Namaste Yogis and Yoginis

Welcome to 2023…a brand to new year waiting for you to make it your own.

Hope you all had a good break over the holiday/festive period with safe journeys and some fulfilling time spent with loved ones and friends, and that you are ready to meet the challenges of 2023 with renewed vigour and vitality.

The year started out with a Full Moon on 7 January, bringing in the light and giving direction, allowing you to see the year ahead.

It is a new beginning, giving you the opportunity to enjoy the best there is. It inspires courage and hope, reminding you that nothing is impossible.

We started the year/January with 3 planets in retrograde and by the end of January, all 3 stationed direct.

Mars went direct on 12 January, allowing us to feel the need to address all of the conflicts that we have been avoiding up until this point.

Mercury went direct on 18 January, motivating us to be more productive and organized. Communication now also becomes more traditional and structured, allowing us to engage in important conversations with logic and clarity.

When Uranus, known for its defiant spirit, free-spirited nature, and ability to bring about unexpected shifts, went direct 22 January, it was the optimal time for us to make changes to our external environment. During its retrograde periods, we undergo a change on the inside of ourselves.

The good news is…there are NO retrogrades until the end of April.

The New Lunar Year started on 21 January.

This is the year of the Yin Water Rabbit. Last year was the Yang Water Tiger

The change of tempo is pretty apparent, by just taking the names of the years on face value.

The Rabbit brings hope, peace, and harmony. It is a much gentler energetic expression compared to the Tiger, which means 2023 is a good year to slow down, focus on what is really important, and make resting and recharging a priority. The key to this year, is kindness and gentleness, towards yourself and others.

The Year of the Rabbit holds the qualities of Yin and Water, which are both soft, gentle and flowing energetic expressions. While we are encouraged to flow, trust our intuition, and seek joy, we may also find it challenging to make firm decisions, set boundaries, and take leaps of faith when it comes to our goals.

The Rabbit encourages us to move from our hearts and to stay open to the flow of the Universe.

As the Rabbit is synonymous with creation, fertility, and rebirth, we may find ourselves birthing something new or clearing space for the new to arrive.

With creative energy high, we can explore new ways of being, think about things differently, or come up with some highly inspired ideas.

It may be helpful to remember the story about the rabbit and the tortoise, where the rabbit was so convinced that he would win that he put no effort in and so got beaten to the post…The lesson is….don’t lose sight of your goal or get distracted and miss out on opportunities…you snooze, you lose!!

The year is good for new business, entrepreneurial ventures, expansion and growth. Like Yin Water, the calm water must be allowed to flow to prevent stagnation. Follow your intuition and express your creativity.

Moving on to February…Now is the time to take those dreams that you have been nurturing for so long, and make them real with action. This is the time to put aside all fears, misgivings and doubt and just forge ahead with what has been simmering underneath…all those intentions, desires and passions. There is no better time to implement your new beginnings. There are no planets in retrograde, all the planets are direct until the end of April, making this a most fortuitous time. Don’t wait a day longer. You will never be more ready than you are at the moment, even if you feel you still need to “put things in place”.

Do not procrastinate a day longer…take those dreams as they are and make them real.!!!

February is also the “Month of Love”. So what does that mean in your life? Is Valentines Day all about fluffy Hollywood love and romance? Is it all about the dinner date? Is it the chocolates and roses? Is it about the deep caring for your family and friends?

What is this love we are supposed to be sharing during this month of February and in particular the 14th day of February?

May I be as bold as to suggest …. that we should think of it as more of a day or month of love, kindness, empathy, compassion and humanity towards one another. Maybe we should use it as a day to  “pay it forward” or to just do something nice for someone, no strings attached.

Isn’t that what the true meaning of love is anyway? Just think of the way it might multiply, if you are kind to someone and then they are kind to someone else and so on and so on.

Maybe, just maybe, it would feel so good for all involved that it would continue into the next day and the next. It would make “spread the love” more than just empty words. It would become a habit. It could even become a way of life!!!

Dates to Remember

21 Jan  -  Lunar New Year – Year of the Yin Water Rabbit

5   Feb  -  Full Moon – Time to give your crystals a moon bath.

14 Feb  -  Valentines Day – Lets spread the love!!

18 Feb  -  Maha Shivaratri – Hindu festival known as the Great Night of Shiva.

20 Feb  -  New Moon – Set your intentions for the next few months.

22 Feb  -  Ash Wednesday – Christian observation day marking the first day of Lent, a 40 day fast in preparation for Easter

Now to matters on the mat…..

We started off the year with online/video classes for the first few weeks of January, as we only re-opened on 19 January.

The year has started well with good energy and our group classes in the evenings, and private classes during the day.

We do offer private classes, and these are highly recommended for those who may not be ready to start with group classes, those who need a little more individual attention, or for those who prefer to practice from home.

We also provide Yoga Therapy sessions, where we address the individual needs of the client. The focus is on using yoga poses and techniques to address specific health concerns, ranging from stress and anxiety to chronic pain, injuries, post op mobility, sleep disorders and various other common ailments that cause discomfort and reduce day to day effectivity.

By using yogic principles and practices, such as physical yoga postures, meditation, breathing techniques, and relaxation exercises, to improve mental and physical well-being, we also take into account levels of flexibility, age, strength and range of motion, to achieve some wonderful results.

As always our updated info is available on the website [www.yogawithyogiB.com](http://www.yogawithyogiB.com)

Wishing you all a magnificent and successful 2023, as you watch your dreams unfold, moving with unbounded passion and dedication, making choices to align with your higher self…making this year your own!!

Till we meet again on the mat……

Much love and blessings

Bev