

## *Yoga for Body & Mind—Summer Newsletter*

*Issue 1—30th July 2019*

Namaste, my beautiful Body & Mind Yogis! I hope your summer is going well so far. I wanted to send some info on my summer class timetable and plans for going forward, and also some tips for how to maintain a practice whilst away or unable to attend class. I hope it helps. Please do let me know.

### *Summer Timetable*

As I'm sure you're already aware, the Body & Mind timetable has been reduced for summer. This allows the hall to be redecorated (I'm sure you'll agree that it needs it!) and me to take a break with my family. I hope you will also be having a break from the daily grind, in some way. Of course, it's always helpful to have a chance to refresh, reflect and do something out of the ordinary. I really hope you'll have that opportunity over the break.

Tuesday 30th July - 6.45 pm St Mark's Church Hall (75 mins Open Hatha)

Tuesday 6th August - No classes

Tuesday 13th August - No classes

Tuesday 20th August - No classes

Tuesday 27th August - 9.30 am St Mark's Church Hall (75 mins Beginners Hatha),

6.45 pm St Mark's Church Hall (75 mins Open Hatha)

### *Autumn Timetable*

I would love to hear your feedback on classes you have taken with me so far; on the content, timings and costs and what you would like to see happening in the future. I encourage you all to let me know, either at class or via text or email, so that I can prepare for the upcoming term and beyond. I'd like to know if you would prefer classes to be offered at other times. I offered a Friday evening class before summer but (understandably) it wasn't well attended. Would people like to come on another evening, if I can find a local space? If so, what kind of class would you like to attend? And, if you were asked to commit, would you consider paying termly rather than drop-in, or as a multi-class rate as is currently offered?

Please, once again, let me know what you think.

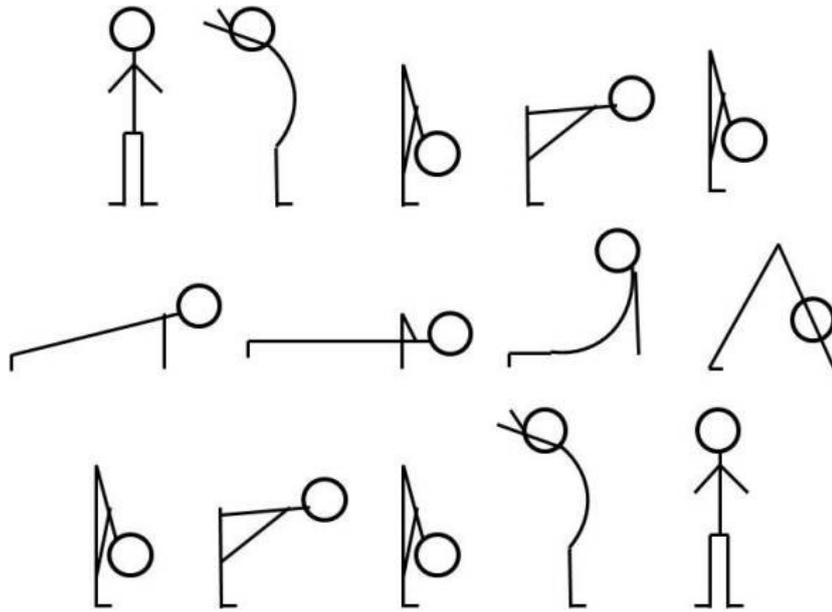
### *What we've covered so far...*

We have covered a lot, since Yoga for Body & Mind classes began! Just to remind you, we have worked on...

- Working from the ground up
- Compassion for the self
- Offering love to others
- Using the breath
- Stoking the internal fires
- Making space for ourselves
- Loads of meditations
- Even more postures!

## So, what can you do over summer?

Well, how about just a few stretches every morning to connect with your body? I suggest a simple sun salutation, like you've practiced many times in class, as pictured here...



We've done these many times in class, so this should be quite familiar. Remember, when you come back to plank, you can add in a 'low lunge' (step back and place one knee on the floor), or a 'high lunge' (step back and keep the knee off). Also, at that point, you can add in some arm rotations or some warriors. Before you know it, you'll have your own practice in the bag!

## And how about some breathwork and meditation...?

Perhaps you could also try some of the breath techniques we have gone over in class...

- **Kapalabhati / Skull shiner** - This is an energising technique. Sit comfortably, grounded in the sitting bones and lifted at the crown. Breathe a few breaths, steadily and deeply before beginning. Inhale. Exhale forcefully by drawing in and up at the centre of the belly and allow the inhale to naturally come after the exhale. You can do this with mouth open or closed. Try this for 30 breaths, for 3 - 5 rounds, building up the pace as you go along. Take three full steady breaths between rounds and notice the effect between and once you have finished.
- **Nadi shodhana / Alternate nostril breathing** - This is for balancing/relaxation. Sit comfortably, grounded in the sitting bones and lifted at the crown. Take a few breaths steadily through both nostrils. Place the right index and third fingers at the centre of the eyebrows, thumb gently resting above the right nostril and left ring finger and little finger resting above the left. Inhale through both nostrils with both open, then exhale through the left nostril whilst using your thumb to close off the right. Inhale through the right nostril and exhale through the left, closing off the right nostril with the ring and little fingers. Inhale through the left, close off the right and again inhale through the right. Continue with this alternating breath, for 30 breaths or for as long as is felt required. Come back to breathing normally through both nostrils and let the hand rest on the knees. Notice the effects of this breath.
- **Soham meditation** - 'Soham' translates to 'I am that' and can bring us back to recognising that we are simply who we are at any given moment. Begin the meditation by closing the eyes and bringing awareness to the breath. Imagine that breath is moving up and down the central 'susumna' energy channel, along the spine; inhaling up and exhaling back down to the tail. Perhaps visualise a golden light moving as the breath. When ready, attach an internal sound to the breath, the sounds 'so' on the inhale and 'ham' on the exhale. Continue with this breath, image and internal sound for 5 minutes (perhaps use a timer). Come out of the meditation by feeling connection once again with the ground and the body by pushing down into the earth and slowly open-

## Some recommended reading...

If you're looking for some good yoga reads over the break, how about these...

How Yoga Works by Michael Roach (a sweet work of fiction that describes the wondrous effects of yoga)

The Eight Limbs of Yoga by Stuart Ray Sarbacker and Kevin Kimple (a concise description of Patanjali's yoga)

Yoga for Body, Breath and Mind by A.G. Mohan (an easy-to-read and practical guide to yoga for integration)

## Keeping up to date...

👍 Please be sure to 'Like' my Facebook page: [Adrienne Bird Yoga @adriennebirdyoga](#) to keep up to date re. Classes, interesting yoga info, special offers, retreats etc.

🌐 And check out my website: [www.adriennebirdyoga.com](http://www.adriennebirdyoga.com) for timetable and class updates

## So that's all from me...

Wishing you all the best for the summer and beyond. I'll be in touch if I decide to do any impromptu 'Park Yoga', dependent of course on the weather and my availability. Otherwise, I'll be chilling out in London and Wales, doing yoga when and wherever I can, with whoever will join me.

All the best for a sunshiny time. See you in the autumn!

xxxxxx Adrienne

