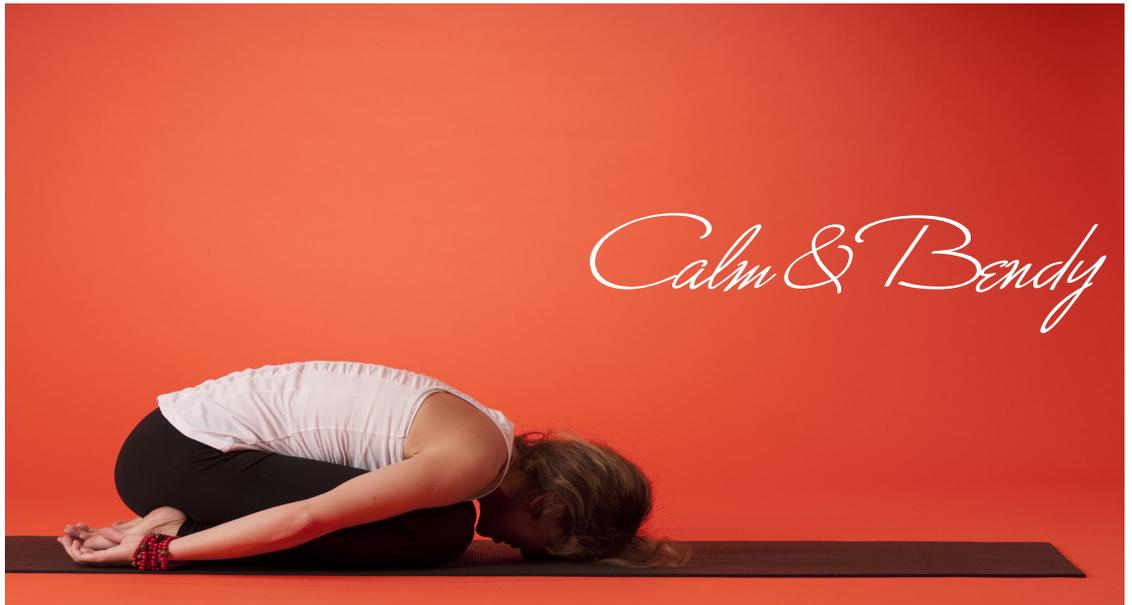




YOGA FOR NORMAL PEOPLE



December News & Info



Tis the season to take care of YOU!

It's here, the end of the year festivities and whilst there is much food and drink to be had and merriment to be made, don't forget to take some time out for the most important person in your life. That's YOU.

The gifts have been bought, the food and drink is always at hand. Family and friends from near and far are ever present; how do you stay serene and grounded as well as healthy, during these extra busy times?

It's easier said than done, but the simplest answer is: make an extra effort to be kind to yourself. It takes a bit of planning but even a little care goes a long way.

Happy Holidays

Simple things you can do to stay grounded:

- **Go for a walk:** But while walking, instead of just zoning out, try to notice at least one thing you never focused on before. Let yourself be fully present, noticing how the weight shifts as you lift and lower each foot and bend each knee
- **Pay attention to your breathing:** Notice how your posture affects your breathing? Studies have shown that slumping whether seated or standing, directly affects the amount of oxygen that gets into your lungs. Less oxygen means less energy. Practice taking slow, full breaths from a posture that involves a straight spine.
- **Practice gratitude:** Cultivating an attitude of gratitude opens the doorway to more abundance in our lives. Make a list every day of things for which you are grateful. Go back and review at the end of the week. It's always enlightening to read.

For information about all the goings on in December, please visit our website:

www.KatePorterYoga.com

December Tips

Slow down and enjoy the season, if you can 'bear' it.



Stillness, gentle movements and lots of props. Those are the ingredients that make up a relaxing restorative or yin yoga practice.

A wonderful restorative practice will soothe the nervous system, deepen self awareness, cultivate body awareness and boost our immune systems.

A typical restorative class will only consist of 5 or 6 poses, with special emphasis on the breath and posture. The poses are usually held for several minutes or breath counts. Some typical poses you might encounter in a restorative class include:

- **child's pose (Balasana):** Can be performed with arms by the sides of the body or arms out in front. Come to all fours and gently ease the hips back to the heels. If knees are especially tight, use a rolled up towel or blanket between the knees and the calves. Rest the head on the floor, or a block or blanket.
- **reclining bound angle (Supta Baddha Konasana):** Lying on your back, gently bend your knees drawing your feet towards your hips. Bring the soles of the feet together and allow the knees to open out to the sides. Use blankets under the hips as needed. Also adjust feet either closer or farther away from the groin.

Don't miss out on our Yin, Restorative and Stretching classes in December. Book online now!

- **legs-up-the-wall pose (Viparita Karani):** This pose is universally known for its rejuvenating affect on the feet, ankles, legs and back. Sit sideways against a wall and then swing your legs around and up the wall. Position your bottom as close as possible to the juncture of the wall and the floor in order to fully relax the back. The toughest part may be making yourself get up from this pose.
- **corpse pose (Savasana):** This pose is actually quite deceiving. It seems very simple, and yet, some students have a difficult time allowing themselves to fully relax or to stay awake. Get in the practice of giving yourself permission to take 5-10 minutes a day to be still. Savasana occurs at the end of a class so that the body and mind can fully integrate the yoga asanas practiced. It can be challenging to still the body and the mind but practice makes perfect. And a purring cat helps too.

