

# FREEDOM YOGA NEWS

## April Classes and private sessions are on the website ready for booking

The booking link is

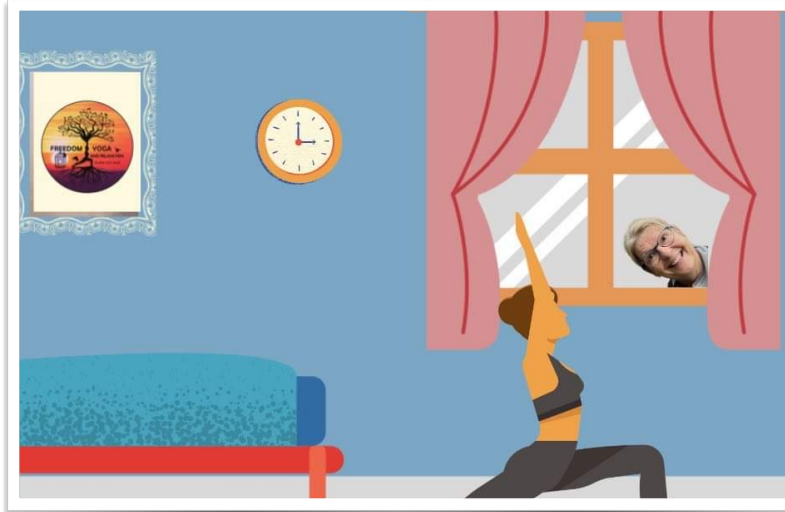
<https://bookwhen.com/freedomyogaandrelaxation>

Please note, I am taking the first couple of weeks of April off. It sounds like children are off school and people are grabbing breaks away. I need to be sure to fill classes to cover costs etc.

I am pleased to be able to maintain the existing price of both the face to face and online classes.

## Private 1:1 sessions

It has been necessary to increase the price of the 1:1 yoga sessions but I have managed to hold the price of yoga therapy sessions so they remain unchanged.



## People often ask me....

When is the best time of day to practice yoga? I've written a blog about this. Below is an extract of that blog. If you would like to read the whole thing, it's here via this link to my website. <https://www.freedomyogaandrelaxation.co.uk/.../when-is...>

The best time of day to practice yoga is when you have time!

Congratulations on recognising that it is a good idea to add a yoga practice into your day!

Yoga is most beneficial when it is practiced regularly. In an ideal world, I would recommend a morning and an evening practice every day but we all know that most of us simply do not have time for this. Consistency is your friend. You will be surprised at the difference in how you feel once your practice becomes consistent.

## The Knobbly Knee club

Knee discomfort that worsens with activity, after a period of rest is a common symptom of osteoarthritis. Osteoarthritis can also cause short lasting morning stiffness. Some people experience joint instability and/or locking. If experiencing these symptoms, it can be tempting to reduce activity to avoid the discomfort.

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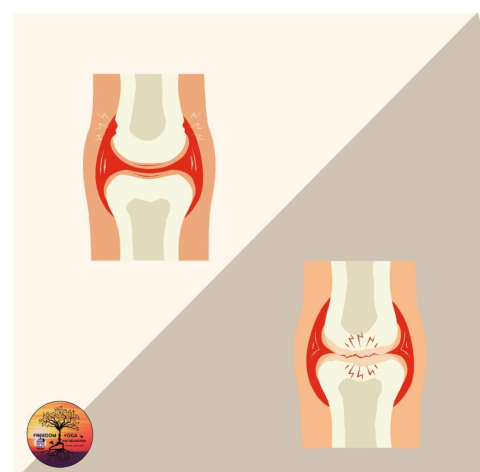
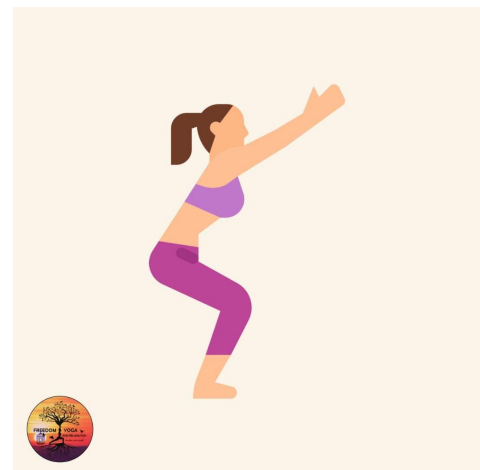
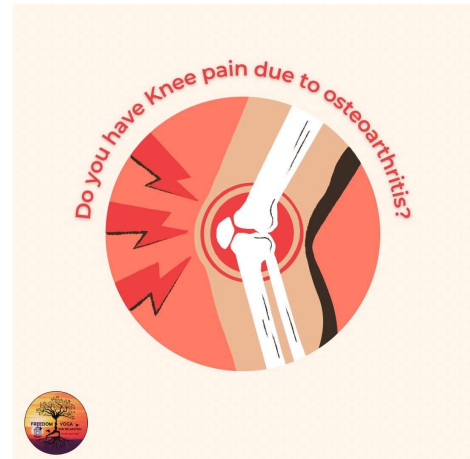
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If a person seeks medical opinion for their knee pain, the clinician will offer refer for X-ray. X-ray may show a degradation of the knee, bony growths called osteophytes and/or a narrowing of joint spaces. These findings are now recognised as normal structural changes due to the aging process. It is possible that pain may reduce without any change on X-ray.

