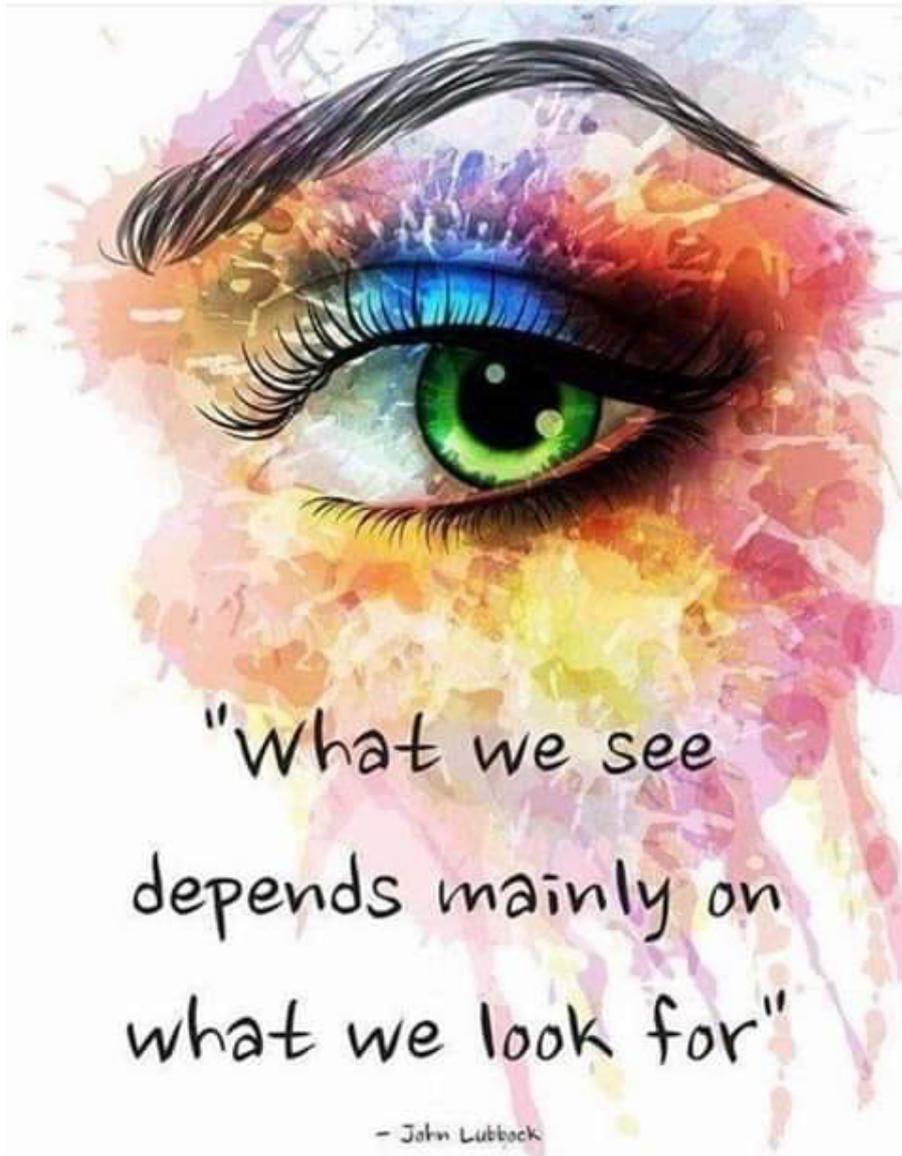




Yoga is for Everyone Newsletter

May 2019 Newsletter



As we move into May it is a good time to detox and declutter our minds and body to prepare ourselves for the Summer months.

Being mindful is a help. Start to declutter and detox the mind. Start the day with mindful breathing which is great for increasing focus and getting your mind used to 'being in the moment' this will help you to experiencing every second to the full.

Class and Workshop News

Forthcoming Workshops

‘Summer Equinox’

10.00am Saturday 22nd June 2019

Duration: 2 hours 30 minutes

Celebrate the Summer Equinox with this Yoga Workshop. Complete beginners welcome. Places limited. Please book your place on the website.

