Yoga Class.

It really is as simple as that!

Will the other People attending the Class be able to see me?

That is entirely your decision. When you first join Class you will be asked whether you want to share YOUR video (assuming you have a camera on your device). If you decide to decline, then you will be able to see me but I will not be able to see you (which is fine!).

I Can't Seem to get this Working - What do I do?

Contact us! We can guide you through the process and get you up and running. If needed, we can setup a Test meeting before Tuesday in order to make sure everything is working for you.

In the meantime, if you have any questions, please do not hesitate to contact us.

1-2-1 Sessions

I can also offer online 1-2-1 sessions via the Zoom platform. Please contact me for further details.

A Poem for April

Walk Slowly – by Danna Faulds

It only takes a reminder to breathe,
a moment to be still, and just like that, something in me settles, softens, makes space for imperfection. The harsh voice of judgement drops to a whisper and I remember again that life isn't a relay race; that we will all cross the finish line; that waking up to life is what we were born for. As many times as I forget, catch myself charging forward without even knowing where I'm going, that many times I can make the choice to stop, to breathe, and be, and walk slowly into the mystery.

Asana of the Month

Warrior III - Virabhadrasana III

To bring a sense of freshness back to your practice - Virabhadrasana III (Warrior Pose III). It's a pose that challenges your body with both backward- and forward-bending elements. It also builds power and grounding in the legs while offering chances for lightness and play.

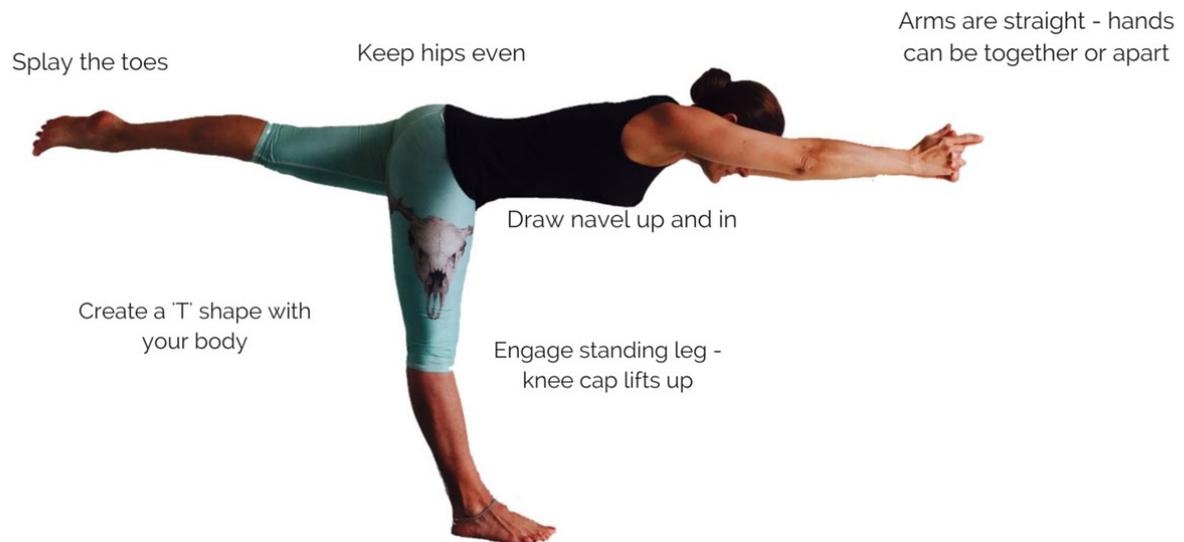
Warrior III is an intermediate balancing pose in yoga. This dynamic standing posture creates stability throughout your entire body by integrating all of the muscles throughout your core, arms, and legs.

Benefits of Warrior III Pose

Warrior III strengthens the whole back side of the body, including the shoulders, hamstrings, calves, ankles, and back. It also tones and strengthens the abdominal muscles. Warrior III improves balance, posture, and full-body coordination.

How to do Warrior III

www.rosalieyoga.com



1. Begin standing in Mountain Pose (Tadasana) with your feet hip-distance apart and your arms at your sides. Breathe smoothly and calmly, bringing your awareness to the present moment.
2. Turn to the left and step your feet wide apart, about 4 to 5 feet. Turn your right foot out 90 degrees so your toes point to the top of the mat. Pivot your left foot inward at a 45-degree angle. Point your pelvis and torso in the same direction as your right toes are pointing.
3. Bend your right knee over your right ankle so your shin is perpendicular to the floor. Raise your arms overhead with your palms facing each other.
4. Press your weight into your right foot. Lift your left leg as you lower your torso, bringing your body parallel to the ground. Your arms, still extended, will now reach forward.
5. Flex your left foot and reach out through your heel, as if you're pressing a wall behind you.
6. Keep the muscles of both legs actively engaged. Straighten your standing leg as you continue to lift the left leg, but do not lock your knees.
7. Work toward bringing your arms, torso, hips, and raised leg parallel to the floor. You may need to lower the hip of your raised leg slightly in order to bring your hips parallel to your mat.
8. Stretch your body from your fingertips all the way through your lifted heel.
9. Gaze at the floor a few feet in front of your body.

10. Hold the pose for 30 seconds. To release, exhale as you softly lower your left foot back to the floor, coming again into Warrior I. Lower your arms and step forward into Mountain Pose. Repeat the pose for the same amount of time on the opposite side.

Tips and Modifications

- If you are having difficulty balancing, try practicing the pose with a wall or chair at an arm's distance in front of you. Then lightly rest your hands on the wall or chair for support.
- To support your lifted leg as you gain strength and flexibility, rest your raised foot along the top edge of a chair, table, or ballet barre. You can also press your raised foot against a wall.
- There are several arm variations for this pose. Some to try are:
 - Pressing your palms together in prayer position with your arms extended forward
 - Interlacing all ten fingers with your arms extended forward. Then releasing your index fingers and pointing them directly forward
 - Reaching your arms back alongside your torso with your palms facing your body.
 - Reaching your arms back alongside your back, and then turning your palms upward.
 - Bringing your hands into reverse prayer position behind your back.
 - Stretching your arms out to the sides

Quote of the Month

"You want to conquer the anxiety of life, live in the moment, live in the breath."
Amit Ray

April Notable Dates

1st - April Fool's Day
5th - Palm Sunday
10th - Good Friday
12th - Easter Monday
22nd - Earth Day
23rd - St George's Day
23rd - Shakespeare Birthday
24th - 1st Day of Ramadan

Stay Safe. Stay well

Michele 

