



Yoga is for Everyone Newsletter

June 2020 Newsletter



Be comforted knowing that each day brings a fresh new start and infinite opportunities! Start your day reflecting on what you are thankful for in your life, no matter how small or big they may be in the moment. This practice will not only help centre your mind, but it will also give you a new-found positive outlook on the day and life.

Wherever you are, and whatever you are doing, it's time for some self-care; time to revive yourself and your skin. It's time to bring some much-needed balance to mind and body. Now we are beginning to get out and about.

Please, please remember to stay safe and social distance. It's a marathon not a sprint. Stay well and Stay safe.

Class Updates



It's become very clear that we won't be able to have regular group Yoga classes for some time yet. The combination of enclosed spaces, dynamic breathing and chanting is not exactly Covid-friendly, so Zoom is here to stay for the foreseeable future. Consequently, Tuesday's classes will continue via Zoom. Thanks for the feedback, it seems to be going well!

Time: 7.00pm

Duration: 60 minutes

Location: Online (Zoom)

Cost: Free

(If you are not currently receiving invites for the Online Class, please let me know and I will add you to the 'Invite' list)

For now, these Classes will remain free to all but I will continue to review this as pandemic progresses.

One2One Sessions are also now available via Zoom - please email me for further information.

Yoga Therapy Sessions are now also available via Zoom, again please email me.

Check out the website, it has all the relevant information and is constantly updated;

www.yogaisforeveryone.net

www.ukyogatherapy.com

Aromatherapy

My favourite and the perfect oil for this month is rosehip seed oil (*rosa rubiginosa*). This is a beautiful oil made from the fruit of the rose and has long been used by the Egyptians, Mayans and native Americans for its amazing, healing properties.

Although it's not really an essential oil, it is normally classified as one as it has far more properties than most carrier oils.

Rosehip seed oil is a lovely rehydrating and rejuvenating oil, which we all need right now to help boost and regenerate our minds and bodies. Try using it on its own as

a nourishing facial treatment. Spend some time giving yourself some much-needed self-care. Really take your time massaging it into your skin so that you not only give yourself a free facial, but also allow the vitamin A and E to sink into the skin and boost cell regeneration and stimulate collagen.

Rosehip seed oil is also higher in vitamin C than oranges, so massaging it into the whole body, especially around the chest, will help boost the immune system and lift and brighten your skin and your mood ready for the upcoming lighter, brighter

This month's practice is all about our minds and breath - to help us stay safe

- 7/11 Breath

This is a simple yet powerful technique. Closing the eyes, you simply:

- Inhale to a count of 7
- Exhale to a count of 11
- Aim for 10 rounds of the 7/11 breath

This practice helps us feel calmer because the longer exhale helps to stimulate the body's relaxation response (parasympathetic nervous system).

- Dialling down

- Close your eyes and imagine a dial with the numbers 1 – 10 on it, as vividly as possible.
- See or sense the needle registering at the number that best represents how anxious you feel right now.
- Then look at the dial and choose to turn it down to the amount of emotion you feel is appropriate to the situation.
- Breathe deeply 3 minutes then repeat

- Box breathing

How to do the box breathing method. 

1. Close your eyes. Breathe in through your nose while counting to four slowly. ...
2. Hold your breath inside while counting slowly to four. Try not to clamp your mouth or nose shut. ...
3. Begin to slowly exhale for 4 seconds.
4. Repeat steps 1 to 3 at least three times.

It may help to imagine going up the side of a box, along the top of the box, down the other side of the box then along the bottom.

- Ujjayi Breathing

Seal your lips and start to breath in and out through your nose.

Take an inhalation through your nose that is slightly deeper than normal. Exhale slowly through your nose while constricting the muscles in the back of your throat.

If you're having trouble getting the right sound for your breath, try this:

- With your mouth open, try exhaling the sound "HAAAAH"—it's similar to the sound you make when you're trying to fog up a mirror. Get comfortable with this sound to get the hang of the practice.
- Close your mouth and attempt a similar sound, feeling the outflow of air through your nasal passages. Once you have mastered this on the outflow, use the same method for the in-flow breath, gently constricting the back of your throat as you inhale.

If you're doing this correctly, you should sound like waves in the ocean—the inhales can be compared to the sound the ocean makes as the water is gathering up to form the wave, the exhales can be compared to the sound of the waves crashing to the shore. Some people compare Ujjayi breathing to Darth Vader from Star Wars, if that's helpful.

