Namaste Yogis and Yoginis

The leaves are falling fast from all the trees, providing us with a carpet in beautiful shades and hues of gold and orange and yellow, that crunch underfoot…so therefore it must be autumn and it must be Amazing April…..welcome to another season in our lives.

This month of April is going to be awesome and amazing,….full of energy….energy to get up and go….energy to look at the pieces that we have been sorting through, over the past few months….energy  to pick up these pieces and start putting this jigsaw puzzle into position and perspective. Now is the time to take that plan that has been bubbling away in the recesses of your mind and put it out there and make it manifest!!!

There are no retrogrades this month, so you can breathe easily and know that whatever your plans are, that all the cosmic energies are in line with a forward momentum…nothing whatsoever to hold you back.

             \***Our stone for the month of April is the Dalmatian Jasper**\*

                                       

It is a pale gray or cream Jasper with black or brown spots of iron oxide, tourmaline, or other mineral inclusions that resemble the coat of a Dalmatian breed of dog. It complements the energy of this month of April 2021, assisting you to pursue projects which you are passionate about and which you have been contemplating for a while, helping you to take that next step.

 STONE                           COLOUR                         ESS OIL                           ANGEL                          CHAKRA

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| --- | --- | --- | --- | --- |
|     Dalmatian Jasper\*Known for its protective and healing properties.\*This stone’s vibrational energy is slow, but quite effective, and should be used long term.\*Encourages one to carefully think over plans for any project, reflecting on every phase of development, and then to translate the ideas into actuality with enthusiasm and vigor. \*It is an excellent talisman for the early stages of setting up a business or solo venture. |            White \*Combination of the 7 colour rays of light. \*Used for cleansing & purification.\*The ultimate colour of protection.\*Used to promote purity, hope, restoration, resurrection. |          White Sage \*An oil / herb of purification and protection of the physical and spiritual bodies. \*It is used for cleansing, healing, banishment of negative energies and creation of sacred space.  |          A A Gabriel \*The Angel of revelation.\*Plays an important role in the texts of Christianity, Judaism & Islam\*Assists with the wisdom needed to make decisions, & gain the confidence  to act on those decisions.\*Helps to create  effective communication with other people. |   Sahasrara / Crown \*The Chakra that opens to unity and bliss and creates connection to the Divine.\*The Chakra energy radiates upwards and the Crown receives the downward flow of energy from the cosmos\*Opens possibilities toward a higher understanding of ourselves and the universe, otherwise known as enlightenment. |

Dates to Remember

2nd April     -   Good Friday – the most sacred day in the Christian calendar

4th  April    -   Last day of Passover, which is a 7 day festival of liberation, commemorating the anniversary of the Exodus from Egyptian slavery.

4th April     -   Easter Sunday

12th April   -   New Moon – time to plant the seeds of your heartfelt desires.

12th April   -   The start of Ramadan which is the ninth month of the Islamic lunar calendar, observed by practicing Muslims as a month of fasting,

                      reflection, and prayer. Continues for a month ending on 11th  May

22nd April   -   Earth Day - annual event celebrated globally to support environmental protection. Originated in 1970.

27th April   -   Full Moon – give thanks and be grateful for all you have manifested, as you bathe in the moonlight.

27th April   -   Freedom Day (South Africa) - annual celebration of South Africa's first non-racial democratic elections of 1994.

Now to matters on the mat…..

As we keep a close eye on the numbers, it appears that we might be heading for a re-opening of live classes. We can only hope that the Easter weekend holiday boom has not affected the numbers. I will be monitoring closely, and will keep you notified.

In the meantime, the Online Classes continue. Our library of around 50 videos, provides an enormous variety of classes which you can pick and choose from, depending on your mood, need or time availability, anytime of the day or night.

Thank you to all who support our Online Classes….your support is much appreciated

Our winner for the Online Classes subscribers draw for March is Jennifer Wiegman…..Congratulations Jennifer, hope you enjoy your gift 

As promised the Pawanmuktasana Series 2, is now available on the Open Classes on the Noticeboard page of our website.

These are valuable postures to work with, as they release energy blockages and strengthen the muscle groups in the abdominal and thoracic area, focusing particularly on the digestive system.

All our info is regularly updated and available on the website [www.yogawithyogiB.com](http://www.yogawithyogiB.com)

I have made some changes to the website, so take a moment, pop in and browse around.

As you move through this awesome month of April, enjoy the lightness and the progressive energy that abounds, and focus on creating the life you want, knowing that the universe has your back and is right behind you, and it will flow with ease! 

Till we meet again on the mat….practice safely and stay healthy

Much love and blessings

Bev