Many people have the above changes in their joints without experiencing pain.

Decreasing weight can help but exercise like Yoga, Pilates, Tai Chi and Qigong are hugely beneficial treatment - aerobic and strength work improve function and pain in those with mild through to severe osteoarthritis - even knee cartilage can improve with exercise. Joints do not wear out with exercise. Our human body is an amazing structure, strong, adaptable and designed to heal and repair itself after injury.

Speaking from experience, having had a left total knee replacement (necessary due to osteoarthritis as a result of a congenital knee problem and lots of twisting), my right knee improved when I was able to safely return to exercise and normal use. I obviously still have the congenital structural problem but I hope to manage the discomfort and delay replacement as long as I can. The knee is complex and the largest joint in the body and post surgical pain and recovery slow and unpleasant. If you suffer with pain. Do get it checked out with your doctor but please remember that if osteoarthritis is diagnosed, do not despair. Exercise is your friend. Have a few 1:1 sessions with an instructor who can check alignment and suggest some targeted work to support the affected joint/s.



## Current “Flowing Chair Sequence”

How are you all enjoying the sequence that we have been creating together in classes? Most comments I have heard so far suggest its proving popular. My intention is that this could become an idea for a home practice with you being able to substitute parts of the sequence for your own posture choices.

Here is a link to my video showing the early stages of the sequence we built and practice and then developed through March.

Its now a video on YouTube so you can practice at home.

<https://youtu.be/Da9oSLHoYck>

The pose below makes a few appearances in the sequence!

### Viparita Virabhadrasana (Reverse Warrior Pose)

**1. CHEST AND RIB CAGE:** broad, lifted upwards, (L): lateral stretch  
**CHIN:** away from chest

**3. SHOULDERS:** broad, scapula towards each other (R): rolled back, away from ears (L): extended

**2. HIPS:** square, (L): external rotation

**1. LEGS:** (R): to side, long, active knee, facing front (L): 90 degrees, active thighs, knee above ankle  
**FEET AND TOES:** (R): active arch, grounded, toes wide, pointed straight (L): taking weight of body, grounded, toes wide, pointed straight

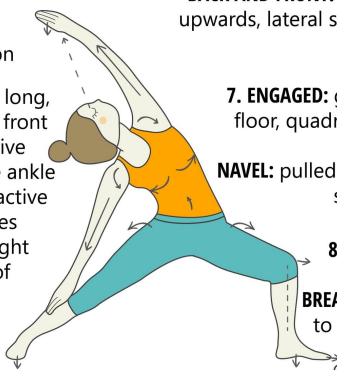
**5. ARMS:** active, long, away from ears (R): reaching to calves (L): active armpits, palms facing down, fingers together, active

**6. SPINE:** lifted from base, long, lateral stretch to the right  
**BACK AND FRONT:** broad, lifted upwards, lateral stretch to the right

**7. ENGAGED:** groins, pelvic floor, quadriceps, posas, gluteus, core  
**NAVEL:** pulled in and up to support back

**8. GAZE:** up at fingers

**BREATH:** inhaling to go in lateral stretch



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## Do you suffer with Planter Fasciitis?

It can be a right old pain in the foot! Recently, I have been meeting and hearing of many people complaining of this uncomfortable condition of the foot.

The symptoms include pain (often at the heel) which is worse after sleeping or resting (often the first few steps are the most painful) and then improves whilst exercising before returning after more rest. You may find it difficult to raise the toes from the floor whilst standing and sitting.

Most cases resolve within a year with non-invasive care and treatment and yoga often helps speed up recovery.

Calf stretching like that experienced in downward facing dog in yoga is known to be effective in treating plantar fasciitis. As the calf is stretched, foot pain often decreases. It is important though that proper foot and knee alignment is maintained because poor alignment may actually have created the problem. The foot needs to be in a neutral position where the heel bone is vertical rather than dropping inwards (pronation) or outwards (supination).

I have recently written a blog on this subject. It has now been uploaded to the “Carolyn’s Musings” Page on my website. The above is an extract from that blog. You can read the whole thing via this link <https://www.freedomyogaandrelaxation.co.uk/carolyns-musings/yoga-for-plantar-fasciitis>

## Sweaty Betty and Lulu Lemon Eat your Hearts out! Carolyn from Freedom Yoga and Relaxation has a logo and plans to use it!

