



Active Inspirations Seasonal Digest

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Welcome to our first newsletter!

Spring 2018



‘Spring into Wellbeing’

We are all thrilled to have published our first newsletter and to introduce you to our new website! For us Spring is a super time to relaunch as it is the season associated with growth and renewal. So welcome, you are our valued clients and we hope that you enjoy the content!

Pilgrimage to Varanasi

by [Rebecca](#)

I first travelled to India in 1998 and for months travelled around the country with a rucksack on my back. I fell instantly in love with a country that assaults your senses on every level and most importantly of all offered yoga to the world.



I have since seized any opportunity to return to the roots of yoga and this February's pilgrimage to Varanasi met all expectations. Varanasi is the holy city of light rising along the banks of Ma Ganga (the River Ganges). I was there for a week's Sadhana (spiritual practice) with my teacher Shiva Rea. Every morning we woke early to meditate on the banks of the Ganges as the sun began its ascent. The days involved study of ancient yogic texts, visiting ashrams and temples and sunset asana (yogic postures) practice. The nights were spent attending live Indian Classical music concerts and celebrating the great festival of Shivaratri with the locals.

One of the highlights for me was the laughing yoga practice that up to 100 devotees attended every morning at sunrise. I don't think that I have ever laughed so much!

I always return from India so excited to share what I have learnt in my classes and with a deeper level of understanding for my own yoga practice. The more I learn, the more I realise I don't know. The perfect excuse to return again next year!

Discover Thai Yoga Massage

How often do you feel stressed or anxious? Do you suffer with chronic joint pain or muscle tension? Life in the modern world is fast-moving and hectic; it's no wonder our bodies and minds are taking a toll.

Western society rewards professional efficiency; it encourages long working hours and profitability and disregards the merits of our individual spiritual and physical needs. In the light of this, many of us do not put our own wellbeing at the top of our list of priorities.

If you're experiencing stress and/or anxiety on a daily basis, you're probably learned to manage it, or - at any rate - expect it. **Have you ever thought that there could be other ways to live?**

Thai Yoga Massage therapy blends contemporary massage techniques with the ancient yoga practices of Ancient India, the birthplace of meditation and spiritual enlightenment.



The Benefits of a Thai Yoga Massage

Thai Yoga massage therapy is as beneficial, if not more so, than regular massage therapy. As a combination of authentic Ancient yoga and contemporary massage methods, the therapy is designed to relieve mental and physical stress and promote the flow of healthful energy around your body.

The therapy is also beneficial for reducing chronic pain in joints, improves circulation and posture, and gives you a lean and toned physique while improving your flexibility.

At Active Inspirations, we know how tricky it can be to find time for yourself; that's why we come to you. Our unique home massage service means you can book at a time that suits you and enjoy a rejuvenating massage from the comfort of your own home.

For more information on Thai Yoga Massages and other forms of treatments for wellbeing, visit the Active Inspirations site.

Scarvelli Workshop

by **Maria**

In February, I was lucky enough to attend a workshop with the Scaravelli inspired teacher Sophie Whiting in Worthing. Firstly, I would like to use some of Sophie's words to describe what this style of yoga is all about. Then I would like to tell you what it felt like to be held in her space in her yoga class. I hope to share some of this practice with you.

Sophie writes that this yoga is unique in not being about getting into a particular pose of position.' It is a 'process' and one which 'can only begin when all pushing and pulling has stopped.' So accustomed are we to getting what we want by straining, contorting and exhausting ourselves that it seems almost 'counter-intuitive' to 'do less, to strive less in order to get what it is that we really need from a yoga practice.' You don't do anything, rather you 'cultivate an ability to observe the body; you wait, you don't hold, you wait, you

release tension; you wait, you soften, you wait, you resist the temptation to brace the body and then see what happens.' The task is 'to become aware of what we're doing with and to our bodies' and then begin letting go of the tension which prevents a 'deeply satisfying contact with the earth, from the foot to and through the top of the spine and beyond.'

What did it feel like? To let go of all your expectation of what a posture is, feels like a new beginning. The invitation to do less, to rest, to relax and to insist on enjoyment was what my body had been longing to do for years. Resting into gravity, waiting, and receiving the gift of lightness is much easier said than done. Practising yoga in this mindful way is much harder than mastering gymnastic poses. It may be one of the hardest things I have ever done (or not done). But with the release into the ground and into the earth, I experienced momentarily, a wave of energy upwards through the spine. In a sense, you become like a child again, experiencing movement in a playful non-judgmental way. I have a lot more work to do in my own body to undo the patterns of holding that have become the habit of a lifetime. But I am up for the challenge and look forward to sharing this approach with my classes.

What's coming up?

Awaken your Mind, Body and Spirit, Introduction to Aromatherapy

Wed 27th June 7-9pm

In this introductory workshop, Nicki will talk about the top Essential Oils to use at home plus the opportunity to blend your own body oil.

£15 to include your own body oil sample and refreshments. Tickets are limited and will be released shortly! *A proportion of the profits will also go to support Days for Girls International*

We love feedback so if you have any suggestions for future workshops, events or guest speakers please drop us a line!

Summer Digest coming 1st July !

Sign up on our website and this will be sent direct to your inbox. Don't worry we do not share your email with anyone else!



Namaste

www.activeinspirations.co.uk

