

# The Yoga Connection @ Be Well Now

## MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Zoom Online Classes</b>					1	2
<u><a href="#">Tuesdays, 9-10a – Yoga &amp; Movement</a></u>	<u><a href="#">Thursdays, 9-10a – Yoga for Healthy Aging</a></u>	<u><a href="#">Wednesdays, 6-7p – Evening Yoga</a></u>			<b>Read the May blog:</b> <u><a href="#">The Power of Resiliency</a></u>	<b>Check in with yourself.</b> How are you doing physically, mentally, spiritually? No judgment, just an observation.
3	4	5	6	7	8	9
Give thanks for unknown blessings already on their way. ~ <b>Native American wisdom</b>	<b>Being out in nature can help our mental health.</b> Find a way to connect today.	<b>Did you know we have a certified Yoga &amp; 12 Step Recovery teacher on staff?</b> <u><a href="#">Read how yoga can be an adjunct treatment to substance abuse</a></u>	<b>Read something Inspirational.</b> Read the Bible, the Yoga Sutras, or anything that speaks to your heart.	<b>Journal prompt:</b> What would you say to your younger self?	“As you walk and eat and travel, be where you are. Otherwise, you will miss most of your life.” ~ <b>Buddha</b>	Read about <u><a href="#">the Sacral Chakra</a></u>
10	11	12	13	14	15	16
<b>Mother’s Day</b> <b>Call your mom!</b> Or anyone who played an important role in your growing-up years.	<b>From the Bhagavad Gita:</b> “Recall, a true yogi is not a spiritual recluse, but a godly person of discipline who lives fully in the world.”	Looking for a new podcast? <u><a href="#">Inspire Health Podcast</a></u> has episodes on yoga, mind-body-spirit and children’s health from leaders in their fields.	<b>Create something.</b> Our creativity comes in different forms and calls for us to access a deeper level of our consciousness. Experiment to find your creative streak.	<b>Journal prompt:</b> Where is your focus, the journey or results?	Hear an <b>explanation of Singing Bowls</b> by local massage therapist Katie Roach.	“It is worth remembering that the time of greatest gain in terms of wisdom and inner strength is often that of greatest difficulty.” ~ <b>Dalai Lama</b>
17	18	19	20	21	22	23
Gratitude turns what we have into enough. ~ <b>Anonymous</b>	<b>Read:</b> <u><a href="#">Yoga improves mental function in adults with mild cognitive impairment.</a></u>	<b>Self-care is health care.</b> What does that mean for you? <u><a href="#">Make the time</a></u> to take care of yourself today.	<b>Practice</b> this 17 minute series of <u><a href="#">Earth, Sun and Moon Salutations</a></u>	<b>Journal prompt:</b> When – and how – do you stifle your voice?	Listen to an 18 minute <u><a href="#">Singing Bowl ‘concert’</a></u> by local massage therapist Katie Roach.	<b>Balance is important as we age. Try this:</b> From Warrior 1, shift your weight to the front foot, mindfully bring the back knee up, open the hip into Tree, slowly release the foot back to Warrior 1.
24	25	26	27	28	29	30
Perform a <b>random act of kindness</b> for a stranger.	<b>Memorial Day</b> Do you have the characteristics of a Warrior? Warrior poses are rooted in <u><a href="#">Hindu mythology.</a></u>	“Go confidently in the direction of your dreams. Live the life you have imagined.” ~ <b>Henry David Thoreau</b>	<b>Are you an Anatomy Geek?</b> <u><a href="#">Read about stabilizing your shoulders</a></u> in yoga to prevent injury.	<b>Journal prompt:</b> What does it mean to surrender?	“Even the darkest night will end and the sun will rise.” ~ <b>Victor Hugo</b>	Did you <u><a href="#">clean your yoga mat and props</a></u> last month in preparation for returning to a studio? If not, now’s your chance!
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<b>Challenge yourself:</b> Practice your least favorite pose once a day for a week. Have your feelings about it changed?						

\*\* Go to Facebook or [theyogaconnection.me](http://theyogaconnection.me) for class descriptions.

The Yoga Connection is located at Be Well Now  
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