

Encinitas Yoga

July Newsletter

Summer Strength—Part 2

Welcome to Summer! We have now entered the heat of the summer season. Okay, here on the San Diego coast the seasonal marine layer is clouding the heat and intensity of the sun, but it still can be felt. In this season of strength, I hope you have had a chance to feel the strengthening effects of regular yoga practice, especially as the focus at Encinitas Yoga has been, and continues to be core strength. Perhaps you will find yourself with a little bit of extra time, this being the time of year for vacations. Treat yourself to an additional yoga class or two; enhance your relaxation and well being during your vacation or in the midst of your regular routine.

We have added a couple of new morning classes (Tuesday and Thursday at 7:00 and 9:00 am). At your convenience, practice your yoga in the light

and bright summer mornings, before the intensity of the day takes hold, or perhaps wait until the evening class which will remain the same as usual (Monday and Friday at 5:00pm and Tues, Wed, Thursday at 6:00pm), with a choice between heated and heated+ classes. The gentle class schedule is the same - if you haven't tried a rejuvenating non-heated gentle class yet, give it a go and enjoy.

Keep strengthening your body, here's something for you to build up to and take with you to the beach - Make sure to oil and loosen up your joints, build strength and your alignment for the pose in class..and then take your boat (body) out, and don't let it capsize! Whatever your summer activity of choice, the strength and flexibility of your regular yoga practice will give you the power.

Speaking of boats, the "Boat Pose" is great for coordination and a wonderful over all strengthening pose. Start with a short - 10 to 20 seconds of time holding the pose, then gradually increase the time and repetitions. You'll notice a big difference when repeated daily for even just a couple of weeks! If you're confined to a chair for long periods at a time, you can get creative and modify this to your circumstances. Sit on the edge of your chair, hold the edges of your chair, establish a flat (not arched or rounded) back, engaging your abdominal muscles, then begin to lift both feet off the floor with you knees bent first, gradually lifting your legs so your shins are parallel to the floor - Go for it!

July Changes & Highlights

- 4th of July Schedule - normal class schedule:
 - 9am heated+ class with Outi

- 11am gentle class with Caroline
- 4pm heated class with Sara.

- We are offering a cooking class on July 19th
- Brinda's lectures will not be held until mid-August due to other commitments.

Thank you for your patience during the building renovations this past month. The patio is still to be painted. We will inform of any schedule changes that this might be necessary to allow this work to progress.

Look forward to seeing you in class in the next weeks!

Have a safe and relaxing July 4th celebration weekend, in respect of our individual independence and that of the United States of America.

Namaste, Outi



Hands (or fingertips) on the floor by your hips, toes pointed, still on the floor, keep your back straight, avoid rounding - find your balance here first.



Feet off the floor at any angle is the next step, legs still bent, arms straight and parallel to the floor or still touching the floor if necessary - straight back, no rounding. Remain in a position with bent legs as long as necessary to build necessary strength to avoid collapsing in the pose.



Legs straight, arms straight at an angle in which you can maintain a straight back and integrity of the posture.