



Yoga is for Everyone Newsletter

November 2024



Christmas is coming I do have gift vouchers that would make a great present 🎁🎀🎁🎁

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's Practice - Pranayama

Past Halloween already! 🍂 So instead of asana of the month I thought that this month we would look at alternate nasal breathing, in order to balance our bodies and minds. Bringing ourselves into balance and helping to settle our minds as we build up to Christmas.

Alternate nostril breathing is a yogic breath control practice. In Sanskrit, it's known as nadi shodhana pranayama. This translates as "subtle energy clearing breathing technique."

The practice may enhance overall health and well-being. It has also been shown to have a positive effect on mental health by reducing stress and anxiety.

Other Benefits:

Some of the benefits of this pranayama practice include:

- Balance to both the right and left hemispheres of the brain
- Reduction of anxiety and stress
- Lowered heart rate to relieve tension
- Revitalisation of a tired mind and body
- Purification of the body's channels, so that prana, or life force energy, can travel more easily
- Regulation of the cooling and warming cycles of the body
- Reduction in blood pressure
- Preparation for deeper meditation

How to do;

Alternate nostril breathing can be useful for both the beginner and more advanced yoga practitioner. Below is a basic intro to alternate nostril breathing, or nadi shodhana.

1. Find a comfortable seat. A chair can also be used. Feel your sit-bones grounded you as you lift ever so slightly from the crown of the head, creating a long spine. Be comfortable.
2. Rest your left palm on your left knee, moving your right hand towards the nose.
3. Using the right thumb, softly close the right nostril, and inhale as slowly as you can through the left nostril, then close it with your ring finger. Pause. Open and exhale slowly through the right nostril.
4. With the right nostril open, inhale slowly, then close it with the thumb. Pause. Exhale through the left nostril. Once your exhalation is complete, inhale through the left. Pause before moving to the right.
5. Repeat this pattern five to ten times, and then release the right hand to the right knee.
6. This completes one round.
7. Practice for several minutes
8. Ease back into normal breathing.

Nadi shuddhi (alternate nostril breathing)

An illustrative guide



1. This practice is best to be avoided by someone suffering from Hypertension
2. Avoid if suffering from any infection and wait to heal completely before resuming practice.
3. Not to be done in full stomach, as this could lead to problems related to digestion which further puts pressure on the internal organs like the stomach.
4. Best to take guidance from an yoga teacher when suffering from migraine. As wrong practice could aggravate the problems.

The Yoga Sutras - Change

To a lesser or greater degree, all of us fight change. However, Yoga Sūtra 2.15 - *pariṇāma-tāpa-saṃskāraduḥkhaiḥ-guṇavṛttivirodhācca-duḥkhameva sarvaṃ-vivekinaḥ* - teaches us that if we don't adapt to change, we will suffer.

We need to learn to accept change (*pariṇāma*) and not allow our underlying patterns to fight it.

Acceptance, in this case of change, is a key part of *kriyā yoga* as set out in Yoga Sūtra 2.1. The ideas of *kriyā yoga* (the yoga of action), offer us tools to help us navigate this choppy world: *tapas*, *svādhyāya* and *īśvara praṇidhāna*. *Tapas*, literally to heat, refers to what we actually 'do', inviting us to use self-discipline (including our yoga practice), to make wise choices and thus loosen the hold of the things that push our buttons and cause us to be unhappy (*kleśa*, Yoga Sūtra 2.3). *Svādhyāya*, the second part of *kriyā yoga*, traditionally a reference to the study of ancient texts

and chanting, asks us to become a self-reflective practitioner, increasing our awareness of the impact of our actions on ourselves and others, thus not repeating the same mistakes again and again. Lastly, *īśvara praṇidhāna*, an acceptance that we as mere mortals, cannot control everything, offers us an opportunity to change our attitude (which of course ties in with the tools offered in Yoga Sūtra 2.33 of *pratipakṣa bhāvana*). Change is inevitable but we can also learn to make the most of it, reducing our suffering which in turn offers us a more peaceful way of living.

Yoga is a way of life and more than just the postures.

Chakras

Each chakra, from the grounding root to the expansive crown, carries unique energy, emotions, and insights that can guide us towards healing and balance.

If you've ever felt a sense of imbalance in your life—whether through physical tension, emotional upheaval, or spiritual uncertainty—the chakras might offer you a pathway for healing and transformation. Working with the chakras through yoga, meditation, and breath-work can help you realign with your most authentic selves, inviting peace and clarity back into your life.

A Poem for November

A Calendar of Sonnets: November by Helen Hunt Jackson

This is the treacherous month when autumn days
With summer's voice come bearing summer's gifts.
Beguiled, the pale down-trodden aster lifts
Her head and blooms again. The soft, warm haze
Makes moist once more the sere and dusty ways,
And, creeping through where dead leaves lie in drifts,
The violet returns. Snow noiseless sifts
Ere night, an icy shroud, which morning's rays
Wildly shine upon and slowly melt,
Too late to bid the violet live again.
The treachery, at last, too late, is plain;
Bare are the places where the sweet flowers dwelt.
What joy sufficient hath November felt?
What profit from the of opposites in your life—light and dark, action and rest, giving and receiving. Allow yourself to embrace this moment of transition and find your inner balance.



Pumpkin Soup

Ingredients

- 1 large onion chopped
- 2 carrots peeled and chopped
- 2 garlic cloves
- 1 bay leaf
- 25g/1oz unsalted butter
- 2 tbsp olive oil
- 1 medium pumpkin (prepared weight about 850g/1lb 14oz) deseeded and roughly chopped
- 1 medium-size potatoe such as Maris Piper, roughly chopped
- 1 litre/1¾ pint vegetable or chicken stock a little extra may be needed
- 100ml/3½fl oz double cream
- 3 tbsp pumpkin seeds
- salt and freshly ground black pepper

Method

1. Put the onion, carrots, garlic, bay leaf, butter and half the olive oil into a large pan. Cook over a low–medium heat for about 10 minutes until the vegetables are tender but not coloured.
2. Add the squash and potato, mix to combine and cook for a further 2–3 minutes. Pour in the stock, season well and bring to the boil. Reduce the heat to a gentle simmer,

half cover the pan with a lid and continue to cook for about 40 minutes until the squash is really tender when tested with the point of a knife.

3. Pick out the bay leaf and blend the soup until smooth using a stick blender.
4. Add the cream and a little more stock if the soup is on the thick side, taste for seasoning, adding more salt and pepper as required.
5. Meanwhile, heat the remaining oil in a frying pan over a medium heat and add the pumpkin seeds and fry quickly until the seeds start to pop. Remove from the pan.
6. Ladle the soup into bowls and serve with a swirl of cream and the toasted pumpkin seeds.

That's it for this month, hope you have enjoyed reading the newsletter, please do let me have feedback;

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See you on the Mat soon.

Enjoy 😊
Namaste

Michele 🙏

