

# Monthly Report

*The latest news and updates from Rejuvenate With Yoga*



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## IN THIS ISSUE

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**SUMMER HAS STARTED  
KEEP YOUR COOL! BY  
BREATHING :)**

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**CLASS SCHEDULE**

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**ADVICE FOR  
BEGINNERS**

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**BIDALASANA  
CAT/COW**

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## Summer is here :)

Keep breathing! Deep breathing, exchanging that stale air in your lungs for some fresh oxygen, will go a long way to keeping your body running efficiently. This gives you more oxygen for your brain and limbs. Also, the increase in breathing rate and depth not only provides extra oxygen, but it also enhances the cooling of the body by the exhalation of water vapour. Your breathing should feel comfortable, fluid and lovely. If it starts to feel forced, strained, staggered, or you start to feel light headed, or anxious, you are trying too hard - come back to your normal breathing and it will pass. Your belly should move out when you breath in and move in as you breath out. Now bring your tongue to the roof of your mouth, open your mouth and breathe around the sides of your tongue. This should have a cooling effect. See if you can add some inner body length to your inhalation too!

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## Hatha Yoga

Wisconsin Rapids, WI

Mon	Tue	Wed	Thu	Fri
9-10:15 Mixed Level Hatha	9-10:15 Mixed Level Hatha	9-10:15 Mixed Level Hatha	9-10:15 Mixed Level Hatha	9-10:15 Mixed Level Hatha
10:30-11:45 Gentle Yoga	10:30-11:30 Kids Yoga	10:30-11:45 Gentle Yoga	10:30-11:45 Gentle Yoga	10:30-11:45 Gentle Yoga
	4-5 Tween/ Teen Yoga		4-5 Kids Yoga	
5:30-6:45 Mixed Level Hatha	5:15-6:30 Mixed Level Hatha			

834 Huntington Avenue  
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**REJUVENATE**  
 WITH YOGA

## A Beginner's Guide to Yoga

# Closed July 22- 29

Yoga will help you find balance in your life, physically and mentally. Here are a few tips for you to begin.

\*Don't eat too much before class.

\*I have water, so you don't have to bring any. Don't drink too much during class :)

\*Please don't wear perfume, as some people can be sensitive to smells - thank you!

Recap from last month:

\*Wear comfortable clothing so you & I can see your knees.

\*Be patient and kind to yourself

\*Ask questions

\*Listen to your body

\*Poses should be comfortable, stable and enjoyable (CSE) :)



### Bidalasana - Cat/Cow

Start out with the wrists below the shoulders and the knees below the hips. Walk the hands a hand length in front of the shoulders. Stretch the mat between your hands broadening the back body and collarbones. Stretch the mat between your knees to broaden the sacrum. Tuck the sit bones, exhaling, arching the back upward and pressing strongly into the hands into upper thoracic spine. Inhaling, untucking, belly toward the floor, looking up. Go back and forth following your breath, beginning with the tucking or untucking of the sit bones, traveling up the spine and to the head.