



May 2022

Happy Spring Everyone!

Popping this brief newsletter out there before I travel to London to complete my Yoga Therapy Training with Yoga United. It's been quite a journey. Not only the geographical journey from the relatively sleepy and rural-ish Forest of Dean to London and the switching between learning and training in person and online but my personal journey through the course. Not only have I learned so much about yoga therapy and how to deliver it, I have strengthened, softened, developed, crumbled, rebuilt and am now emerging. I feel like a butterfly beginning to work my way out of my chrysalis.

I'm more excited to be travelling to London on this final stage of my learning because I received confirmation yesterday that I have in fact qualified as a Yoga Therapist! Now one of my developments, "gained" through my yoga therapy journey is from pretty much never crying and proudly managing to maintain my poker face, not sharing emotion etc to (among other things), bawling my eyes out at receiving an email telling me I have qualified! Not sure I like the "wet messy tears" way of being but am having to get used to it as it seems, since flipping the "feeling the emotions" switch, there does not seem to be a way to reverse the process! Luckily I have also learned the importance of really feeling emotions – staying with them for a while and processing. Interrupting, stifling and refusing to allow emotion is not good for us long term. "Stuff" simply stays within the body, until a time when it forces us to look again at addressing, processing etc.

In the case of crying at my qualification news, I think it was the sheer relief after 2.5 years of hard work academically, practically, emotionally and weaving this around my daily life and my wanting this so badly as I can see how beneficial it is for people.

I have lost count of the number of assignments. Several case studies were completed. Over 75 practice Yoga Therapy sessions delivered. Hundreds of hours of reading and research and hundreds of training hours. Would I do it again? Weirdly actually, I would, (but I would take two years away from work to do so).

Lot of people ask me what Yoga Therapy is and how its different from Yoga classes and 1:2:1 sessions. I will say much more about this after my final few days training and when I have fully digested that I have qualified.



Most importantly, I need to thank all of you! I am sure my yoga class teaching style must have changed as a result through this learning, so thank you for accepting the changes (hopefully it happened subtly). Thank you for sticking with the classes. So many of you have offered up your time to be practiced upon. Some of you have been case studies. Some even agreed to be yoga therapy clients for my video assessments. Honestly, I am humbled by your support in these ways. (oops - off with the tears again!)

So now to get used to this new label offered to me Hmm feels odd – will wait for my “bit of paper” before singing too loudly.

More News!

World Meditation Day

20th / 21st May is World Meditation Day! (some confusion with the date)

I am suspicious that some of you may think you have not done meditation. Those of you who have come to my yoga classes may or may not know that each week we do meditation. I have not labelled it as such knowing that some people may feel challenged by the word.

The meditation I lead, is focused mostly on body, breath and our senses. Occasionally, we have used candles, plants, walking and eating.

We start most sessions with breath awareness. It's a very short meditation. During the physical movements, we often go into a meditative practice when we use our breath to lead our movement. So many of you remark on how that takes you to a calmer, quieter place mentally. These are the qualities to be gained from meditation.

Meditation, however short is so beneficial. It's a bit like the instruction given when our computer is suddenly not behaving as expected. “Shut Down, wait 60 seconds and Restart”. Meditation = shutdown wait 60 seconds and restart.

You can find out more about World Meditation Day on www.mindfulnessbox.com. There are ideas there worth reading about.

I have recorded a free 15 minute, guided meditation for your use if you are interested. It may seem familiar to those who attend classes. This will be available for use for a few days. So now you don't need to feel you can't take part in World Meditation Day. I would love to receive feedback if you do try it out, please.

The link is here

https://soundcloud.com/user-497835987/mindful-meditation-on-the-sensations-of-the-natural-breath/s-LFM5wbzA5y3?utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing



Field Walking Relaxation

People have been asking me to make available a recording of the Relaxation I occasionally use in class - walking through fields. This has been done now and is available via the Shop Section on my Website. If you have experienced the relaxation, you might remember walking through poppies, marigolds and buttercups!



Here is a link to help you find your way there. I think this link shows both relaxations recorded to date. The picture above will mark the one I mention here. You will receive a download to your device (smartphone, tablet or PC). This file will allow you to listen as many times as you like. The file should appear in the Downloads folder. If you can't see it there but have a search function, type "Field Walking" into the search bar and your device should show you where it is. If you still can't find it, let me know. I ways and means! And if you need a CD version, I can provide. Just let me know.

https://www.freedomyogaandrelaxation.co.uk/store/c2/Audio_Recordings.html

I hope to add to the list at some point. Please, if you think of anyone you know who may benefit from a relaxation recording, do send them the link above. These are suitable for any adult.

Yoga class bookings through the Summer

You should have already received an email alerting you to the fact that June classes are bookable on the website now. I've popped a link below to send you to the right page of the website in case it's helpful.

Booking "Pay as You go" class places has been restricted to two days prior to each class until now. Through the summer months, I have removed this restriction as demand for places is lower and so many of you are having holidays etc, it feels kinder to accommodate in this way. I hope you find this helpful.

Booking link. <https://bookwhen.com/freedomyogaandrelaxation>

If anyone is looking for 1:2:1 sessions at the moment and don't see a convenient bookable slot via the above link, do contact me. I will do my best to accommodate.

I have not booked classes on the Queen's Platinum Jubilee Days.

If you haven't been to class for some time, do check the schedule as there have been some changes. Here is my class timetable.



Freedom Yoga & Relaxation

Freedom Starts Inside

Yoga Classes

<i>Yorkley Community Centre</i>	Mon 11 am
<i>Online</i>	Tues 10 am
<i>Severnbanks School Gym</i>	Tues 7.15 pm
<i>Lydney Community Centre</i>	Wed 7:30 pm
<i>Lydney Community Centre</i>	Thurs 10 am
<i>Ellwood Football Club</i>	Thurs 2 pm
<i>Online</i>	Thurs 6pm



We have been rocking the colour red in May. Who can guess which colour we will be celebrating in June?

Namaste
Carolyn

