Namaste Yogis and Yoginis

We are halfway through the year…whew…that went by fast!!  So, welcome to July, and the second half of the year.

July is the heart of our Winter, with the promise of Spring on the horizon, where each sunrise is a little earlier and each sunset is a little later 

We start the month off with 3 planets in retrograde…

Pluto since 1 May, Saturn since June 17, and Neptune from 30 June.

Neptune asks for you to dig deep, to do some serious introspection, and you might find yourself requiring a little more “alone time” to process. This is a powerful time to get real and reflect on your dreams for the future and to shift from daydreaming to taking inspired action.

Saturn supports Neptune by questioning and learning lessons about time-management and authority.

You will feel the push to think about the foundations you've set, and why you've set them and what you've accomplished and why, and possibly to question and rework it all over the next few months.

By exploring beliefs and past triggers, you are able to create order in your inner world, which allows you to navigate the external world you live in, a lot easier.

With Pluto in retrograde, you need to let go of, your own toxic, negative, and self-destructive behaviors, patterns, and belief systems, and from what is left you can rebuild something greater, bigger and better…like the rising of the Phoenix out of the ashes.

Venus moves into retrograde on July 22, where we tend to look to, and maybe even re-unite old, past and long lost relationships and attachments…have a look at relationships in the broader sense of the word…not just human relationships.

Venus is all about relationships, pleasure, money, attraction and beauty…so take some time to re-look all those aspects in your life.

Full Moon on July 3 is also a supermoon…meaning that its orbit brings it closer to the Earth than any other full moon — which means its effects can be noticeably stronger.

This particular moon calls for change in our lives and listening to our hearts more than ever. Know when it's time to slow down, enjoy the moment, have fun, and remember the important things in life.

**New Moon 17 July - new moons are associated with new beginnings. It is a good time to manifest and to set intentions…planting the seeds…for things you would like to materialize over the following weeks.**

In general, July’s astrological energies offer opportunities to connect with more of your internal wisdom and messages, that reveal where you are ready to create new beginnings that are in alignment with your power, passion, needs, and self-love.

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Day to day living is superfast and sometimes chaotic. We try to keep our heads above water, juggling between work, home and social responsibilities and then still handling the inevitable crisis or two or three that comes up. This tends to leave us grasping around and trying to get “a hold” on things.

At any given time in a day if you are asked what is going through your mind, what would the answer be??…worrying about something like, what’s for dinner?... trying to sort your schedule to fit everything and everybody in?...the upcoming meeting or presentation?...deadlines?....what other people think?....questioning whether you are good enough? …..that list is endless. Not to mention the worry and guilt about the past that you keep going back to.

Our minds are either somewhere in the future or somewhere in the past…instead of being “in the present moment”.

We needlessly immerse ourselves in a vortex of fear and worry…instead of letting life flow easily and smoothly.

This is where MINDFULNESS is so important. With mindfulness, you are able to enjoy and appreciate every moment for what it is. You become more grounded and develop a rational, clear and concise way of thinking, instead of your mind being scattered all over.

So, how do you practice MINDFULNESS?

You don’t even need extra time in your already busy day to practice mindfulness. It something you integrate into your day.

Start your day with some mindful gratitude. Think of 3 things, before you get out of bed, that you are grateful for. Throughout your day find at least three more things to be grateful for…the more you find, the better your day will be! There is so much to be grateful for! Gratitude shifts your focus to an abundant and positive mindset.

Take a few moments throughout your day to bring your awareness to your breath. Take a few slow deep breaths in and feel your chest and tummy expand. Feel the movement of that breath as it moves in and as it moves out. Be aware of what your body feels as you take the breath in and as you let it go. Automatically you will feel more grounded and calmer.

Whatever you are doing, do it mindfully. As you drink your tea/coffee be aware of the fragrance, savour the taste, feel the warmth move down your throat.

As you are walking be aware of one foot after the other lifting off the ground and then placing it back on the ground, be aware of your forward movement, are you ambling or striding? Take a moment to see the colours of the world around you, hear the sounds. Continually engage your senses.

Make a habit of checking in with where your mind is. What are you thinking? What emotions are you feeling? Is there any tension in your body? What is causing that tension? Are you feeling “on edge”? Why are you feeling “on edge”?

Become aware of you as a whole. Become aware of how your emotions move and change…no judgement….merely observation!

Learn to tune into yourself. Be gentle with yourself…a little bit of self-nurturing and TLC throughout your day!

Take time to remove all technology from your day, even if it is for 15minutes…feel how the pressure lifts off you as you put your devices away for that dedicated time period. Then see if you can lengthen that time at least an hour.

So make the effort to gently focus your awareness on what is happening in every moment. It will teach your ever wandering mind to become still and ever present, reducing stress and anxiety and improving cognitive ability.

Now to matters on the mat….

The past month of June saw the 9th International Day of Yoga on 21 June. This was celebrated at the Union Buildings on 25 June, and was hosted by the

Indian High Commission.

There were approximately 300 attendees who were treated to a morning of outdoor yoga and meditation.

Thank you to all who participated and contributed to a successful and enjoyable morning.

Continuing on the same line, we, as a group of yoga studios, are currently in the planning stages of putting together a South African Day of Yoga in the Pretoria area on 25 September 2023…at the moment, we are awaiting confirmation on the venue.

All yoga studios in the greater Pretoria area are invited to contact us, to be included and participate in the programme, as we try to create an awareness of the awesome benefits of yoga.

We will be looking for sponsors who are in line with our vision and are able to assist in whichever way possible.

We will also be looking for relevant vendors, to sell their wares at the venue on the day.

The colder weather has definitely got a few people hibernating, and rather spending time under the covers.

Winter tends to make us feel all tight and stiff, but practicing yoga can reduce that tightness allowing the body to be more flexible.

Yoga helps you to keep warm, boosts your immunity, uplifts your mood, and helps you to sleep better.

So join us and feel the difference. Our studio is warm and comfortable, and the vibe is good!!!

Here’s to a positive and creative month of July, as we develop habits to help us see more clearly, respond more effectively to what life throws at us,

and ultimately make wiser choices, by becoming more mindful.

Till we meet again on the mat…..

Love and blessings

Bev