

## JACQUI GUNNION YOGA - NEWSLETTER JULY 2019

Hello Lovely People

I'm so pleased that you've signed up for my newsletter. This is my first ever attempt so I'd really welcome any feed-back you have!

### The Important Stuff.

First of all here's the information about classes over the summer:

The classes at St Cuthberts Church hall and Citizens House will run until Tuesday 30<sup>th</sup> July and Thursday 1<sup>st</sup> August respectively.

Last Sunday classes at Leadgate Community Centre and Louisa Centre will be Sunday 14<sup>th</sup> July 2019.

Last Monday class at Consett Rugby club will be Monday 15<sup>th</sup> July 2019

All classes restart from Sunday 1<sup>st</sup> September.

### The Fun Stuff.

- **Think about your posture!**



I'm hazarding a guess that you are sitting down either checking your phone or on a computer/tablet as you read this! So how are you sitting? Are you sitting tall on the base of the pelvis with a natural lumbar curve or are you slumping and rounding your back? Are your shoulders relaxed? Is the back of the neck long and the weight of the head supported through the spine? No I thought not!

So just take a minute to adjust your posture. Come to sitting upright. Feel the connection between the base of the pelvis and the seat. Plant your feet firmly on the floor. Feel the spine lengthen and the front of the body open. Relax your shoulders. Rest your hands on your thighs. Gently turn your head from side to side a couple of times and come back to a central position. Let your chin draw in slightly so the back of the neck is nice and long. Take a couple of slow, deep breaths. There! Doesn't that feel better! And I bet the person sitting on the bus next to you didn't even notice!

- **Walk barefoot for 5 minutes.**



Summer is a great time to kick off those shoes and get your feet moving. After all they are the foundation of your posture and most of the time we keep them cramped up and confined in shoes. Can you find five minutes just to walk barefoot on grass, on the beach, or even in the back yard or on the patio? Mindful walking – thinking about how you place each step and exploring how you shift your weight and adjust your balance as you move is a great way of bringing your awareness into the present moment. It's also an excellent way to get those feet moving and to connect to your environment. Some of the main benefits include improved balance, increased range of movement in the feet and ankles, stronger leg muscles and better posture. (Do of course be sensible and check the ground for stones or sharp objects and consider potential infection or injury risks particularly if you suffer from illnesses such as diabetes or MS)

THANK YOU FOR READING ME!

