Yoga with a twist!!

The LilyPad

As the days lengthen and nature awakens from its winter slumber, April arrives with a burst of fresh energy and vitality. With its gentle breezes, budding flowers, and the promise of warmer days, April invites us to embrace the beauty of renewal and growth.

Let us welcome April with open arms, ready to explore new beginnings, cultivate gratitude, and cherish each moment as it unfolds. May this month be filled with joy, inspiration, and opportunities for personal and collective growth.

As we step into April, let us carry with us the spirit of optimism, resilience, and a deep appreciation for the wonders of life. Here's to a month filled with endless possibilities and the beauty of new beginnings!

Pink Moon

In April, amidst the blossoming of pink-hued wildflowers, the Pink Full Moon graces the night sky, illuminating the world with its ethereal glow. Symbolizing renewal and rejuvenation, this celestial event, also known as the Sprouting Grass Moon or Egg Moon, heralds the awakening of life as nature bursts forth in a vibrant display of colour and vitality. As we behold its enchanting radiance, let us embrace the beauty and resilience of the natural world, finding inspiration to nurture growth, celebrate abundance, and cherish the interconnectedness of all living beings. Here's to the Pink Full Moon of April—a timeless reminder of the boundless wonder that surrounds us.

Meditation

Find a quiet and comfortable space where you can sit or lie down, allowing yourself to fully immerse in the tranquil energy of the Pink Full Moon. Take a few deep breaths, inhaling deeply through your nose and exhaling slowly through your mouth, releasing any tension or stress with each exhale. As you continue to breathe deeply, visualize the Pink Full Moon rising above the horizon, its soft, rosy glow spreading across the night sky, illuminating everything in its path.

Imagine yourself bathed in the gentle light of the Pink Moon, feeling its soothing energy enveloping you like a warm embrace. Allow yourself to relax completely, letting go of any worries or distractions as you surrender to the serenity of the moment. With each breath, feel your body becoming lighter and more relaxed as if you are floating on a cloud of peace and tranquillity.

As you continue to breathe deeply, bring your awareness to your heart center, the seat of your emotions and your connection to the universe. Visualize a radiant pink light emanating from your heart, expanding outward and merging with the gentle pink light of the Pink Full Moon. Feel this loving energy flowing through you, filling you with a deep sense of compassion, gratitude, and joy.

Now, take a moment to reflect on any areas of your life where you may be seeking healing, guidance, or clarity. Allow yourself to be open and receptive to whatever insights or messages may arise during this meditation. Trust that the universe is always guiding and supporting you and that the answers you seek are already within you, waiting to be revealed.

As you bask in the light of the Pink Moon, take a few moments to set an intention for yourself or for the world. Whether it's a simple affirmation, a heartfelt prayer, or a specific goal you wish to manifest, visualize it with clarity and conviction as if it has already been fulfilled. Trust that the universe is conspiring to bring your intentions to fruition and that everything is unfolding in divine timing.

When you feel ready, slowly begin to deepen your breath, gently bringing yourself back to the present moment. Take a few moments to express gratitude for the experience of connecting with the Pink Full Moon, knowing that its loving energy will continue to guide and support you long after the meditation has ended. Open your eyes with a sense of peace and renewed clarity, ready to embrace whatever blessings the universe has in store for you.

Feature Asana

VRKSASANA

Vrksasana, or tree pose, embodies strength, stability, and grace. Begin by standing tall with your feet firmly planted on the ground, grounding yourself like the roots of a tree. As you shift your weight onto one foot, bring the sole of the opposite foot to rest on the inner thigh or calf of the standing leg, finding your balance like the trunk of a tree reaching towards the sky.

Engage your core muscles and find a focal point to steady your gaze, allowing yourself to stand tall and proud like the trunk of a tree. With each inhale, imagine drawing energy up from the earth through the sole of your foot, rooting yourself deeper into the ground. With each exhale, feel yourself growing taller and more expansive, reaching towards the heavens like the branches of a tree swaying in the breeze.

As you hold the Tree Pose, find a sense of calm and tranquillity within yourself, connecting with the stillness and strength of the natural world around you. Feel the gentle sway of your body like the movement of branches in the wind, finding balance and harmony in both body and mind.

Chakra

HEART CHAKRA

Anahata, often referred to as the heart chakra, is the fourth primary chakra located at the center of the chest; it represents love, compassion, and connection.

