



Yoga is for Everyone
Newsletter

January 2020 Newsletter



Happy new year to you all

As the next decade starts, it's always good to reflect back on the previous year or in this case decade.

However, in keeping with yogic tradition, the aim is to stay in the present as that is all that matters. Past is history - however at this time of year it is good to acknowledge and offer some reflection. I personally don't make New Year's resolutions - why start off with pressurising yourself? To me it's about how we live each day and our habits.

Patanjali yoga sutras is a good guide and part of my journey - living the 8-fold path (Astanga Yoga):

Yama - the moral codes

Niyamas - the observances

Asana - physical practice

Pranayama - breathwork

Prayahara - withdrawal of senses

Dharana - concentration

Dhyana - meditation

Samadhi - enlightenment (the self, my emphasis)

Have a great 2020.

Class and Workshop News

2020 Dates for your Diary

Saturday 25th January (9.30am) - One Hour Meditation Class

Saturday 28th March (9.30am) – Spring Workshop (2 ½ hours)

Saturday 16th May (9.30am) – Yoga Hub (1½ hours)

Saturday 4th July (9.30am) – Yoga Hub (1½ hours)

Saturday 26th September (9.30am) – Autumn Workshop (2 ½ hours)

Saturday 5th December (9.30am) – Christmas Workshop (2 ½ hours)

Don't forget, Private One-to-One Sessions are also available.

Yoga Therapy Sessions

Are now available for your specific needs, please email me or see me for more details.

Asana of the Month – Simple Seated Twist



Yoga postures are often named for mythological figures in the hope that practicing them might help us attain some of their heroic attributes.

According to the ancient tale, the Hindu deity Shiva was on an island, explaining the mysteries of yoga to his consort Parvati. A fish near the shore remained motionless and listened with rapt attention. When done correctly, this deep, seated twist has the power to transform your spine. It increases spinal rotation, boosts blood flow to the disks, and builds strength and flexibility in the erector spinae muscles, the tiny muscles that support the spine. The posture also nourishes the internal organs, because alternately compressing and stretching the torso is thought to increase circulation to those areas. The stomach, intestines, and kidneys get a nice squeeze, stimulating digestion and elimination, while the shoulders, hips, and neck get a wonderful stretch.

How to do

Sit upright on your mat with your legs extended in front of you and your hands resting on your thighs.

Bend your right knee, then cross your right leg over and place your foot next to your left thigh. You should feel as though you're sitting in a tight half cross-legged position.

Bend your left knee and position your left ankle next to your right buttock. Your right foot should stay planted on the floor. Square your hips so they remain even.

Bring hand around the knees. Other hand on floor behind, looking over the shoulder.

Exhale and see if you can deepen the pose.

Pose Benefits

- Opens the rib cage and chest
- Enhances digestion and elimination
- Stimulates the liver and kidneys
- Energizes the spine
- Stretches the shoulders, hips, back, and neck

Contraindications

- Spinal injury
- Back pain and/or injury
- Pregnancy

Recipe of the Month – Juices for the New Year



Just pop them altogether and blitz them!

Ginger Zinger

- 2 stalks celery
- ½ cucumber
- 1.5cm ginger
- ½ cup parsley
- ½ lemon
- 1 green apple
- 2 cups spinach

Beet it Up

- 1.5cm fresh ginger
- 3 beets
- 3 carrots
- 3 stalks celery

Electric Green (my favourite)

- 1 cucumber
- 1 cup parsley
- 1 cup spinach
- 2 green apples

Super Detox

- 2cm fresh turmeric
- ¾ cucumber
- ½ lime
- 1 green apple
- 2 beets
- 1 cup spinach

Yoga Philosophy

Mountain post teaches us

How to stand on our own two feet.... teaching us to root ourselves into the earth....
Our bodies become a connection between heaven and earth."

"Even these (obligatory) works should be performed without attachment to the fruits. This is my definite supreme advice, O Arjuna"

Bhagavad Gita.

Quote of the month:

'Never seek nor avoid, take what comes'

Swami Vivekananda

Happy New Year Yogis

Michele