Benefits

Daily pranayama trains the lungs and improves the capacity of respiratory system immensely. Pranayama directly works on the nervous system. Daily Pranayama positively affects autonomic nervous system which controls and governs essential functions of the body like the heart rate, respiration and blood pressure etc

Cautions and contradictions

- You be the judge. If you feel any discomfort or lightheadedness, stop immediately and return to normal breathing. Consult an instructor for guidance and supervision.
- Never force or restrict your breath. Don't compromise the quality of the breath. Do the best that you can. The more you practice, the longer you'll be able to perform the exercises, and eventually, you'll be able to use more of your lung capacity.
- Patience and practice. Pranayama should be done with great care and awareness. Try to stay focused on the journey, not the destination! Over time, you will start to notice the benefits of the practice.
- Precautions. If you are pregnant, or suffer from diabetes, high or low blood pressure, heart conditions, epilepsy, or vertigo, please consult your health care provider before performing any of these breathing exercises.

BENGALI VEGETABLE CURRY. - *A huge thanks to Gordon who provided the recipe.*



Ingredients

2 onions thinly sliced
1 tbs finely grated root ginger
4 garlic cloves crushed
2 tsp cumin seeds
1 tsp ground turmeric
1 tsp black mustard seeds
1 tsp medium curry powder
500 ml vegetable stock
200 ml reduced fat coconut milk
2 potatoes peeled and cut into chunks
2 large carrots peeled and cut into chunks
1 red and 1 yellow peppers de-seeded and cut into chunks
200g green beans halved
Juice of 1 lemon
Rice to serve

For the relish

1 red onion thinly sliced and placed in boiling water for 10 minutes
2 tomatoes de-seeded and roughly chopped
5 tbs finely chopped fresh mint leaves
300g fat free natural yogurt
1-2 tsp cumin seeds
Pinch chilli powder (optional)

Method

1. Spray a large non-stick frying pan with Frylight and place over a medium heat. Add the ginger, onions and garlic and fry for 5 mins or until soft.
2. Add the cumin seeds, mustard seeds, turmeric, curry powder, stock,

coconut milk, potatoes and carrots. Bring to simmer, cover and cook for 10-12 mins. Add peppers, recover and cook for 5 mins or until all vegetables are tender.

3. Meanwhile, for the relish, drain the onions and squeeze out any excess liquid. Mix the onion with the tomatoes, mint and yogurt and season. Toast the cumin seeds in a non stick pan over high heat or 1 minute, then sprinkle them over the relish with a pinch of chilli, if you like.
4. Remove the curry from the heat, stir in the lemon juice and season
Serve with relish and freshly boiled rice.
Serve with relish and boiled rice.

Yoga Philosophy

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."

The Power of Om

Om is a very simple sound with a complex meaning. It is the whole universe coalesced into a single word, representing the union of mind, body, and spirit that is at the heart of yoga. Often chanted three times at the start and at the finish of a yoga session, the sound of om is actually three syllables: a, u, and m.

In yoga-setting, the chanting of om at the beginning of class ushers practitioners into the time and space that is about to be spent on the mat or in meditation. Likewise, an om at the end of class signifies that your physical practice has ended and it is time to reenter society.

Chanting - As you feel the vibration of the chant and lose the sound of your own voice among those of your classmates, it's possible to feel at one with other people and even with the universe.

Upanisads, you might have heard the verse: 'om itīdam sarvam' (Taittirīya Upaniṣad 1.8) which translates to: this whole world is OM. Also known as AUM, it is one of the most sacred sounds and signs of many religions such as Hinduism, Buddhism, Jainism, Sikhism and is widely used in yoga, asana and meditation practices alike.

Given its popularity today, it is difficult to believe that early in the period between 1500 BC and 500 BC (the Vedic period), it could not be said in public or used at all. It was passed secretly from father to son, from teacher to students. #SharingKnowledge

AUM is divided into four stages: 1. A (formed at the back of the throat) 2. U (moves (across the tongue in the mouth cavity) 3. M (around the lips in the front part of the oral cavity) and 4. the silence afterwards. It is often referenced as a sacred syllable and its Sanskrit symbol has been subject to many scholarly studies. Its effects have been studied from a vibrational, historical point of view and that of how they relate to our chakras.

And Finally...

Sending you all so much Love, Peace and Strength. You all give me the same. I am humbled by the messages, flowers, and other thank you's that have come my way. You show your appreciation by turning up and practicing Yoga and that's more than enough.

May the Long Time Sun shine upon you. All Love surround you. And the Pure Light within you, guide you on.

xxx

Stay Safe. Stay well

Michele 

