

YOGA NEWSLETTER FOR WINTER

Happy New Year to everyone!

WE ARE ALL ONE

With great gratitude and respect we welcome the prospect of beginning again, seeing with new eyes, and honoring ourselves with grace and sincerity

Congratulations to everyone who decides to choose Yoga for well-being. Through the practice of yoga, one develops flexibility, concentration, serenity, tolerance, steadiness, health and calmness - growing altogether on the spiritual path.

"ASANAS" (postures) are not created out of the blue. They came into existence as a methodical approach to living and therefore they are classified systematically. The seemingly physical asanas have a great potential to change the behavioral pattern of the practitioner to remain

and proceed further on the spiritual path. They bring a progressive activation of the internal body, so that one penetrates through the outer body to the inner one and again, through the body and the mind, activating the hidden energy of one's very existence, to reach the source of being - the Soul.

During the month of January will be practicing actively in standing asanas, toning the leg muscles, bringing balance to the body, removing stiffness in the legs and the hips, relieving backaches, strengthening the ankles, developing the chest and allowing the blood to circulate well around the abdominal organs and the spinal column

Feel contentment and be patient Find the beauty and the wonder in everything

Yoga as a foundation for all kind of activities

"*ASANAS*" - the practice of Yoga poses - creates an energy-raising, body-enhancing, mind-calming experience making for the magic balance of that good, healthy feeling and the growth of the enlightening process - "good Karma".

If you practice with any other fitness or recreation program - cycling (or spinning), running, skiing, swimming, soccer, golf, weight training, etc regular Asana practice conditions your body, strengthens the legs , tones the muscles in the arms, and improves the upright posture and coordinated movement of the body.

Yoga and Running

This may sound crazy, but yoga and running have a lot in common. They both require practice, agility, flexibility, patience, resistance, and breathing techniques. Runners who take up yoga often love running even more!

Holding a yoga pose (an "*asana*") is not as easy as it looks. Yoga can be as difficult physically (and

mentally) as running. Holding poses is a wonderful way to build up muscular endurance - one of the most important assets of a good runner.

Yoga and Skiing

This is a great sport combination for experimenting with the results of yoga practice and can, indeed, help beginning skiers pick up the sport more quickly. Control and awareness from feet and ankles through the entire body to the upper extremities - neck, arms to wrists and hands - connecting the breath with the movement, yoga helps with the very essence of balance. Standing poses reinforce the muscles of the legs. "Lean position" will help place the body weight correctly.

Vinyasa Yoga helps strengthen the arms for wielding ski poles through the bumps and twisting poses prepares the body for diagonal striding and grace in the turns.

Skiing provides the *yogi* with an intensive total body cardiovascular workout in an environment of motion and nature.

Yoga for Golf

This is another combination that joins forces naturally. Again, both require strength, flexibility, balance, and a steady mind and even steadier breathing. Both yoga and golf teach you to live in the moment and perhaps this is more than any other reason why yoga is more than likely to improve your golf game...

Poses like "the cobra" help build strength in the lower back and thoracic spine, opening the chest and eventually improving on rounded shoulders and inflexible back muscles. An improved, fuller rotation on the swing results once the spine is in the correct position - less energy is required for body rotation - also deep "*ujjai*" breathing can help to relax and ease concentration on the green.

Yoga and Cycling (and spinning)

Yoga and cycling are also friends, touching the same bases and helping each other!

Yoga brings quality to cycling, lengthening and stretching the very muscles group (the back of the thighs, the hip flexors, the lower back and the shoulders) that tend to become tightened during cycling. Yoga also teaches the athlete to breathe deeply while cycling provides cardiovascular benefits to the yogi. Activities such as cycling are excellent exercises for warming up the muscles for yoga - allowing the student to sink more deeply into poses.

No matter what kind of fitness you practice, refinement and quality always can get improved by the practice of the ancient tradition of Yoga!

Refresh yourself and breathe into your *good karma!*

Blessings to everyone, and thanks for your presence!

YOGA is a science for liberating the soul by bringing the consciousness, the mind and the body to a stage of integration.

Our health and our very existence depend on the respiratory and circulatory functions. These are the two gates to the kingdom of the human system, and if either of them is blocked,

Disturbed or locked, then diseases will result.

Suppose that the room you are in is a human body. If the windows and doors are closed, you get a bad smell in the room. That bad smell is the disease of the room, so what can you do? You will open the doors and the windows, and the bad air is pushed out by the fresh air.

In the same way, the practice of Asana supplies energy and circulation to the human body.

When you are performing Asana, wherever there are impediments in the body due to lack of circulation, so that you find yourselves suffering from rheumatoid, arthritis, asthma, bronchitis, liver pain, stomach, intestinal pain, and so on.

The postures irrigate the system and the impediments are washed away. Then you come back to integration and health begins to blossom.

Asana and Pranayama are the fountain and source for all the other aspects of yoga, because the whole human system is dependent on the respiratory and circulatory gates. The regulation of breath keeps the respiratory gate clean and open and with an undisturbed circulatory system the blood will feed each and every part of our body. By allowing the blood to circulate to the areas of the body which are unhealthy, they are nourished, toxins are dissolved and the various ailments and symptoms of physical disease can come to an end. During winter, keep your practice active, Keep your good health, spread the new, and be prepared to receive the coming spring.

Thanks everyone for your presence helping and contributing in the development of Yoga community

Namaste and happy winter

Marta BERRY