Namaste Yogis and Yoginis

Welcome Magnificent and Magical March….the last of those long, lazy, warm days as Mother Earth very gently and subtly starts moving into Autumn, with a few of the trees starting to turn yellow and gold, and the evening and early morning temperatures dropping slightly.

Fasten your seatbelt, as we have arrived at one of the most pivotal months of 2023!

March is about cutting ties with the past so we can begin moving into the future.

This month is ultra-intense! This is where the transformation begins! It is packed with magic!

March will be the month where the change we have all been waiting for, starts to happen. It is the month of change, renewal and transformation. Old traumas and hurts may arise, but as you face them fearlessly, and head on, so they will all heal and you will be able to move on, setting you up for success in the months to come. Things you thought were not possible will become real.

It is a time, for you to live your dreams, become authentic, and generally overhaul your life.

Just remember to keep your boundaries.

Thankfully we have NO planets in retrograde this month, so no excuses and no hindrance to us forging ahead!!

The month is filled with balance and harmony, bringing in transformational healing on all levels.

The Equinox on 20 March, is incredibly powerful with regard to new beginnings, as it also coincides with the New Moon, which is a time to plant the seeds of your dreams and desires….so go big, don’t hold back on what your heart desires.

The Equinox, where we have equal hours of day and night, is the start of the new Zodiac or Astrological Year, and is always the start of a new season. It is the Autumnal Equinox for the Southern Hemisphere, and therefore signals a time to start slowing down and turning inward. As you turn inward you need to look towards your intuitive guidance, listen to that inner voice and pay attention to the signs you are being shown. And as you start trusting that inner guidance and believing in yourself, you will find you start to move forward in the direction of your purpose.

Dates to Remember

7th    - Full Moon – Crystals need a moon bath!

8th    - International Women’s Day – the theme for 2023 – Embracing Equity

17th  - St Patrick’s Day – Patron Saint of Ireland – Day to celebrate all things Irish

20th  - Autumnal Equinox – Equal day and night - Balance

21st  - New Moon – Sow the seeds of your desires

22nd – Ramadan - Month of fasting, prayer, giving and self-evaluation observed by Muslims.

25th  - Earth Hour – Switch off your lights at 8:30pm for one hour

Intentions

At the beginning of a yoga practice session, you are sometimes asked to set an intention.

Do you know why are you asked to set an intention?

Do you know what an intention is? Do you know how to set an intention?

What is the difference between an intention, a resolve, and a goal?

What is a Goal?

You set a Goal, to plan the future. It is quantifiable, and has very definite parameters, with definite timelines. It is a plan on which you have to continuously act. You would normally break it down into smaller goals. If your goal is set for 5 years ahead, you would have smaller, more achievable, shorter term goals, which need to be attained every week, every month and every year, so as to enable you to reach and achieve your final goal.

For example a student starting off on a study journey, will have a plan to go to class daily, allocate study time and stick to it, pass the weekly tests, pass the yearly exams and finally achieve the degree that they enrolled for. It is a plan that is monitored.

What is a Resolve or Sankalpa? (Sanskrit for Resolve )

This term comes from the Sanskrit roots san, meaning "a connection with the highest truth," and kalpa, meaning "vow."

So,  it translates as an affirming decision, to do something or achieve something for your highest good.  It is a strong determination to do something, and is normally the reasons for using affirmations. It is a positive affirmation or declaration.

It is a choice you make to re-affirm the change you wish to see, so as to create a “better” you.

For example…..I am good enough….my life is peaceful and harmonious…life is unfolding exactly as it should…what I am looking for is looking for me….I am love, I am surrounded by love…I wake up excited to go to work…I go to bed at night feeling fulfilled…I am open to new opportunities…the list is endless. Remember, it is a short, positive statement in simple basic language, not an “I want’ statement.

What is an Intention?

Intentions are desires that we activate with our thoughts, words and actions. It is open ended and has no outcome, it is fluid and ever evolving.

It is more grounded than a wish. More serious than a resolution. Less complicated than either.

Setting an intention for your yoga practice is simply bringing your attention to a quality that you wish to cultivate.

Intention gives you purpose, as well as the inspiration and motivation to achieve your purpose.

It could something very yogic, such as contentment, self-compassion, balance , focus, acceptance or non-attachment, or a more tangible desire like building physical strength, concentrating on your breath, being gentle with your body or inviting a sense of playfulness, focusing on a particular posture. It is a focus of your attention, helping you, toward your holistic objective.

So how do you set an intention?

Ask yourself what do you need from your practice that day…stress release, anxiety reduction, listening to your body, peace of mind, fun, perseverance, self-acceptance?? Just one word is good. Once your heart settles on an intention, then repeat it often in your mind, as you go through your practice.

Each time you come to the front of your mat …remind yourself of your intention for the day.

When your mind wanders off to the grocery list or things to do when your class is over…bring it back to your intention.

When you encounter resistance in your body … bring your intention to the fore.

As you settle into your breathing practice…bring to mind your chosen intention for the day.

It becomes a beautiful way to constantly remind yourself, why you have come to practice on the day.

It will certainly enrich your yoga practice and will develop that connection between your mind and your body.

Once your practice is over, after relaxation, you can decide to take your intention with you, as move back into your day.

This then becomes an extremely powerful tool to take with you into your world.

Or maybe you prefer to choose a new intention to take away with you 

By setting an intention for your yoga practice, you also develop the ability to see the benefit of setting an intention, as you move from situation to situation in your daily life.

I too set an intention for every class I teach.

May our practice cultivate enlightened thoughts, enlightened speech, enlightened hearts….

Now to matters on the mat….

Our practice this month will link in with the Equinox and the start of Autumn –  This will incorporate balance in all facets of our lives. So let us try to bring this balance in to our intentions, our breath, our choices, our practice not only on the mat but also off the mat, and into our bodies.

As the evening temperatures start falling, please remember to bring along something to cover up with, when you leave class.

Remember to keep up with your yoga, as a regular practice, helps to support your immune system.

All info is available on our website [www.yogawithyogiB.com](http://www.yogawithyogiB.com)

Have a Magical March as you firmly hold your light, shine your brightest, and set strong and powerful intentions for joy to inspire, encourage, and motivate yourself and others.

Much love and blessings

Bev