Tuesday Night Yoga

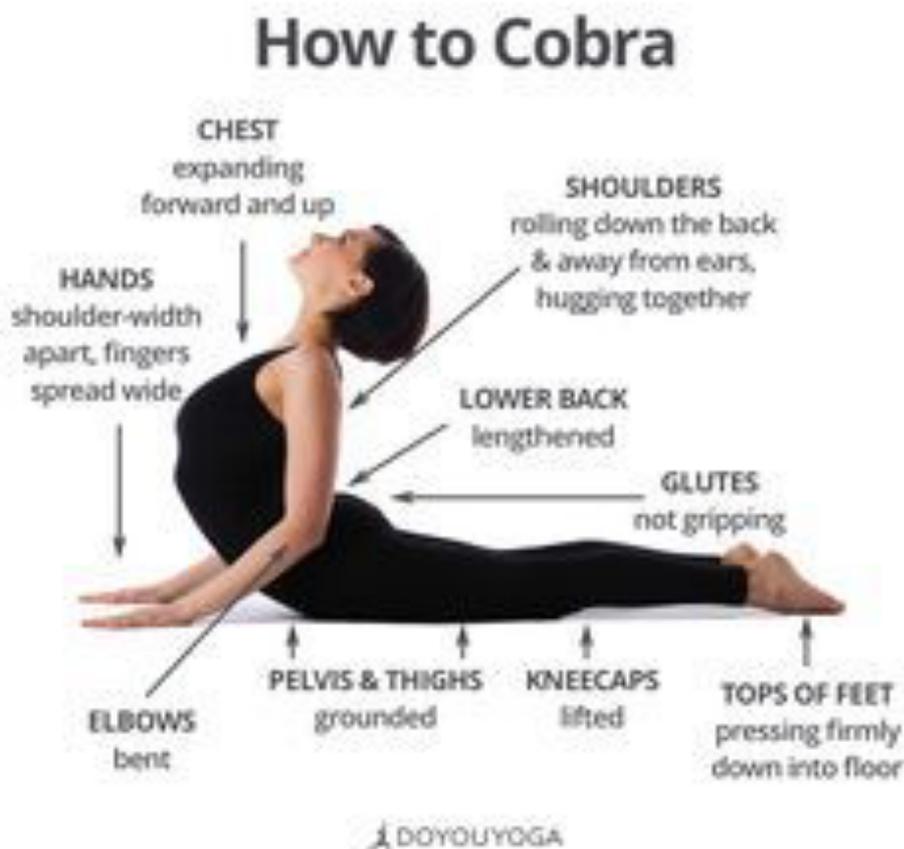
Reminder;

Tuesday 4th June – No Classes

Tuesday 11th June – No Classes

Dates where there are No Classes still appear on the website but are shown as full (as is the Wait List for that date).

Asana of the Month - Cobra pose



In prone, legs extended behind you, spread a few inches apart. The tops of your feet should rest on the mat — do not tuck your toes, as this can crunch your spine.

Place your hands under your shoulders with your fingers pointing toward the top of the mat. Hug your elbows in to the sides of your body.

Press down through the tops of your feet and your pubic bone. Spread your toes. Inhale as you gently lift your head and chest off the floor. Keep your lower ribs on the floor.

Draw your shoulders back and your heart forward, but do not crunch your neck.

Keep your shoulders dropped away from your ears.

Beginners and those with neck pain should keep their gaze toward the floor. Those with more flexibility can bring their gaze to the sky.

Begin to straighten your arms, lifting your chest off the floor. Press the tops of your thighs down firmly into the floor. This is Low Cobra.

Do not push yourself away from the floor, forcing the backbend. Instead, allow the lift to come as a natural extension of your spine. There should be almost no weight on your hands — you should be able to lift your palms off the mat for a moment while in the pose.

Only straighten your arms as much as your body allows. Deepen the stretch as your practice advances, but avoid straining to achieve a deeper backbend. If your flexibility permits, you can straighten your arms all the way while maintaining the connection of the front of your pelvis and legs with the floor. This is High Cobra.

Actively press your shoulder blades into your upper back. Keep your elbows hugged in to your sides. Broaden across your collar bones and lift your heart. Glide the tops of your shoulders away from your ears. Distribute the length of the backbend evenly through your entire spine.

