

# FREEDOM YOGA & RELAXATION

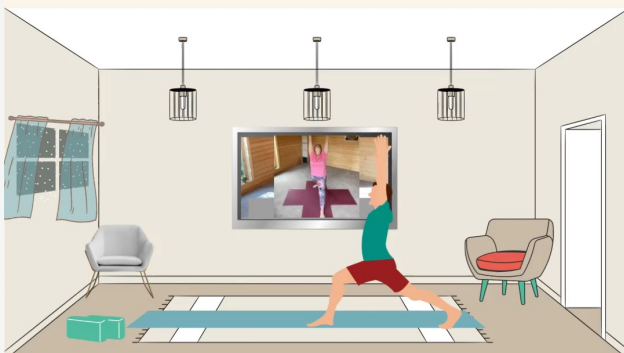
A Monthly Newsletter by Carolyn.



The North wind doth blow,  
And we might have snow,  
And what will poor yogis do then, poor things?  
They'll stay in their homes,  
And link up their phones,  
Getting their yoga online, lucky things.  
Boom boom!  
Book your place via my website. Plenty of space and we  
would love to have you join us where ever you are.



**Freedom Yoga & Relaxation  
with Carolyn**



FREEDOM YOGA & RELAXATION WITH CAROLYN



**NOW YOU CAN DO YOGA ONLINE**



When the weather outside is frightful  
but your yoga's so delightful  
You dont need a place to go  
Let it snow, let it blow, let it go!  
If it doesn't show signs of stopping  
Then it's easy on Zoom to login  
The yoga online's the same  
Let it rain, let it rain, let it rain!  
La la la  
Book your online class where ever you  
are. Tuesday am or Thursday pm.

Would love to see you on screen!

# Freedom Yoga & Relaxation



It's World Osteoporosis Day today!

20th October is an awareness day each year. I have popped a link below for the osteoporosis foundation where lots of really good information can be found.

Yoga can be beneficial for people with osteoporosis. A small study in 2009 found that practicing yoga can actually increase bone density if done consistently and properly. Yoga also improves balance and flexibility, which can prevent falls and therefore prevent fractures.

# Freedom Yoga & Relaxation

We have been exploring camel pose (Ustrasana)! Camel Pose can help improve confidence and increase sense of power. It's an energy booster. This back bend/front body opener helps counteract the effects associated with sitting, driving, phone and computer use, gardening - and the many other things we do in daily life that draws us toward kyphosis (abnormal curvature of the spine). Camel pose may also help relieve back discomfort. In Camel Pose we can feel stretch in the abdomen, chest, shoulders, hip flexors and quads. It also helps strengthen muscles of the back, hamstrings, and glutes.

There are lots of variations of this pose so although this picture may put you off trying, we can gradually build the pose, we start with lots of other poses as we prepare the body for this one. We need to look after any injuries etc. We find our way towards Camel pose, stopping at the level right for us. we can use chairs, blocks, supports. We can do the pose from standing. Hands do not need all the way to come to the feet they may be on the low back.

After experiencing Camel, we take the body into a counterpose, a gently forward folding posture eg child pose.

Who enjoys a Camel pose?



# Freedom Yoga & Relaxation

What messages do we give ourselves? How do we talk to ourselves? Often, we are very hard on ourselves, impatient, self-critical and self-deprecating. I certainly am. Mostly, I don't even notice until it's pointed out to me – it has become such a habit. (I am working on this) I am sure, if we spoke to ourselves as we do to our friends, we would all be much kinder to ourselves!

A person who receives only negative feedback becomes dispirited and unmotivated.

Join me in a challenge this month? Every time you catch yourself talking/thinking negatively towards yourself, consider whether you would speak to your friend in that way. What might you say instead? It feels quite odd at first but keep going.

What do you notice?

Who is up for this?

This challenge has emerged as a result of this month's focus on the body's communication centre (Vishuddhi Chakra/Throat Chakra). I popped one of my musings (blog) on the subject on my website. If you haven't stumbled across it yet, you can read it [here](#)



Caught in Lizard pose whilst treasure hunting. Which poses do you find yourself in?



I have been asked how long it will take to feel any benefit or any difference after starting yoga classes. In my experience, people state they feel different by the end of the first class. Regular attendance is hugely beneficial. Most people attend weekly, some find adding in a second class per week beneficial. Having an additional home practice is the ideal scenario.

