

June 2021 Musings

Hello Everyone and Welcome to June 2021



Hoping you are all well.

After, what seemed like a long slog through a wet spring, I loved the warmer and sunnier recent days we have had. I know warm weather doesn't suit everyone though.

As you may know, I am currently having a two week break from classes and one to one yoga for another chunk of training. Either side of that training, I'm treating myself to some downtime. Day one was spent being creative with Chris Lewis Jewellery Design at Tudor Farmhouse Hotel, Clearwell at a ring making workshop with afternoon tea. (I made the band but Chris kindly added the

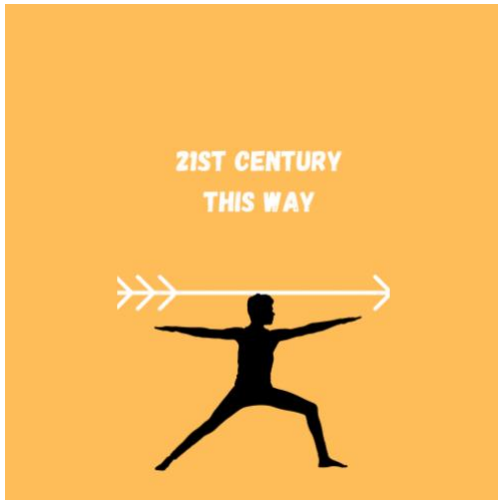


lovely stone – that would have been a few steps too far for a beginner at a day workshop.)

This time of year is always busier with my bees, the garden and the holiday let so it has been good to have more time to focus on those tasks too.

I also spent time with my daughters and grandchildren. It was fab having fun in the sun, watching the spontaneity of the little ones and the way they really are naturally "in the moment". It's such a shame we lose those skills. I hope to find some spontaneity in the few days after my training before returning to classes from 14th June.

Talking of a return to classes, here is my big news! (Well – big for me)



I am moving into the 21st century at last.

Yoga classes are now bookable online via my website. You will be asked to register the first time you use the system.

A few of you have been kind enough to test out the system and highlight the glitches and untidy bits. Most of these were quickly sorted just one little untidiness couldn't be undone but everything seems to work well. If you are anxious about making payments using a card or PayPal, there is an option to book the classes and pay in cash at the first class.

I am able to offer a second class per week for half price only if the second class is an online class at present due to face to face class number restrictions. If you wish to take up the offer of a second (online) class, do let me know and I will give you the code which will trigger the discount.

Please try to book your yoga class as soon as possible by going onto the website (you can click this link)

www.freedomyogaandrelaxation.co.uk

Bookings for the monthly class pass for the face to face classes are available to purchase before the pay as you go tickets which become available to purchase two days before the class. This is to help manage the restricted class numbers for face to face classes.

Any problems, give me a shout. I really don't want my journey towards efficiency to cause anyone stress.

Meet Steve



Steve is an active family guy whose career has been in carpentry for 30+ years. Steve enthusiastically joined in the yoga but I noticed he was modifying his hand positions in order

to manage some of the postures. He had not declared a hand problem on his health questionnaire.

When I asked him about this, he explained that “its just a problem I cant do anything about – my fingers are contracted due to all the work using carpentry tools for so many hours each day over so many years – don’t worry – I’m used to working around the problem.”

Steve had become so used to modifying and finding a way around his constricted fingers.

He couldn’t stretch out his fingers. He couldn’t put his hands flat on the floor. He assumed he would simply have to live with this unless he had surgery to correct the issue. He couldn’t have surgery as it would prevent him working and therefore earning for some time.

We agreed to work together to explore a way to stretch out and reduce the constriction.

Starting gently, we modified yoga postures to accommodate but also work toward stretching. We used props and modified so that Steve could do the same as others in the class whilst accommodating his needs and working with his body.

Steve practiced the adapted postures at home and worked on particular exercises to stretch out his fingers. Over the months, he gained more stretch and freedom in his fingers and hands. He was better able to achieve the postures he wanted to experience. The released fingers and hands allowed for improved dexterity in daily life and in his work and hobbies.

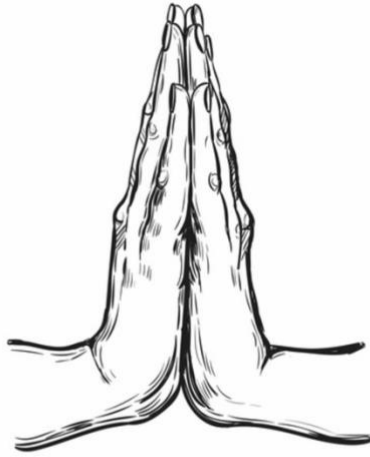


On 23rd May, I collaborated with Nemia from Come to Good and Rachel Shilston from Inspiring Creativity in running one of our popular yoga and mindful mosaic day retreats in Lydney. We did an extended yoga session with an extra-long relaxation followed by a delicious lunch. Then we got all creative making some gorgeous mosaics. Another one of these days has been planned for 8th August 2021. If you are interested in coming along, you can book read more and book here

<https://www.rachelshilston.co.uk/store/mosaic-workshops/yoga-and-mindful-mosaic-retreat-8-8-21>

And for your entertainment, for those who didn't see this on Facebook, here is a little "Behind the scenes" video I was tasked with creating as part of a business networking group challenge. <https://youtu.be/3lzmT5MG9NA>

Ooh – and before I finish, if you wouldn't mind clicking this link and leaving a review, I would be very grateful. X. <https://g.page/freedom-yoga-and-relaxation/review?rc>



Namaste