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# THE VILLAGE VISHUDDHA

A Newsletter by Bleevable Prana Yoga & Wellness

*Greetings, Kula!*

Welcome to the second issue of The Village Vishuddha! The goal of this newsletter is to provide you with information that is useful and relevant to your life or to that of a friend. Please pass this along to another.

Back-to-School is upon us. Who would have ever thought that we would be on month... seven of this novel corona virus? Hmm. Outbreaks can be stressful. Can you think of the last time you were in a global pandemic? NEVER! Everyone reacts differently to stressful situations, so if you have to interact with others, try to meet them where they are and respect their feelings.

Below are a few resources to help fuel not only your emotional well-being, but that of your family's as well: (Each item below is hyperlinked to a relevant online resource)

- [Overcoming Obstacles](#) - The Curriculum: Life skills curriculum for students in grades K-12 that includes strategies for teaching social and emotional skills
- [NCPI-Emergencies and Natural Disasters: Helping Children and Families Cope](#): Includes a social story and other great resources to support families with young children cope with stressful emergency or disaster situations
- [Child Mind Institute](#) - Supporting Kids During the Coronavirus Crisis: Includes tips from clinicians to help calm fears, manage stress and keep the peace
- [The Autism Educator](#) - Coronavirus Social Story (printable): A social story to help explain the Coronavirus to young audiences
- [New York Time Parenting](#): How to talk to kids about Coronavirus
- [Bright Horizons](#): Talking to Children About COVID-19
- [National Association of School Psychologists](#): Talking to Children About COVID-19 (Coronavirus): A Parent Resource

# Pose of the Month

## Upward Facing Dog

(Urdhva Mukha Shvanasana)

### Benefits:

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

### How to:

From Chaturanga Dandasana (Low Plank), use your toes to help you push forward and up. Balance on the tops of your feet and your entire hand. Engage your legs by pressing the tops of your feet into the ground. Knees, thighs and hips should rise off the ground. Push away from the ground through your entire hand (not just the palm, but fingers too) as if lifting yourself out of a pool. Make sure your wrists, shoulders, and ears are in line. Press chest forward. Gaze should be natural and not facing the sky or allowing the head to drop back.

### Watch out for:

- Not pushing away from the ground.
- Dumping into your shoulders.
- Feet sickling in



**Note:** This model should bring her wrists under and inline with her shoulders. She also shouldn't hyper extend her elbows.

### A mod:

- If this is too deep on your back, come to a *Baby Cobra* by keeping your elbows bent while squeezing them into your sides. Chin should naturally lift up and lengthen to protect head from dropping back and crunching the neck.

### 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.

#### WEDNESDAYS @ 6:00AM

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

#### 5:45PM

Yoga Fundamentals / Free / Facebook Live.

#### ON-DEMAND

10-min Mindfulness / \$3 / Emailed to you



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