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Creating Space for a Daily Home Practice

By Valerie Saveri RYT

Joining an in-person class at the magical Fairy Moon Yoga studio offers the opportunity to connect with yourself and your yoga community in a beautiful space dedicated solely to yoga. When we walk into the blissful surroundings of the 1850s building, we are invited to leave the cares, stress and sheer busy-ness of everyday life outside as we deepen our practice. We depart feeling as though we have done something wonderful for ourselves. As much as we might like to attend a studio class frequently (even daily!), many factors can make that challenging.

What if bringing a different version of this same peace and calm to our home environments was possible? Establishing a home-based practice can bridge the gap and bring the philosophy of yoga into our daily lives. As we think through this, two elements come to mind: (1) creating the physical space; and (2) creating the mental space.

Establishing the Physical Space

A small corner of a room or some empty wall space is all that is needed to start the process. Using some simple wall hooks, a mat, blocks and other props can be stored without taking up any precious shelf, closet or drawer space. If available wall space isn't an option, perhaps a small corner of a room can be carved out.



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5 Ingredient Mango Salsa

Compliments of gimmesomeoven.com
Submitted by Catherine Stroh



Ingredients

2 ripe mangoes, peeled, pitted and diced (about 3 cups)
1 small red onion, peeled and diced
1–2 jalapeños, seeded and diced
1/2 cup chopped fresh cilantro, loosely packed
Juice of one lime

Directions

Toss all ingredients together until combined. Season with salt and pepper if needed. Serve immediately, or refrigerate in a sealed container for up to 2 days.

Comments

This is one of my favorite summertime recipes! I love that it's short and sweet, only has five ingredients and is so easy. Add some salt and it's slightly salty, sweet, crunchy, a little citrusy and has just the right amount of heat. Enjoy!

B O O K C L U B

Join us for our first Fairy Moon Yoga Book Club. This club will run for 3 months and will meet the second Wednesday of the month starting in September. This is a free event. Join our great community and let's have some fun discussion.

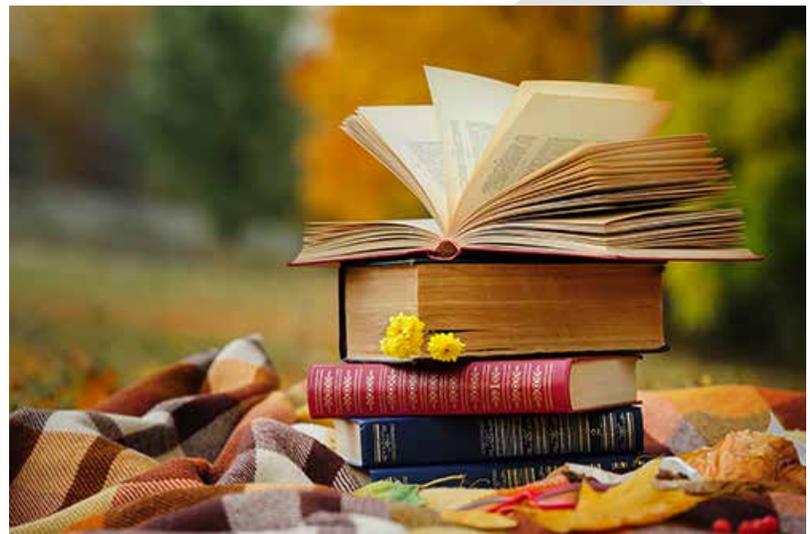
September Book

The Glass Castle - Jeanette Walls

Date: 10/12/22

Time: 6:45 - 8:45 PM

Location: Fairy Moon Yoga



Creating a Daily Home Based Practice Cont'd.

Having an extra mat solely dedicated to home practice and always stored in your dedicated space can set you up for success. Oftentimes the mat used for studio practice can make its way to various random places between the car, front door and within the home. Setting up your dedicated home practice space with a mat and props will remove the mental struggle (and excuses) of having to search for needed items. Once you have intentionally created your personal home practice space, you're well on your way to making this part of your daily routine.

Creating the Mental Space for a Home Practice

Once you have your physical area and equipment organized and ready, it's time to consider how to begin. Consider easing into a daily practice very slowly. First, visualize your "why." Perhaps you want to consciously take time to destress and practice self-care. Perhaps you want to introduce daily movement to strengthen, balance and keep the joints lubricated. Once you claim your "why," consider gracefully sharing it with your household members and asking them for whatever you need from them to make it a reality. Perhaps this looks like your household member caring for certain tasks, children or pets or just simply allowing you some uninterrupted time on the mat. Starting a home practice in slow phases allows you to integrate it into your routine. A simple starting point is just rolling out the mat and sitting in Easy Pose (Sukhasana) and focusing on breath for three minutes. The next step could be some basic seated warmups such as seated forward fold, twist, cobbler's pose and wide legged forward fold. Although video and virtual classes can be very convenient and beneficial (and are something I personally do regularly leverage), seeking the certain peace that comes with putting away the phone and laptop and just guiding yourself through what feels good also offers substantial benefits.

As you progress with claiming your daily time and space, consider adding some very basic sun salutations, such as the basic flow demonstrated in the video below:

<https://vimeo.com/724252671>

Take some time to identify what time of the day works for you and your household, then commit to yourself to spend time on the mat on a daily basis. Watch as your peace, flexibility and balance improve in all areas of your life. Ultimately, your family and co-workers will benefit from your commitment to intentionally deepen your self-awareness.

I look forward to seeing you in the studio and hearing how your home practice unfolds in your life!

July Schedule

Monday

10:00-11:15 AM Yoga For Life

7:15-8:30 PM Peace Planks Yoga

Tuesday

10:00-11:15 AM Vinyasa

6:00-7:00 PM All Levels Community Class (\$8)

Wednesday

10:00-11:30 AM Yin Yang Yoga

6:45-8:00 PM Beginner Yoga

Thursday

10:00-11:15 AM Restorative Yoga (Summer break. Returning in September)

7:15-8:30 PM Tension Detox

Friday

7:30-8:30 AM Morning Flow

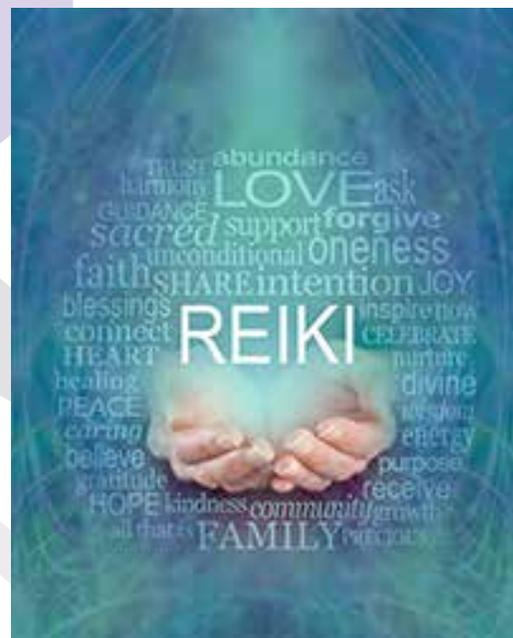
10:00-11:30 AM Yin Yang Yoga

Saturday

9:00-10:00 AM EmPower Yoga

Sunday

9:45-11:00 AM Slow Strength and Flow



Life is very heavy right now. If you are in need of support to help move through blocks, release tension or just an overall sense of dis-ease. Sign up for a Reiki session on our website.

Have questions?

Contact Stacey at fairymoonyoga@gmail.com