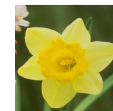


Akasha School of Yoga Newsletter



Spring Edition –March 2012

A softer wind announcing a subtle flowery breeze; the freshness of the dewy mornings that fill you with the anticipation of warmth and sunshine. The smell of freshness, provided by the new oxygen that comes from young shoots and leaves growing around us. Yes, these are the signs we all recognise that spring is here. Nature changes throughout the year and in order to remain balanced within ourselves and with our environment it is important to **feel** these changes also in our (inner) life. Being aware of the seasonal changes can bring you in closer harmony with them. Tune into the spring season through acts of mindfulness and devotion. Look around you and be inspired by the renewal and transformation that is literally welling up around you from the ground. The natural world is going through a rebirth; forge a connection to this miraculous process!

For many people spring is the time for the annual 'cleaning out of the house'. But why do we think first of all about our house and not about ourselves? We too need a 'cleaning up' after winter. Not only with the latest new detox-treat, but also with yoga asanas that ask for 'challenge' and personal growth— we 'stretch ourselves' from winter to a new season and a new beginning.

A little story that we all probably recognise!

Recently, while getting some much-needed bodywork, I lamented the tightness in my shoulders and spine: "Why am I sooooo tight right now?" I whined. The-woman-with-the-magic-hands asked in return, "how has your practice changed with the weather?" This was cause for pause. What did she mean? My practice is simply my practice. But now she was telling me that my practice needed to shift throughout the

year that it needed to respond to the changes of the year's cycles, its seasons and weather. My practice needed to shift. A rocking backbend practice on the evening of a bitter winter day was not going to do, lots of hip openers, seated poses, gentle twists and the like are in my immediate future. This all makes so much sense, doesn't it? Of course our practices need to shift with the rhythms of the seasons! I think that, as practitioners, we become habitual with certain patterns in classes and certain poses that our practice feels incomplete without. But is that really what is best for us and what makes us feel physically and emotionally optimal? And if it isn't, why haven't we noticed and are we committed to changing that?

(Article from Yoga Journal)

Asanas

The inner legs and outer leg lines correlate to the meridian lines that feed into the liver (inner legs) and gallbladder (outer legs). Spring is a great time to deepen your relationship to poses such as Eka Pada Rajakapotasana (pigeon), Garudasana (eagle), Prasaritta Padottanasana, (wide leg forward bends) and Gomukasana (cow face), as these poses help you connect to and activate the liver and gallbladder meridians.

Introduce also:-



- Strengthening asanas - to build stability, strength and confidence.
- Balancing asanas –to detox the mind of negative thought patterns and to create balance of yin (rooting, stabilizing energy) and yang (rising and expanding energy)
- Twists and sidebending asanas –to activate and energise the liver and gallbladder.

Eat Lighter

if you truly aspire to be a butterfly and not a sluggish bear, you'll want to complement your asana / pranayama with more awareness about your diet. Eat light, easy-to-digest foods during spring and wait at least three to four hours between meals. Try eating less dairy products, iced or cold food or drinks, and fried or oily food—especially in the morning and at dinner.

Detox

Spring is a wonderful time of year to cleanse. Look at your environment and spring clean to get rid of household clutter or material possessions. It is also a great time of year to introduce a cleansing/detox of the body and mind. If you need some inspiration, Carol Vorderman's "Detox for life" is highly recommended

Below are a few ingredients that will help you detox, mix and match to keep things interesting:

Cucumber: a base of choice for most detox recipes since they are water dense which helps eliminate toxic waste as well as having a reputation for dissolving kidney stones, cleansing and rejuvenating the skin.

Celery: Is often recommended in weight-loss programs and is a natural diuretic and helps to cleanse and flush toxins from the body. Juice the entire celery stick including the chlorophyll rich green leaves.

Lettuce: dark-green lettuce types are nutrient dense and natural body cleansers.

Carrot: This delicious addition to your detox juices will help add sweetness but still let you benefit from the incredible benefits of this amazing vegetable such as digestion stimulant, liver cleanser, and high levels of beta-carotene.

Cabbage: Powerful body-cleansing vegetable recommend often for weight loss, alleviate constipation and improving poor skin.

Beetroot: One of the most powerful cleansing and blood beneficial juices available. Because of its powerful kidney and blood-cleansing properties start of drinking in moderation or diluted with other juices.

Green Bean: Is also a body cleanser and known to aid in weight loss.

Asparagus: This alkaline veggie helps reduce acidity of the blood and cleanses body tissue.

Spinach: Rich in chlorophyll, spinach not only cleanses but also helps with rebuilding your digestive tract as well as stimulating the liver and gall bladder as well with aiding with blood and lymph circulation.

Tomato: Helps reduce acid in body, and is beneficial for stimulating blood circulation, liver cleansing and blood purifying.

Watercress: Considered a powerful intestinal cleanser and toxin neutralizer and is good for the kidneys, bladder, blood circulation, cleansing the skin and said to stimulate fat burning.

Apple: Known for a wide range of health benefits including promoting health colon flora, reducing the colonic bacilli, eliminating body toxins, controlling blood pressure, and blood-sugar levels.

