



Yoga is for Everyone Newsletter

September 2024



The name “September” comes from an old Roman word, “septem,” which actually means 7. The Romans believed that September was looked after by the god of fire. Out of all 12 months of the year, September is spelled with the most letters. This September “Harvest Moon” is the fullest moon of the year.

Class News

Class videos now available to Site Members so that you can enjoy the weekly class over and over. Check out the website for details.

Castleton Class every Tuesday 6.30-7.30pm

No Class on Tuesday 10th September (I am away) – sorry.

Gift cards for any classes, workshops, 121 - what a great gift 🎁

Check out the website or email me 🙏

121 classes available, just make contact with me. Tailored to you and what you need.

Yoga Mats, Blocks and Netti's all available for sale.

This month Asana is Malasana



Sanskrit Meaning: Mala (Garland)

Yoga Level: All

Benefits

A deep stretch for the hips counteracts the effects of sitting in a chair.

How to Do

1. From Mountain Pose, turn your toes out 45 degrees and separate your feet about 12 inches apart.
2. Bend your knees to come into a deep squat with your bottom close to the floor. Adjust your feet further apart if necessary.
3. Make sure that your heels are on the floor so you can ground into them. If your heels are lifted, take a rolled-up blanket under them so you can put weight into your heels.
4. Bring your elbows inside your knees and your hands to your sternum in Anjali Mudra (prayer pose). Use the pressure from your elbows to gently push your knees apart.

Props

Use a rolled blanket under your heels if necessary.

Beginners Tip

If squatting is difficult, sit on the front edge of a chair seat, thighs forming a right angle to your torso, heels on the floor slightly ahead of your knees. Lean your torso forward between the thighs.

1. Hold a chair to lower down if the pose is still difficult. Or you could turn around and use a wall for support while you squat. With this pose, the goal is not necessarily stronger quads and glutes. You want to find balance of effort and ease, focusing on greater hip and ankle flexibility.
2. If you can't get your seat down to the ground, sit on a block, lift the heels or take your feet wider. Don't be discouraged. Just go as low as your hips and knees allow and hold for five breaths. Do it once a day!

Cautions

Take care with knee issues.

Moving into the New Season – Tips

Prioritise your mental health over physical health

While we should prioritise both our mental and physical health year-round (after all, they are one and the same), we tend to naturally feel more motivated toward our physical health during warmer months (think: hot days, walks, fresh salads, shorts). If you're craving comfort foods instead of vegetables and have no motivation to go to the gym class you loved in July, know that that's OK. You can still prioritise your wellness without salads and gym workouts = yoga all year round 🙏

Set yourself new goals

You know that excitement you get from getting something new? Goals are no different. Although we typically set our health resolutions for the year on January 1, the beginning of autumn is actually the perfect time to set new goals. Now that we're over halfway through the year, we can assess what we really want, as well as what's working and what's not. But also, there's something fresh and exciting about fall, like the excitement that came with starting a new school year as a child.

If your health routine has gone out the window, start fresh by developing a new set of small goals to strive for. Maybe "drink a smoothie for breakfast" no longer feels good to you, so come up with other nutrient-dense breakfast options that will, such as oatmeal, scrambled eggs, or avocado toast.

Make plans that bring you joy

When you have something to look forward to, you look to the future instead of dwelling on what was or should've been. So whether it's booking a holiday making plans for upcoming events like Halloween or bonfire night, pencil in things in the near future that will give you a boost of feel-good energy.

Catch up with your sleep

It's called beauty sleep for a reason; a restless night or lack of sleep can lead to not only those horrifying dark circles but more importantly, mood swings, lack of concentration, and anxiety. And let's face it: Summer has a way of putting us in happy mode (even when we're technically not) and keeping us up later at night, making it harder to get quality shut-

eye. Starters, make the last call for alcohol or food 2-3 hours before you go to bed, cut off caffeine at lunchtime, keep your bedroom cool (between 65-72 degrees), and go to bed and wake up at the same time every day. If your sleep schedule is out of whack from the summer months (same), look at the beginning of autumn as the perfect opportunity to catch up on sleep.

Get moving - no force

If there was such a thing as a cure-all, it would be movement, I could go on and on about the benefits of exercise. However, don't force yourself into the high-energy class or 5-mile run that you loved in the peak of summer if you're not feeling it now. Moving does wonders for your mood, energy, and overall health, but that means any type of movement (PS forcing yourself into intense workouts you don't want to do can actually make you more stressed).

1. Stay true to yourself. If you're feeling a bit blue, say so. Talk about it with others—they may be feeling the same way.
2. Fill in your calendar or write out a vision of an ideal Autumn season. Find some favourite activities such as apple picking, snacking or shopping for warmer clothes. Identify ways to move yourself into a more positive way of being with your feelings.
3. Change up your workout routine or start moving more. A fresh exercise routine can be just the thing to help keep a positive attitude and regain calm as the environment transforms. Take a walk or pull weeds in the garden. Getting outdoors is beneficial to our wellbeing and gives us the opportunity to feel and appreciate the change in air temperature, take in the changing colours of the leaves and admire the shapes of the clouds.
4. Get interested in the nature of things. Look up some fun facts about the changing seasons. For example: the scientific adjectives of the four calendar-based seasons are vernal for spring, estival for summer, autumnal for autumn and hibernate for winter. Perhaps learn about the different ways that animals prepare for seasonal change. Choose topics that are inspiring to you that you've always wanted to know more about. Share your knowledge with others.
5. Turn this time of change into an opportunity for growth. Be prepared for those down days when you're already wishing for the next summer season. Give yourself a short lesson on mindfulness. Try a mindfulness - Or, try journaling about the things you are thankful for this season. Think outside of yourself. Ask others how they manage the changes that come with the season's modifications and learn from them.
6. Give yourself time to adjust. It may take a few weeks to get over the summer blues, but find small joys along the way. Eating right, exercising and feeling well rested will be in your best interest for optimal health and sense of wellbeing during this period.

Zen Things

1. Do one thing at a time
2. Do it slowly and deliberately
3. Do it completely
4. Do less
5. Put space between things
6. Develop rituals
7. Designate time for certain things
8. Devote time to sitting
9. Smile and serve others
10. Make cleaning and cooking become meditation
11. Think about what is necessary
12. Live simply

Rumi Quotes. (My favourite poet)

- "The quieter you become, the more you are able to hear."
- "Don't be satisfied with stories, how things have gone with others."
- "Yesterday I was clever, so I wanted to change the world."

Patanjali Yoga Sutra Quote

Be happy for those who are happy, be compassionate toward those who are unhappy, be delighted for those who are virtuous, and be indifferent toward the wicked.

See you on the Mat soon.

Enjoy 😊
Namaste

Michele 🙏

