

Yoga Tree on the Coast

Term 3 Newsletter 2019

Just as there is a piece of music for every mood and situation, there is also a yoga practice for every mood and situation. From romance/love, breakups, heart ache, sadness, victory, bravery, courage, revenge, anger, to uplift, to celebrate, inner truth, feminine energy, masculine energy, triumph, perceived failure, self- power, victimhood, loneliness, finding comfort, finding balance, letting go, and inspiration to name a few.

Just as music is a powerful healing tool, so too, yoga can be a powerful tool/practice we can use to exaggerate, enhance a mood, feeling, or physical sensation, or it can be the perfect antidote for our mood, feeling, or physical sensation.

There are pranayama (breathwork) practices to invigorate, uplift, stimulate, calm down, bring balance, increase heat, decrease heat, stabilize and calm your mind, for digestion, hormone balance.

There is yin yoga to lengthen muscles, improve digestion, relieve mild depression, anxiety, headaches, fatigue, relieve menstrual discomfort, stimulate liver and kidneys, digestive fire and relieve back pain.

Restorative yoga for menstrual cycles, to soothe a weary and over stimulated nervous system, to increase range of motion, improve mobility of your spine, quieten your mind and regulate your breath, relieve exhaustion and adrenal fatigue.

There is yoga nidra, a practice at either the end of a yoga practice or a stand- alone practice to centre yourself, listen to inner guidance, come into the quiet, into peace, to just be.

Myofascial yoga, which we practice regularly in our classes to release and hydrate tight and dehydrated connective tissue, which then makes such a difference to how you move, your flexibility, and improves your strength and overall physical energy. We are invited to learn and experience how we use and misuse our body.

There is vinyasa yoga (meaning flow) to allow us and invite us to go with the flow of life, to move as fluidly as we can, increasing our sense of balance, strength, to learn to go at our own pace, even explore a little out of our comfort zone. To honour what we can do at that particular moment, knowing that the present moment is always different.

There is Qi-Gong inspired yoga and TCM influenced yoga. Working on the meridians of the body to improve health. From focusing on the liver which is responsible for the free- flowing energy of the whole body, the liver even controls your tendons. We can work on the spleen, stomach, large intestines, small intestines and more.



There is brain yoga, therapeutic yoga, mudras, yoga with props, without props, yoga for sleep,, anxiety, yoga for your hips, your back, neck, hands, yoga with a spiritual focus, a physical focus, there is yoga outside, inside, solo, partner yoga or with a class, there is chair yoga and healing yoga, yoga with laughter, yoga with music, quiet and loud, and yoga in silence.

As your tool box becomes topped up with new tools, you have even more to draw upon, pick up and use, to enhance, settle, invigorate, restore your nervous system, your emotional and physical heart, your hormones, digestion, patience, courage, strength and even sleep. We can learn to access other layers of ourselves, our physical body, spirit body, our thought body, and energetic body.

There is no end to what the practice has to offer. Even now after nearly 30 years of practicing yoga, my

practice has radically changed and evolved, and I feel I get to unwrap a surprise each time I'm on the mat. I go on a journey inward, outward, upward, downward, cosmically, spiritually or physically. I discover places and sensations I have never visited before, even after all these years of daily practice there is a gift to unwrap, a gift to receive.

When we are open, the gifts just keep on coming..... just as they do in life.

An uplifting read

'Let Her Fly, A father's Journey and the Flight for Equality'. By Ziauddin Yousafzai

An inspiring watch

'The "C" Word', on Netflix

My two favourite juices at the moment

Go Green Juice

1 Granny Smith Apple

1 large piece of ginger

Handful of baby spinach

Water

A 'Pick me up' in a glass

1 banana

½ orange

½ lemon

1 large piece of fresh ginger

1 small piece of fresh turmeric

Handful of baby spinach

½ fresh beetroot or 1 small beetroot

Water

We are so excited to share with you our membership community is almost up and running!!

This membership community will be launched on Sunday 28th July midday!!! Go to the membership tab at: www.annahamiltononline.com