Hold the pose for up to 30 seconds. To release, exhale as you slowly lower your chest and forehead to the mat. Turn your head to the right, resting your left ear on the mat. Relax your arms alongside your body. Repeat the pose up to five times. Observe your breath throughout the practice.

Top Tips

Practicing Cobra can energize and warm the body, preparing it for deeper backbends in your yoga practice. Keep the following information in mind when performing this pose:

Strongly engage your legs, pressing them down firmly on the floor. This will help to lift your chest higher in the pose.

Be careful not to force yourself into the pose, striving for a deeper backbend. Do not push yourself into the pose! Instead, lift yourself into it by using the strength of your back muscles and by pressing down through your thighs. You should be able to lift your hands off the floor for a moment, feeling the lift through extension rather than force.

Remember, the depth of your backbend doesn't matter! What matters is the even distribution of curve and the ability to breathe smoothly while in the pose.

Benefits of Cobra Pose

Cobra Pose is best known for its ability to increase the flexibility of the spine. It stretches the chest while strengthening the spine and shoulders. It also helps to open the lungs, which is therapeutic for asthma. This pose also stimulates the abdominal organs, improving digestion.

An energizing backbend, Cobra reduces stress and fatigue. It also firms and tones the shoulders, abdomen, and buttocks, and helps to ease the pain of sciatica. Traditional yoga texts claim the pose heals the body of disease and awakens Kundalini — the divine cosmic energy that brings forth self-realization.

Cautions

Please do not practice Cobra if you have carpal tunnel syndrome, or a recent back or wrist injury. Women who are pregnant should avoid practicing this pose. Always work within your own range of limits and abilities.

Recipe of the Month – Crème Brûlée



This classic French dessert is so easy to make as well as being somewhat healthier than its non-vegan equivalent — the silken tofu makes it deliciously creamy without the use of heavy, fatty cream.

TOP TIP: For an extra creamy Crème Brûlée, use coconut milk instead of soya milk.

Ingredients

- 350g pack silken tofu
- 2 tsp vanilla extract
- 160ml ($\frac{2}{3}$ cup) soya milk
- 115g ($\frac{1}{2}$ cup) granulated sugar
- 2 tbsp cornflour
- 2 tbsp dairy-free butter
- Pinch of turmeric (optional, just for colour)
- Brown sugar for the 'brûlée'

Method

- Blend the silken tofu with the vanilla extract in a high-speed blender until very smooth.
- In a small saucepan, heat 7 tablespoons of the soya milk with the sugar, until the sugar has dissolved.
- Add the silken tofu mix to the heated milk; whisk until well combined. Then add the cornflour and remaining soya milk, whisking vigorously over a medium heat, until it thickens and no lumps remain. If the sauce doesn't start resembling thick custard at this point, you can add more cornflour to thicken it up.
- Take off the heat and whisk in the butter and turmeric.
- Divide evenly into four small ramekins and cool down at room temperature. You can now store these filled ramekins for 4 hours, or longer, in the fridge.
- Just before serving, take the ramekins out of the fridge. Sprinkle an even layer of brown sugar on top of each and torch it with a blow torch, or leave under a hot grill until the sugar starts to melt and a bubbling golden-brown layer forms.
- Rest for a few minutes until slightly cooled, before decorating with fresh fruit.

Per serving (180g) Calories 281, Fat 8.6g, Saturates 1.9g, Sugars 36g, Salt 0.21

Aromatherapy for May

May sees the peak of Spring and beginning of summer, life and the earth awaking. A great oil to use in May is Violet Leaf Oil (Viola Odonata). Violets have been used for centuries to symbolise the springtime and start of summer, the heart shape signals the beginning of blossoms and bloom.

Sweet and earthy.

It can help with hay fever - Make a steam inhalation 5-6 drops in hot water then place a towel over your head and inhale through the nose.

Relaxing and calming. Helps sleep.

Add to rosehip oil for a great facial.

A safe oil but avoid in pregnancy and on children

1-2-1 Sessions

If there is anything you wish to work on I do 1-2-1 sessions tailored to meet your needs. Contact me for further details and prices.

Quote of the Month

'Yoga is the process of quietening the mind'
Yoga sutras - Patanjali

Feedback

Please let me have any feedback on the newsletters or classes either via email or Yoga Hub.

Thanks for your continued support.
Om Shanti

Michele 