Anahata is associated with the colour green, symbolizing growth and harmony. It bridges the lower three chakras, which relate to earthly matters, and the upper three, which pertain to spiritual aspects.

When Anahata is balanced, individuals experience profound feelings of empathy, self-acceptance, and unconditional love for themselves and others. However, imbalances in the heart chakra can manifest as issues like resentment, jealousy, or codependency.

Various practices such as meditation, yoga, and compassion aid in harmonizing Anahata. These activities help foster self-awareness, heal emotional wounds, and cultivate a sense of interconnectedness with all living beings.

Sukhasana and Manipura

Vrksasana, or Tree Pose, and Anahata, the heart chakra, beautifully complement each other in promoting balance and emotional well-being. Vrksasana, with its grounding nature and focus on stability, encourages physical alignment and inner strength. As practitioners root down through their standing leg and extend upward through their spine, they cultivate a sense of stability and centeredness.

Meanwhile, Anahata, the heart chakra, embodies the essence of love, compassion, and connection. It encourages us to open our hearts, embrace vulnerability, and foster deeper connections with ourselves and others. When Anahata is balanced, we experience a profound sense of empathy, self-acceptance, and unconditional love that permeates our entire being.

In the practice of Vrksasana, practitioners are invited to visualize their hearts opening like the branches of a tree, extending outward with love and compassion towards themselves and the world around them. By combining the physical stability of Tree Pose with the emotional openness of Anahata, individuals can cultivate a sense of balance not only on the yoga mat but also in their daily lives.

Together, Vrksasana and Anahata offer a holistic practice for nurturing both physical and emotional strength, fostering a deep sense of connection with ourselves, others, and the world around us. Through this union, practitioners can experience a profound integration of mind, body, and spirit, leading to greater harmony, peace, and well-being.

Furthermore, the combination of Vrksasana and Anahata invites practitioners to explore the interconnectedness between physical and emotional stability. As individuals find their balance in Tree Pose, they are encouraged to notice any sensations or emotions that arise, especially in the region of the heart center. By maintaining a steady breath and gentle focus, practitioners can observe how the physical posture influences their emotional state and vice versa.

YogaScopes


Aquarius (Kumbha): Embrace innovation, Aquarius, with the transformative practice of Kundalini Yoga. Awaken your creative potential and liberate yourself from limitations, tapping into the energy of the Sahasrara (Crown) Chakra. Theme: Innovation and Liberation. Practice: Kundalini

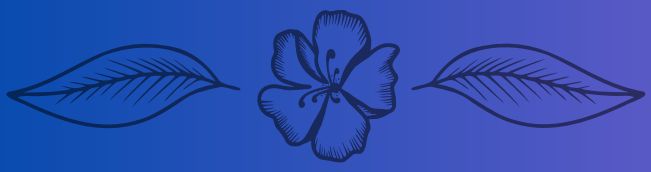

Pisces (Meena): Deepen your connection to intuition, Pisces, with the harmonizing practice of Yin Yang Yoga. Surrender to the flow of life and embrace the wisdom of the Manipura (Solar Plexus) Chakra. Theme: Intuition and Surrender. Practice: Yin Yang


Aries (Mesha): Dive deep within, Aries, through Kundalini Yoga practices to awaken your inner fire and cultivate courage. Channel the energy of the Manipura (Solar Plexus) Chakra to ignite your power and embrace transformation. Theme: Self-Exploration and Courage. Practice: Kundalini


Taurus (Vrishabha): Find stability amidst change, Taurus, with grounding Hatha Yoga sequences. Connect with the Muladhara (Root) Chakra to anchor yourself in the present moment and foster inner strength. Theme: Grounding and Stability. Practice: Hatha


Gemini (Mithuna): Cultivate clarity and connection, Gemini, through Pranayama practices. Focus on Anulom Vilom to balance the flow of energy and enhance communication with self and others. Theme: Communication and Connection. Practice: Pranayama


Cancer (Karka): Embrace gentle healing, Cancer, with nourishing Yin Yoga postures. Soften into the heart space and nurture your emotions, drawing upon the energy of the Anahata (Heart) Chakra. Theme: Emotional Healing and Nurturing. Practice: Yin




