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THE VILLAGE VISHUDDHA

A Newsletter by Bleevable Prana Yoga & Wellness

Honoring the Badass Within

Greetings Beautiful Kula (*sanskrit for community/klan/tribe*)

This is your first edition newsletter created by yoga teacher and wellness coach, Bettina L. Lee. Thank you for taking part in a community journey to wellness.

The name *The Village Vishuddha* pays homage to a popular news paper I frequently read while living in NYC while also bring forth the fifth chakra - the throat chakra.

In the next few months expect education, introspection, encouragement, and fun from this newsletter. Peace. Peace. ~Bettina

Exercise and Depression

Did you know that exercise might be good for your mental health in addition to helping you fight obesity, diabetes and various other health issues? When you are experiencing depression or anxiety, the last thing you may think to do is work out, but that may be just the thing you need.

Exercise can help by releasing natural cannabis-like chemicals in your brain that give you a good feeling – think of runner's high. Those endorphins can help you take your mind off your worries and build your confidence as you come to your mat, pound the pavement or hit the water.

Any form of physical activity can help such as gardening, washing your car, walking around the block. A recent study found that people who got at least three hours of physical activity a week reaped the benefits of this mental health buffer. If you need to, break it up into 15-minutes at a time. As long as you get off your butt and get moving, you can help improve your mood.

References

Bon Secours. (Jan 13, 2020) *Did you Know Exercise May Help Prevent Depression?* Accessed by <https://blog.bonsecours.com/sports/exercise-may-help-prevent-depression/>

Mayo Clinic Staff. Mayo Clinic. (Sept. 17, 2017) *Depression and anxiety: Exercise eases symptoms.* Accessed by <https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

Pose of the Month

Camel (Ustrasana)

Benefits:

- Opens heart, chest, lungs, shoulders, abdomen, hip flexors, psoas and quads.
- Deep back bend and strengthens frontal body.
- Great for opening frontal body, especially after sitting at a computer all day.

How to:

From a kneeling position (1/2 Mountain), inhale arms overhead and exhale hand down, placing them in your "back pockets". Inhale and press your heart towards the sky. From there - without lowering your hips - walk hands down the back of your legs until you reach your heels. Press hips forward. Keep head in line with shoulders. Continue to breathe.

Watch out for:

- Chest not staying lifted.
- Hips lowering down.
- Dropping head back (Yes, it can be heavy. Hold it up anyway! Don't crunch your neck.)



A few mods:

- Keep hands "in your back pockets" while pressing elbows to each other.
- Come to balls of feet (*rather than a flat foot*) and place hands on heels.
- Blocks under hands outside heels.
- Start at the wall and keep hips on wall.

UPCOMING OFFERINGS

As everyone is undergoing COVID-19 lifestyle changes, please use these classes to aid you. .

MONDAYS @ 6:00AM

Guided Meditation / \$5 / Register via Zoom.

TUESDAYS @ 6:00PM

Yoga on the Green / Free / Tech Center Lawn

WEDNESDAYS @ 6:00AM

Wellness Edu-Series / \$5 / Register via Zoom

5:30PM

Yoga Fundamentals / Free / Facebook Live.

Visit the website for more information.



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