

Monthly Report

The latest news and updates from Rejuvenate With Yoga

Benefits of Yoga

- Improves your memory
- Helps you to normalize your weight
- Stretches and protects your spine
- Brings harmony to your life
- Keep your muscles strong
- Improves your heart rate
- Calm your nerve system
- Increases your blood flow
- Strengthens your bones
- Improves your reaction
- Prevents joint problems
- Increases concentration
- Improves your posture
- Helps you to sleep well
- Improves metabolism
- Relieves depression
- Increases immunity
- Makes you happier
- Makes you flexible
- Normalize your blood pressure
- Makes you stress-free
- Helps you to relax

IN THIS ISSUE

FALL INTO GREAT POSTURE!

NEW INSTRUCTOR!

ADVICE FOR BEGINNERS

UJJAYI PRANAYAMA

Fall into great posture!

When most people think about posture, they stand up taller, and bring their shoulders back. That is certainly a great beginning, but it is just a start.

Your legs, and how you stand have a lot to do with your posture. Whatever is going on down there, will dictate what goes on above it. Start by standing with your feet below your hip joints (mid thighs), and parallel to each other. Lift the toes, and see how that lifts the arches of your feet. This is where your posture begins. If the arches are collapsed, your body has to compensate above it.

Keep the lift of the arches of your feet as you gently bring the toes back down. Now press your shins forward and your thighs back. See how that makes your legs work to keep you standing. This also helps to engage your "core" to stand up straighter. Happy standing :)

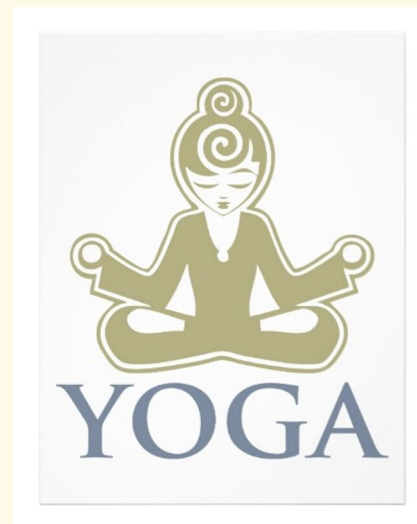
Please join me in welcoming Ila Jean Babcock! She will be teaching yoga on Wednesday and Thursday nights. Her Wednesday classes are full, call her about Thursdays - 715-697-8346

My interest in yoga began 45+ years ago when in high school, I took part in a yoga mini-course class. I remember loving the course and the sensations of stretching and total relaxation. Then life happened and I got busy working and raising a family, and around twenty years ago, I decided to take a yoga class again. Since then I have done extensive studies, and have attended workshops and trainings in various types of yoga and meditation. I began formally teaching yoga in 2007. In 2019, I received my 200 hour certification. Yoga is one of my life's passions; it has helped to bring balance to all aspects of my life. Yoga is much more than the physical aspect of movement – it brings with it a stillness and awareness that most people never realize exists. Come join me practice yoga, it is truly for everyone! Peace and Namaste, Ila Jean

A Beginner's Guide to Yoga

Breathing:

During your regular yoga class, you should be practicing gentle Ujjayi Breathing. (Victorious breath) It is done in and out of the nose. With your mouth open, try exhaling the sound “HAAAAH”—it’s similar to the sound you make when you’re trying to fog up a mirror. Get comfortable with this sound to get the hang of the practice. Close your mouth and attempt a similar sound, feeling the outflow of air through your nasal passages. Once you have mastered this on the outflow, use the same method for the in-flow breath, gently narrowing and relaxing the back of your throat as you inhale.



Ujjayi has a balancing influence on the entire cardiorespiratory system, releases feelings of irritation and frustration, and helps calm the mind and body.

Benefits: Increases the amount of oxygen in the blood, Builds internal body heat, Relieves tension, Encourages free flow of prana, Regulates blood pressure, Helps yoga practitioner to maintain a rhythm while they practice, Increases feelings of presence, self-awareness, and meditative qualities.