If you would like help creating a home practice for yourself, please message me. A one off 1:1 session would be a great way to jointly create a practice to suit you, your schedule and your body.



It's all about perspective! I took this photo because I loved the lines and patterns of quartz in these rocks but what I discovered was something very different! What do you see here?



I love delivering Online yoga classes. People are so relaxed in their own spaces. The convenience of not having to travel to classes in poor weather is one benefit. Cost saving on travel is another. You can join from anywhere in the world as long as you have WiFi so I can even be on holiday with you! Attendees to online classes can set up their screen view to show others in the session or just me. I deliver online classes on Tuesday mornings and Thursday evenings. If you fancy joining in, book your place on my website



Online Yoga with Carolyn

It feels to me like we have been buffeted by waves and winds of unsettling and destabilising news. Our foundations are being tested. Simply observing others struggling can affect our sense of stability. Thank goodness for yoga! Yoga through which we can "come home" to the safety and familiarity of our body and our breath. As we unite body, breath and mind, we come closer to stillness, calm and balance. Our yoga practice on the mat allows us to explore our physical and mental flexibility, strength and balance. Do we all remember to try translating/adapting these skills in daily life?

Yoga is like a toolbox. Have a rummage through your yoga toolbox to find a few tools to help you through this tricky time. My favourite tools are a balancing breathing practice, a mindful sequence, a recorded relaxation and a strong stable warrior pose.

Can you remember any of these? Maybe you have different favourites. If you need a reminder for any of the above or you are wondering about a yoga tool for your particular needs, chat to me. I'll bet if we rummage around in that tool box, there will be a few things that might do the job. Message me if you would like to discuss any of the above.



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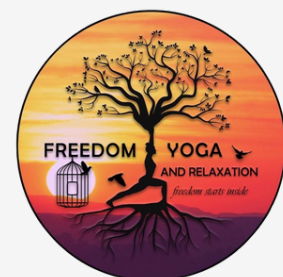
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We have been focusing on the heart chakra this month. How we work with our body on the mat can reflect how we treat ourselves off the mat. By treating ourselves well and "filling our own cup first" we are much better able to support those around us.

What do you do to ensure your own cup stays topped up?

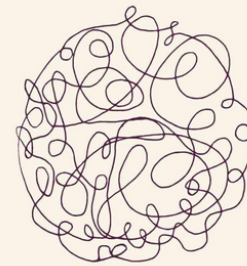
Carolyn





In yoga we learn to meditate. We focus, we go inward. We allow noticing. We allow a state of rest for the mind, where thoughts slow and the spaces between those thoughts increase. We feel and watch our breath and its patterns. We learn to use our breath to create different states of mind or energy. We use our body physically, to enquire about how it feels to offer or receive space or compression, stretch or weight. In class there is space for relaxation (rest). For many, this is the highlight. This dedicated time when rest is facilitated. Permission to rest is granted. Body scanning, breath awareness, sometimes visualisation supports a dropping into rest. This is considered active rest. The intention is not actually to sleep but to take rest. Many people do sleep – if they do, it suggests to me that they need that sleep. We aim to shift towards theta brainwave state or a hypnogogic state - that place somewhere between sleep and not quite asleep. People often report that during the night following a yoga class is when they receive the best night's sleep of the week. Pop on over to my web site to find out how to join a yoga class.

[www.freedomyogaandrelaxation.co.uk](http://www.freedomyogaandrelaxation.co.uk)



Do you suffer with anxiety?

Yoga Therapy can help



Anxiety is a normal emotion - the brain's way of reacting to stress and alerting us of potential danger.

Everyone feels anxious now and then. Eg performances, worries about tests, decision making.

Occasional anxiety is OK. However if anxiety becomes intrusive, constant or overwhelming, it needs addressing. Lets not allow anxiety to negatively impact your life. Yoga and Yoga therapy offers up some tools to manage anxiety.

If you would like to find out more about how yoga or yoga therapy can help with anxiety, please message me or call me on 07789893467.

Yoga therapy sessions with me can be booked with me via my website

[www.freedomyogaandrelaxation.co.uk](http://www.freedomyogaandrelaxation.co.uk)

£50 each or £120 for three sessions. If you don't see a time slot suited to you, please get in touch and I will do my best to accommodate.

