Namaste Yogis and Yoginis

And in the blink of an eye the first month of 2021 is over!!

Did we honestly for one moment even think, that it would all change as December ushered out 2020??

No….it is all still clinging and hanging on, kicking and screaming as we try to let go, as we fully enter 2021……

I hope that you all had a good break over the Christmas shutdown period, and are well, healthy and keeping up the good vibes even though we are all so lockdown fatigued.

Now moving into February we start to see everything being decorated and displayed with little hearts and cupids….red roses, flowers, chocolates, teddy bears, candlelit dinners and so on.

This is called Valentine’s Day, and because of Valentine’s Day, the month of February is associated with love…… and doesn’t the entire world need a lot more love at this moment??

We all think we know what love is. But do we actually understand the meaning of LOVE. Love is only partly the romance and excitement, the passion and intense emotions that we think it is.

Love in its true essence, is a deep caring and understanding…it is gentleness, compassion and empathy….it is fully comprehending that the other person has feelings and perceptions and thought processes, the same as we do….and that they are also just battling and wading through this moment in time. They are also scrambling to find the tools to cope with life.

When you learn to honour and respect and love yourself, only then can you begin to honour and respect and love someone else. You need to first practice unconditional love with yourself. You need to know you’re worthy of love and to see value in yourself, before you can extend the same to others. Once you see this in yourself you will be able to see it in another

In discussing love, we need to bring in the Heart Chakra  -  Anahata  -  this is the chakra or energy centre, that resides in the middle of the body, it is a central point which has 3 physical chakras beneath it and 3 spiritual chakras above it.

It is the mediator between the tangible and the non-tangible. It is completely balanced in its location / position.  It communicates between your physical desires and your spiritual needs. In other words it helps us to work through and move beyond the demands of the Ego, and to express unconditional love, compassion, empathy, kindness, generosity, patience and tolerance.

It responds to inner thoughts, ideas, attitudes, inspiration and emotional needs. If your heart chakra is aligned and balanced, you will exude a compassionate energy, you will openly give unconditional love and you will form healthy relationships with others, be it siblings, children, family, partners, friends, business associates…the whole spectrum of relationships, as you will be able to appreciate that we are all only moving on our journey through life, trying to do the best we can with the tools we have….and remember we all have a different set of tools in our own personal toolbox of life.

Everything within our lives is fueled by heart intentions. It is part of the soul’s journey to experience what will make our hearts break – not in half, but wide open!

We need to forgive mistakes and exude love because it is the greatest energy source that has the power to transcend all pain and heartache.

Love connects us to something bigger than ourselves. It is broad and unlimited, a universal and harmonizing power.

And remember…the more you give, the more you will receive.

Dates to Remember

30 Jan – 21 Feb Mercury in retrograde

Feb 11th  -  New moon – Excellent time to set intentions you want to work with for the month ahead

Feb 12th  -  Chinese new Year – Year of the White Metal Ox – a year where dedication, hard work and perseverance is needed to achieve your goals.

Feb 14th  -  Valentine’s Day – Spoil the special ones in your life today.

Feb 17th  -  Ash Wednesday – Marking the first day of Lent – 40 days fasting preceding Easter

Feb 17th  -  Uranus / Saturn square …..Fireworks???.....let us wait and see??

Feb 27th  -  Full Moon – Time to release negativity, practice gratitude and give your crystals a moon bath

**Now to Matters on the Mat……**

I am just as sad as all of you, in having to postpone our live classes for a while longer. I was so sure that we would be up and running in January….but alas after some careful and considered thought, it was decided, that it was not worth the risks of trying to do yoga in a closed space, even with masks.

So for the moment we will continue with our **Online Classes**, which are a great success. Our library of classes, has grown incredibly…we have a selection of classes to suit all needs…long, short, easy, challenging, gentle and tough…so whatever your need is, the choice is yours…..and it is available to you 24/7.

Should anyone wish to register for the Online Classes, but has financial constraints or other issues, please contact me directly so that we can make plan.

I have added a video of the Pawanmuktasana Series 1 on the **Open Class** platform.

For those who are not familiar with Pawanmuktasana Series 1 (Anti- rheumatic Exercise) In this Part 1 Series, the focus is on stretching and flexing the various joints in the body, including the muscles, creating space for smooth flow of prana (wind/ air / energy) while removing all the blockages in the energy pathways. It is the first movements taught in Hatha Yoga.

I will shortly be adding the Series 2 and 3

Our lucky draw for January was won Kasienka….congratulations Kasienka…enjoy the choccies and incense.

All our info is being constantly updated on our website [www.yogawithyogiB.com](http://www.yogawithyogiB.com) so have a look and browse around.

As you journey through the month of February, keep in mind, that the more love you can bring into your heart, thoughts and environment, the more it will remove the fears, uncertainties and worries that weigh so heavily.

Love is a potent healing and renewing energy, so open up your heart space and just allow yourself to be bathed in the radiant glow of love.

 "Because through love, we feel the intensity of our connection to everything and everyone. At the core we are all the same. We're all one."

Till we meet again on the mat….

Take care and stay safe

Love and blessings

Bev