Leo (Simha): Embrace creative expression, Leo, through the devotion of Bhakti Yoga. Offer your talents as a sacred offering and connect with the energy of the Swadhisthana (Sacral) Chakra to ignite your creative fire. Theme: Self-Expression and Creativity. Practice: Bhakti


Virgo (Kanya): Cultivate inner awareness, Virgo, through the practice of Vipassana Meditation. Observe the fluctuations of the mind and connect with the wisdom of the Ajna (Third Eye) Chakra. Theme: Mindfulness and Reflection. Practice: Vipassana


Libra (Tula): Seek balance in all relationships, Libra, with the practice of Partner Yoga. Explore the interconnectedness of giving and receiving, aligning with the energy of the Vishuddha (Throat) Chakra. Theme: Balance and Harmony. Practice: Partner Yoga


Scorpio (Vrishchika): Surrender to transformation, Scorpio, with the deep relaxation of Yoga Nidra. Release tension and embrace inner renewal, tapping into the transformative energy of the Sahasrara (Crown) Chakra. Theme: Transformation and Release. Practice: Yoga Nidra


Sagittarius (Dhanu): Embark on a journey of exploration, Sagittarius, with the dynamic practice of Ashtanga Yoga. Expand your horizons and embrace new possibilities, aligning with the energy of the Ajna (Third Eye) Chakra. Theme: Adventure and Expansion. Practice: Ashtanga


Capricorn (Makara): Cultivate discipline, Capricorn, with the rigorous practice of Jivamukti Yoga. Ground yourself in the present moment and harness the power of perseverance, connecting with the Muladhara (Root) Chakra. Theme: Discipline and Determination. Practice: Jivamukti

Mind, Body, Wellness

As April unfolds, it presents a wonderful opportunity to focus on mind-body wellness. With the arrival of spring, we're invited to embrace practices that nurture our physical and mental well-being. Engaging in activities like yoga, meditation, or simply spending time outdoors allows us to reconnect with ourselves and the natural world around us.

Incorporating these practices into our daily routine can help us release tension, reduce stress, and cultivate a sense of balance and harmony. Whether through gentle movement, deep breathing, or quiet reflection, April offers a chance to replenish our energy and rejuvenate our spirits.

By prioritizing mind-body wellness this month, we can tap into the transformative power of self-care and emerge feeling refreshed, revitalized, and ready to embrace the abundance of life that spring has to offer.

Crystals

BLACK TOURMALINE

Welcome to April. This month, we'll examine Black Tourmaline. Black Tourmaline is a powerful grounding stone, electrical in nature, connecting Earth and the human spirit. Its supportive energy aligns the energy centers of the body and channels healing light throughout the system. Ancient magicians relied upon Black Tourmaline to protect them from earth demons as they cast their spells. This stone is still revered as a premier talisman of protection; a psychic shield deflecting and dispelling negative energies, entities, or destructive forces. One of Tourmaline's most distinguishing properties is its ability to become electrically charged simply by heating or rubbing it. Black Tourmaline's healing properties can help with physical, emotional, and spiritual balance. It has healing powers to help with physical ailments and emotional issues. It is also used in Energy Healing and Chakra balancing. Black Tourmaline healing crystal therapies include strengthening the immune system, cleansing the emotional body, and grounding spiritual energies. Black Tourmaline stimulates the reflex points associated with the lower back, legs, ankles, and feet and may be used to realign the spinal column. It provides pain relief and assists with strained or torn muscles, numbness, arthritis, and scar tissue. Natural Tourmaline wands are considered quite special and channel high-powered electrical energy capable of bending physical laws and producing phenomenal healing. The positive force of these Light tools effectively clears blockages in the aura and removes negative energy. Black Tourmaline is one of the most common meditation crystals, freeing one to explore the spiritual world without harm or danger and providing high levels of purification for the auric field. So next time you have aches and pains or the odd negative attachment, grab yourself some Black Tourmaline. It'll fix you right up!

Recipes

MINT CHUTNEY

Prep Time: 10-15 minutes; Serves 6
SATTVIC, mild + Vatta, - Pitta, + Kapha
Ingredients: 2 uncooked tomatoes; 1 cup fresh mint; 1 cup fresh coriander; 1/2 cup curry leaves; 5 green chillis; 1/2 inch ginger; 2 tbs lemon juice; 2 tsp sugar; 1/2 tsp cumin seeds; 1/2 tsp fennel seeds; 1/4 black salt; 4 pieces ice cubes; 1 tsp oil; 2 tsp roasted peanuts; water; salt to taste
Directions: Blend all ingredients until smooth. Taste, add more salt if needed. Garnish with mint and serve. Store the remainder in a jar in the fridge (lasts 2-4 weeks).

