



Yoga is for Everyone Newsletter

October 2024



My yoga is not about the poses.
Making these shapes isn't magic.
Making these shapes won't make me whole or holy.

My yoga is a physical practice that connects my mind to the present moment through sensation.

Because sensations of movement, of breath, guide my mind away from thinking, and towards presence.

Class News

New Workshop 24th November 2024 - Castleton 10.30 - 1pm. A bargain at just £15

Asanas - Pranayama - Meditation - Yoga Nidra and food 🍴

Book your place on the website (click on Book Online/Workshop)

No classes 29/10, 5/11 and 12/11 (sorry)

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

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 a Meditation - Enjoy

Set-up in a comfortable position, seated or laying.

Settle mind

Breath in and out a few times

Click on the link below to play the meditation audio file...



Few breaths on completion.

Halloween History

The current English name Halloween traces back to medieval Christianity. The word hallow is derived from the Middle and Old English words for holy, As a noun, it can also mean saint. In those days, the Christian holiday we know as All Saints' Day was called All Hallows' Day, and the day before, when an evening mass was held, was All Hallows' Eve. That name eventually got shortened to Halloween.

Every year it's held on October 31 for two reasons: a pagan one and a Christian one.

The galatic festival of Samhain, which occurred on November 1 but kicked off the evening before, is considered the earliest known root of our secular Halloween traditions. It marked a pivotal time of year when seasons changed, but more importantly, observers also believed the boundary between this world and the next became especially thin, enabling them to connect with the dead. This is also where the history of Halloween gains its "haunted" connotations.

As the etymology of the name suggests, Halloween has Christian roots too. Celebrations of Christian martyrs and saints date back to 4th-century Rome. In the early 7th century, Pope Boniface IV put All Saints' Day on the calendar when he dedicated the Pantheon in

Rome to the saints, but the day was May 13. In the next century, Pope Gregory III changed the day to November 1 when he dedicated a chapel in St. Peter's Basilica to the saints. Yet another century later, Pope Gregory IV added All Saints' Day to the universal Christian calendar, officially extending the celebration from Rome to churches everywhere.

With the Christian celebration of All Saints' Day on November 1 came All Hallows' Eve, or Halloween, on October 31, as well as All Souls' Day on November 2—a three-day holiday collectively called Hallowtide.

Though largely a secular celebration today, Halloween has both Christian and pagan roots.

During the Middle Ages, as the Christian Roman holiday of All Saints' Day spread to other Christianised areas, Hallowtide traditions merged with local cultures. In Celtic regions that formerly celebrated Samhain, the local Christian Halloween traditions that arose included jack-o-lanterns, bonfires, and costumes.

Did these local Christian Halloween customs evolve from older pagan traditions? Most scholars agree that they did, though Catholic sources dispute the notion as lacking historic evidence.

At the heart of the controversy is the fact that the ancient Celts did not leave written records, though we do have folklore (stories passed down by word of mouth) and artifacts, found in France that reference Samhain. Though folklore studies provide context about Samhain, for the layperson who, "does not sit around reading folklore journals from the 1800s," it can be difficult to wrap your head around.

Theorising about the pagan roots of the jack-o-lantern, which evolved into an Irish Christian Halloween custom, Emerick explains "We arrive at this conclusion not by hard evidence like a written record because the inhabitants of Britain did not record things in writing during the pre-Christian era. We assume the pagan origins of folk customs like the jack-o-lantern by analysing them within the context and framework in which they are presented in the folklore and the larger folk culture."

An early precursor to trick-or-treating is believed to be "souling," the tradition of going door to door asking for "soul cakes," a treat similar to biscuits, in exchange for prayers for the dead in purgatory. (Technical note: Soul cakes originated as part of the All Souls' Day holiday on November 2.) The tradition also involved dressing up, as we see in one evidenced of soiling in England published in 1886, that describes children in "fantastic costume."

What is the chakra for October?

Mahabharata. Happy October! We have officially arrived at the third chakra energy point, the solar plexus. If the root chakra is all about stability, survival and unity, and the second chakra introduces duality, choice, emotions and sexuality, the third chakra then brings in the concepts of power and willpower

October Healing Stone

Historically, pink tourmaline was specifically hailed as a stone for this month, though all varieties of this stone are now accepted as representatives of October. In all its varieties, tourmaline is highly protective.

Shorter Days

Practical Tips for Self-Practice During Winter Months

Give Your Body What It Needs -

A few deep breaths, some cat-cows to ease out the spine, a couple of fiery sun salutations, joint mobilisation through chair yoga, an extra-long Shavasana. It doesn't need to be asana based; it can be a brisk walk, dancing around your living room, or going to the gym.

Looking after our physical wellbeing undoubtedly can support our overall mood and mental health. However, if you struggle with time/motivation/anything at all over winter more generally, forcing yourself to do a whole yoga class may add more stress than help. Some sort of movement, as and when you can, is enough. Try honouring your body's needs over the desires of your mind, whether that is by doing less, moving more, taking rest, or a gentle stretch.

Breath

Pranayama or just a few mindful breaths are my go-to practice at busy times. Firstly, you can take a deep breath just about anywhere. Secondly, there is a vast amount of evidence supporting the positive physiological effects of slow, deep breathing — especially for helping to calm the nervous system, which is what you want in stressful situations. Thirdly, you can squeeze a yoga practice that has welcoming, soothing effects on the mind and body into three or fewer minutes.

Meditation is difficult enough at the best of times, but when you are tired, busy committing to a regular meditation practice may not be the most helpful approach. Expanding on your yoga practice by reading or listening to podcasts about yoga is an excellent way to keep you mentally supported. Personally, I find this to be an effective way to keep me grounded and connected to yoga when I am super busy, distracted, and unable to be present in my

practice. Uncovering more of the philosophy or values of yoga beyond asana is a lovely way to be more gentle with myself and support my mental wellbeing.

See you on the Mat soon.

Enjoy 😊
Namaste

Michele 🙏

