Namaste Yogis and Yoginis

There is nothing more beautiful to watch than the emergence of nature after the long cold days of winter.

The days get longer and the nights get shorter. The weather is warmer and the birds start singing from early morning.

The trees that lost their leaves, are now growing their very special spring green finery. The flowers burst forth in bloom in a veritable rainbow of colours, delighting the senses, as their perfume fills the air. Nature is at its busiest during springtime, as it slowly wakes up from its winter slumber.

As surely as springtime follows winter, so too, do our lives follow this pattern. This is now the season of fresh, new beginnings. The energy of this season is light and vibrant, bringing a sense of clarity and joy to the mind.

To support this energy, it is a great idea to follow in nature’s footsteps and get a makeover as well.

It’s all about a fresh new approach to everything.

Anahata or the Heart Chakra is associated with spring, which means we learn to open our heart to the new, and trust that all beautiful experiences are coming our way because we are worthy of these.

For September / October, we continue to have 6 planets, that are in retrograde at the same time. Each of which are described in depth, in the previous newsletters.

Jupiter went direct on 12 September, but just days before on 9 September, Mars – the Warlord, went retrograde and will only go direct on 13 November. Mars retrograde is not as bad as it might appear to be, as it assists in cooling down the “emotional heat” and allows us to be more **proactive,** as opposed to being **reactive**.

However, just take care not to bottle up your anger, and create a dormant volcano, that might just explode in

mid November.

Mercury (our favourite planet to blame ) goes retrograde 14 October to 3 November. As usual, communication in all forms are affected plus confusions, delays and frustrations. So remain flexible, avoid signing contracts and double check all communications and travel plans. It is a time to step back and analyse, but do not make drastic changes.

Saturn goes direct 29 September.

Pluto goes direct 4 October

Mercury goes direct 3 November

Mars goes direct 13 November

Neptune goes direct 29 November

Uranus goes direct 13 January 2021.

The overall effect of all these planetary positions, is that we have been given an opportunity for interpersonal growth, and now we are able to strengthen our newly found habits, and solidify what we have created for ourselves.

These outer planets retrogrades, are equipping us with the cosmic tools we need to make real, tangible changes in ourselves and the world.

DATES TO REMEMBER

17 September                -  New Moon / Dark Moon - time to set your intentions,

 consciously focusing on the **‘feeling’** of your desires.

18 – 20 September        -  Rosh Hashana – Celebration of the New Year in the Jewish calendar

21 September                -  World Gratitude Day

22 September                -  Vernal Equinox (southern hemisphere) Autumnal

 Equinox (northern hemisphere) Equal length of night

 and day

24 September                -  Heritage Day - South African public holiday to

 celebrate the culture and the diversity of

                                        beliefs and traditions, of the people of South Africa

28 September                -  Yom Kippur – Day of Atonement – holiest day on the

 Jewish calendar

1 October                      -  Full Moon - a powerful time of gratitude, gracefully

 acknowledging the beauty of life itself and all you

 have brought into beingness

12 October                    - Thanksgiving (Canada) - celebrating the harvest and

 other blessings of the year.

31 October                    -  Full Moon – Blue Moon - 2nd moon in the same calendar month

31 October                    -  Halloween - based on Christianity – Eve of All Hallows

 Day – remembering the dead, including Saints,

 Martyrs and all the faithful departed. It has now

 become a day for trick or treating and ghoulish

 costumes and décor.

Now to matters on the mat…….

For the moment classes will continue on an online basis and hopefully we will be able to reopen the studio towards the end of October, as I would rather take it slowly and cautiously and not compromise the health of any of our students.

We all miss our classes and the personal interaction and camaraderie, not to mention our chats around the teapot 

However as of the 1st October 2020 we will go back to a monthly payment, which will allow access to all the videos, that we have on record, plus the new weekly releases.

This package will be available on a monthly basis and will be accessed on the YogiB website [www.yogawithyogiB.com](http://www.yogawithyogiB.com)

Access details and procedures will be circulated within the next week or two,  together with banking details,

so as to obtain your access code.

At the beginning of Lockdown, we started a programme of online videos on a **No Charge / Donation** base.

The reason for this was, that the benefits of  a regular yoga practice are unrivalled, for physical, mental and emotional health. It is an holistic health option that everyone can access, that helps to strengthen your immunity naturally, plus reduces stress and anxiety.

I was therefore determined to make sure that everyone had access to a regular yoga practice, and that no one had to sacrifice the benefits of their normal yoga practice, because we were locked up at home.

There were of course a few, who had no or limited income for a period of time during the last 6 months, and therefore, this was the main reason for the **No Charge / Donation** based model.

Covid 19 has affected all our businesses, including YogiB Studio and I have come to realize that this is no longer a sustainable model.

An equal exchange of skills and energy is always needed to create a balance, and this exchange needs to take place between teacher and Yogi.

Payment, also encourages commitment, which ensures greater benefit for both sides.

I would like to take this opportunity to thank all, who in good faith and kindness, honoured the system and paid for the videos, it was humbly accepted and much appreciated.

Thank you to each one who commented or gave feedback…this became my motivation and encouragement.

We have weathered the worst of the storm together and we will now forge ahead navigating life’s challenges with ease and grace.

Thankfully the weather is warming, so add that extra glass or two of water in during the day and make sure to  hydrate before your yoga practice. Also remember that yoga is not only a physical practice, it includes breathing techniques, meditation and relaxation.

As we move through these next few weeks of springtime, with the heady perfume of the Jasmine and other fragrant blooms filling the air… keep mindful and grateful for all the treasures you see, hear and smell around you….mindfulness and gratitude….it is what boosts your health and spreads happiness 

Till we meet again on the mat…..

Take care and stay safe…

Much love and blessings

Bev