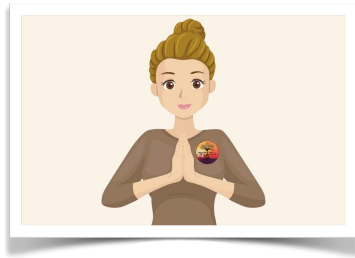
Some of you have noticed my rather warm, snugly and smart navy fleece showing off my lovely Freedom Yoga and Relaxation Logo and have asked me if you can buy either one of these or a T-shirt with the logo.

Ang Healy from PLH Logos in Worrall Hill, created my lovely embroidered logo and supplies the clothing. The following items can be ordered. If you are interested in any of the following, please check the table below and email me on [freedomyogaandrelaxation@gmail.com](mailto:freedomyogaandrelaxation@gmail.com) with your requirements.

If anyone wanted any of these items without the logo, the price would be reduced by £6



Description	Fabric	Colours	Size	Sale price
Classic Full Zip Micro Fleece jacket	100% polyester Super Anti Pill	Bottle Green, Black, Charcoal, Maroon, Navy, Red, Royal	XS, SM, MD, LR, XL, 2XL, 3XL, 4XL, 5XL, 6XL	£30
Classic Hooded Sweatshirt UC502	50% Polyester 50% Cotton	Bottle Green, Black, Brown, Charcoal, Heather Grey, Hot Pink, Jade, Kelly Green, Military Green, Maroon, Navy, Olive, Orange, pink, Purple, Red, Royal,	XS, SM, MD, LR, XL, 2XL, 3XL, 4XL, 5XL, 6XL	£36
Classic full zipped Hooded Sweatshirt UC504	50% Polyester 50% Cotton	Bottle Green, Black, Brown, Charcoal, Heather Grey, Navy, Olive, Red, Royal, Sky, White, Yellow, Sky, Sapphire Blue, Violet, White, Yellow.	XS, SM, MD, LR, XL, 2XL, 3XL, 4XL,	£30
Polo Shirt UC101	50% Polyester 50% Cotton	Bottle Green, Black, Charcoal, French Navy, Heather Grey, Hot Pink, Kelly Green, Maroon, Navy, Orange, Purple, Red, Royal, Sky, Sapphire Blue, White, Yellow.	XS, SM, MD, LR, XL, 2XL, 3XL, 4XL, 5XL, 6XL	£20
T-Shirt UC301	100% Cotton	Beige, Bottle Green, Black, Brown, Charcoal, French Navy, Heather Grey, Hot Pink, Kelly Green, Military Green, Maroon, Navy, Orange, Purple, Red, Royal, Sky, Sapphire Blue, White, Yellow.	XS, SM, MD, LR, XL, 2XL, 3XL, 4XL, 5XL, 6XL	£15



## Namaste

At the end of my classes, I bring my hands together, bow my head towards those who joined me in class. I say "Namaste". Most join me in this. Do you ever wonder what this means?

Namaste is a greeting used both for hello and goodbye throughout India. Namaste is translated from two Sanskrit words - Nama, meaning "salutations," "I bow" or "I honour and Te meaning you.

Namaste is more than a simple greeting. It is a way of acknowledging, honouring and respecting the other person. It's about being present with each other in that moment.

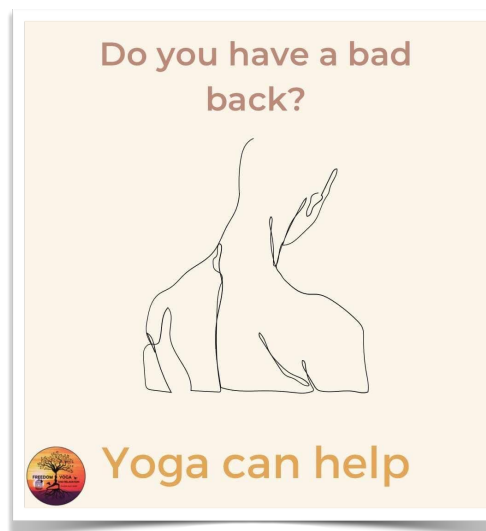
Many yoga sessions start and end with namaste as the teacher and students respectfully greet and salute each other. It marks the respect that the students have for the teacher and vice versa.

During namaste, we bring our hands together in prayer position and bow slightly demonstrating humility and heartfelt love. The position of the hands is called a mudra and this mudra is a way of sending energy towards our heart.

## Back problems?

I can't tell you how many people start their yoga life because of pack pain! Back pain really is miserable. I have had a couple of episodes of sciatica through my life so know how it can impact life. I also know that yoga can usually help. With back pain comes fear. Nobody wants to exacerbate pain.often, a good route into yoga for back pain is through a few one to one sessions with the intention of eventually joining a class when ready. Gentle movement is better than no movement.

If you or somebody you know suffers with back pain and would like to explore the yoga therapy approach to feeling better, do get in touch or book yourself an appointment



***Is there something you would like to see included in future newsletters?***

***I really would like these communications to be of value to you. It takes a fair amount of time to create them so do not wish to be pushing out content that is of no value.***

***Your feedback is always welcome.***