LAVENDER & CHAMOMILE TEA

Ingredients: Dried lavender flowers; Dried chamomile flowers
Brewing Instructions: Heat water to around 200°F or 93°C. Place 1-2 teaspoons of the lavender and chamomile blend into a teapot or infuser. Pour the hot water over the blend. Steep for 4-6 minutes to allow the flavours and benefits to infuse fully. Strain the tea and pour into cups. Sweeten to taste. Sip and enjoy the calming and *soothing properties of this herbal blend.*
Benefits: Lavender and chamomile both possess calming and relaxing properties, making this blend ideal for promoting relaxation and reducing stress and anxiety; Chamomile is known for its digestive benefits, aiding in digestion and relieving stomach discomfort; Lavender may help promote better sleep and alleviate headaches and tension; The floral and aromatic flavors of lavender and chamomile create a delightful and comforting tea experience, perfect for winding down after a busy day or enjoying a moment of tranquility.

Mantra

HAM BRAHMAANDA

The “Ham Brahmaanda” or "I am the universe" mantra encapsulates a profound realization of interconnectedness and unity with all existence. When reciting this mantra, one acknowledges their intrinsic connection to the cosmos, recognizing that their essence is inseparable from the vastness of the universe. It serves as a reminder of the inherent divinity within oneself and the boundless potential that resides within each being. By embracing this mantra, individuals can tap into a sense of empowerment, wholeness, and cosmic consciousness, aligning their intentions with the expansive energy of the universe and cultivating a deep sense of peace, harmony, and oneness with all that is.

Mudra

BHRAMARA MUDRA

Translation: "bee"

Technique: Curl your index finger toward the base of the thumb. Touch the tip of the thumb to the first crease of the middle finger. The ring and little fingers remain extended.

Application: In a comfortable seated position, form the mudra with both hands, resting the hands in your lap, palms up. Soften the chest and diaphragm; feel the ribs move freely as you breathe in a natural rhythm. In relaxed stillness, hold for 5 to 45 minutes. To increase the healing potential, or in the case of acute symptoms, practice 3 to 5 sessions per day.

Benefits: Improves the health of the lungs and large intestine; Balances the immune system (particularly in cases of the immune overreaction); Reduces allergic reactions to food and pollen; Soothes cough and irritated lungs.

"In April, I embrace the awakening of spring, radiating joy, renewal, and possibility with every breath."

Love
Cynthia, Brian & De Borah

Pranayama

BHRAMARI

Bhramari Pranayama, often called the "Bee Breath," is a calming and soothing breathing technique originating from the yoga tradition. It involves creating a gentle humming sound during exhalation, resembling the buzzing of a bee. Bhramari is known for its ability to quiet the mind, reduce stress, and promote relaxation.

Technique: Find a comfortable seated position, either cross-legged on the floor or a chair, with your spine erect and shoulders relaxed. Close your eyes gently and take a few deep breaths to center yourself and prepare for the practice. Place your thumbs gently on the tragus cartilage of your ears (the small flap of skin in front of the ear canal), and lightly rest your remaining fingers on the sides of your head. Inhale deeply and slowly through your nose, filling your lungs with air. Exhale slowly and steadily through your nose while making a soft, humming sound, allowing the sound to resonate in your head. Maintain a gentle and steady hum throughout the exhalation, focusing on the vibration and sensation it creates in your head and throat. After completing the exhalation, take a moment to observe any sensations in your body and mind before taking the next breath. Repeat this process for several rounds, allowing each exhalation to be slow, steady, and accompanied by the humming sound.

Benefits: Calms the mind and reduces stress, anxiety, and tension by activating the parasympathetic nervous system; Helps alleviate insomnia and promote better sleep by inducing a sense of relaxation and tranquillity; Improves concentration, focus, and mental clarity by quieting mental chatter and promoting inner stillness; Relieves sinus congestion and headaches symptoms by promoting sinus drainage and relieving pressure in the head; Cultivates a sense of inner peace, harmony, and contentment, leading to overall emotional well-being and balance.