



YOGA FOR NORMAL PEOPLE

*Calm & Bendy*



## July News & Info



A month to  
cleanse your  
body, mind  
& soul

This month leads us into the celebrations of Hari Raya Puasa and Eid Al-fitr. Other forms of purification can be achieved through consciously making an effort to cleanse the mind as well as the body. If you're not up for a total detoxification diet, don't worry, even doing these simple things can make a huge difference:

- drink more water
- get more exercise
- cut down on red meat & salt
- eliminate refined sugar
- exfoliate your skin
- 3-5 minutes of daily meditation

The ABC's of Superfoods:  
try including these detoxifying  
superfoods to your diet

AVOCADOS - High in fiber and full of the 'good fats' your body needs

ALMONDS - Good source of fiber and protein

BEETS - Contain phytochemicals that fight infection & help cleanse the liver

BLUEBERRIES - loaded with detoxifying nutrients & help with fighting inflammation

CABBAGE - contains anti-cancer and antioxidant compounds

CRANBERRIES - powerful antibiotic & antiviral fighting agents to cleanse the urinary tract.

*(See tips on next page)*

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

[www.KatePorterYoga.com](http://www.KatePorterYoga.com)

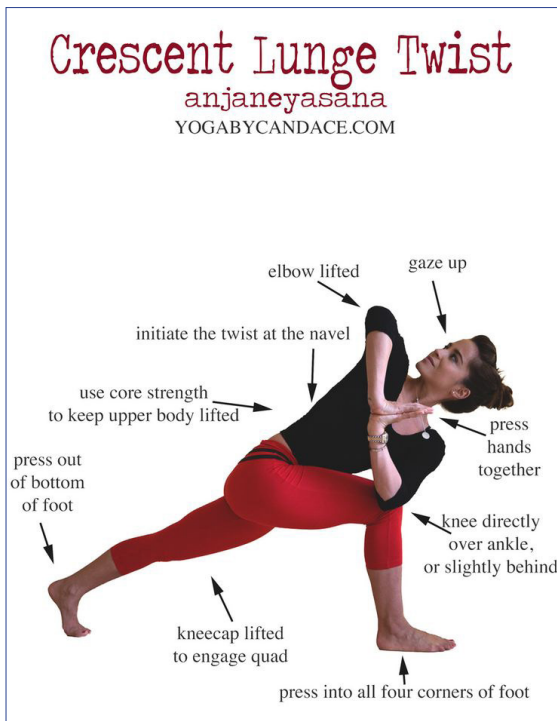
# July Tips

Let's do the TWIST !

Twisting poses are terrific for detoxifying.

The twist, whether done seated, lying or standing, does wonders for our bodies. It stretches the back muscles, engages the core and rotates the spine. It promotes good blood flow and puts gentle pressure on the internal organs which results in a flushing of toxins and a healthier, happier body.

A simple one you can do lying down is the **Supine Spinal Twist** shown below.



Slightly more tricky because of the balancing aspect, is the **Crescent Lunge Twist** shown at left. It can also be modified by bending the straight leg and bringing the knee down to the floor.

There are many other equally detoxifying twists some of which include: **Ardha Matsyendrasana** (half seated twist), **Parivritta Utkatasana** (revolved chair or prayer twist), **Parsva Balasana** (Thread the needle) and **Parivritta Trikonasana** (revolved triangle).