Namaste Yogis and Yoginis

Welcome to June…where our winter truly begins…a time for scarves and boots and warm, cosy fireside dreaming.

We have arrived at one of the most positive months of 2023.

The first third of June is a month with incredible manifestation potential, with all kinds of doors opening.

On June 21, Gemini season comes to an end with the arrival of the Winter Solstice, and as the sky experiences a reset, so do we.

For the first half of the month the energy is upbeat and gives you the opportunity to re-invent yourself,

have fun and just let go for a while.

The second half will slow down and we will need to surrender and accept where we are in our lives.

And sometimes with acceptance, great healing, huge changes and shifts occur…time to reset.

It is a time to connect with our heart and body. Time for a little bit of self-care and nurturing.

Planets in retrograde during June

Saturn June 17 – November 4 – Saturn is responsible for structure and discipline. This will give you time to look at restructuring your life and maybe apply a little bit of tempering in various areas of your life.

Neptune June 30 – December 6 – You will need to reflect and maybe revise your dreams.

Pluto May 1 – October 11 – Pluto is the planet of transformation, giving you an opportunity to adjust and address any toxic,

negative, and self-destructive behaviors and beliefs.

**DATES TO REMEMBER**

3 June         - Full Moon – time to look for lightness, joy and pleasure

16 June       - Youth Day in South Africa

17 June       - New moon -  calls for the creation of greater balance and will help remind you to find your independent path

18 June       - Fathers’ Day

21 June       - Solstice – shortest day and longest night for the Southern Hemisphere. The sun will station direct and start

                    its journey back to the Southern Hemisphere

21 June       - International Day of Yoga

25 June       - International Day of Yoga Celebration in Pretoria @ Union Buildings. 10am – 1pm. Free event.

Please contact me to register as numbers are limited, and no registration means no entry.

Come and join us for a morning, doing what we enjoy doing the most!

HOW YOGA WORKS OFF THE MAT

Many people are currently feeling insecure and not knowing which way to turn, as a result of all the uncertainty that we face on a day to day basis. It can be uncertainty on an individual, political, human collective, or planetary level.

We worry continually about daily happenings like, loadshedding, cost of living, unstable governance, relationships, life and death, the future of our children, global warming…and so the list continues endlessly.

Whatever we worry about creates uncertainty, and uncertainty leads to fear.

However we need to remember that the only constant in our lives, is impermanence…everything is changing all the time…nothing stays the same. On a theoretical level that is easy to rationalize. So…. how do we learn to accept and work with this concept of uncertainty in life and our affairs being so transient and ever changing?

Yoga, provides the perfect answer for us to help navigate this impermanence…..

Firstly, impermanence reminds us to live in the present, because the only thing we have to hold on to is the ‘here and now”…this very moment.

Yoga allows us to connect to the present with our breath. We connect with the feelings and sensations we have as we stretch and move from asana to asana, and of course, during meditation.

Yoga teaches us to be mindful at all times.

Once we connect to the present moment, we actually feel like we belong. We then realise that each new moment, **will** bring something new, something different. From moment to moment, change happens, and we have a different experience with each moment. Once you accept this mutability and inconstancy, you learn to be present, in the moment that is.

Secondly, when we understand the impermanence and uncertainty of life, we begin to remember that we are part of this bigger picture. We are not solitary individuals. We are an integral part of this universe…we are like a drop of water in the ocean called the universe…we form part of this ocean…we are not separate from this universe…there is a bigger plan.

Yoga teaches us that we are part of the “whole”. So, instead of trying to control everything during these times of uncertainty, it is wiser to let go of that control and begin to “go with the flow”.

We need to allow ourselves to be reminded of the unstoppable power of the earth and nature and the universe, and to look to the natural world and connect to the rhythm of life and the greater oneness of our existence.

We need to stay grounded and feel that support of the universe as it carries us through the flow, supporting us as we move forward. Resistance brings disharmony, distress and anger.

Thirdly, during these times of uncertainty, we need to look to our core beliefs and values, trying to find direction and a sense of purpose.

Yoga gives us the tools to reconfirm and entrench our intentions. By recognizing that our intentions do not depend on external results, we can find the courage to move forward as we recommit to our intentions and redirect our efforts. Discovering those pathways, to find our purpose and meaning, even when things are uncertain.

Your “Sankalpa” or “intention” during Yoga Nidra is your heartfelt desire or resolve, that comes from deep within, to do or achieve something, not necessarily on a materialistic level, giving you the emotional strength to find your way.

Yes, life is impermanent and constantly changing, but our practice can help us stay grounded and find meaning and direction in the midst of uncertainty, and perhaps even uncover some hidden gifts of insight in changing times.

Our practice gives us the tools to live with passion and purpose!

Now to matters on the mat….

June is traditionally a quiet month in yoga studios, as everyone rather stays at home trying to keep warm, and not wanting to venture out into the cold. However, that is counterproductive when it comes to your health. The secret to staying healthy over winter and supporting the immune system, is to keep up with your regular yoga practice.

It helps you to keep warm, by increasing the blood circulation, and energy levels. Yoga will reduce stress, winter stiffness, and all those winter aches and pains. It helps you to sleep better as well, and many more benefits too numerous to mention here.

Our studio is heated and is a comfortable place to practice. Please remember to bring a warm cover up for Yoga Nidra / Relaxation and dress warmly during the next few weeks.

NB …….should you wish to join us for International Day of Yoga Celebrations on 25th June at the Union Buildings,

you need to be registered to gain entry. I will gladly submit your registration if required.

Wishing you all a warm and healthy June. Embrace those frosty mornings and chilly evenings…hot chocolate, log fires and comfort food…mmmmm…

Till we meet again on the mat….

Much love and blessings

Bev