

April's Top Yoga Tips



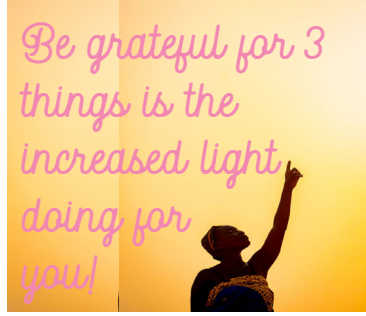
Pose of the month
Tadasana with hands overhead

Keep lifted & open

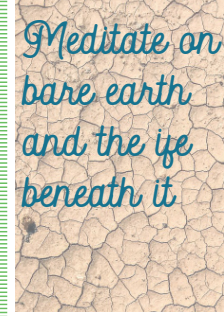


Eat lighter zesty food

Reflect on your how lockdown has effected your energy



Be grateful for 3 things is the increased light doing for you!



Meditate on bare earth and the life beneath it

Plant your feet on the ground and imagine tiny filment and softly rooting you.

Spring clean your home and your soul: who do you want to be?

*Yoga does not just change the way we see things, it transforms the person who sees."
B.K.S Iyengar*

Open your body to your in-halation, like a flower to the sun

*Yoga Challenge:
Do Triagnle Pose -Trikonasana- barefoot on the grass*



Celebrate the determination of life to continue this Easter & Spring