

JOHN PAUL WEEKLY NEWSLETTER

INTERNATIONAL DAY OF YOGA

International Day of Yoga is celebrated on 21 June in order to raise awareness worldwide of the many benefits of practicing yoga. The day is organized by the Permanent Mission of India to the United Nations (UN). Today it is practiced in various forms around the world and continues to grow in popularity.

The theme for the International Day of Yoga 2019 celebration is 'Climate Action.'

Yoga is a way of fighting climate change, as it offers people a sense of "harmony with self, society and nature" and could create a "social consciousness. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day.

The 5th International Day of Yoga is being celebrated at the United Nations on Thursday, 20 June 2019, with "Yoga with Gurus", followed by a panel discussion on 21 June.

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'Yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Recognizing that yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing yoga would be beneficial for the health of the world population, on 11

December 2014 the United Nations General Assembly passed a resolution proclaiming 21 June as the International Day of Yoga.

The resolution notes "the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health." In this regard, the World Health Organization has also advised its

3rd-7th of May



member states to help their citizens reduce physical inactivity, which is a key risk factor for non-communicable diseases, such as cardiovascular diseases, cancer and diabetes contributing to top ten leading causes of death worldwide.

The proposal was first introduced by Hon'ble Prime Minister, Shri Narendra Modi in his address during the opening of the 69th session of the UN General Assembly on September 27, 2014, in which he stated:

"Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach that is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature."

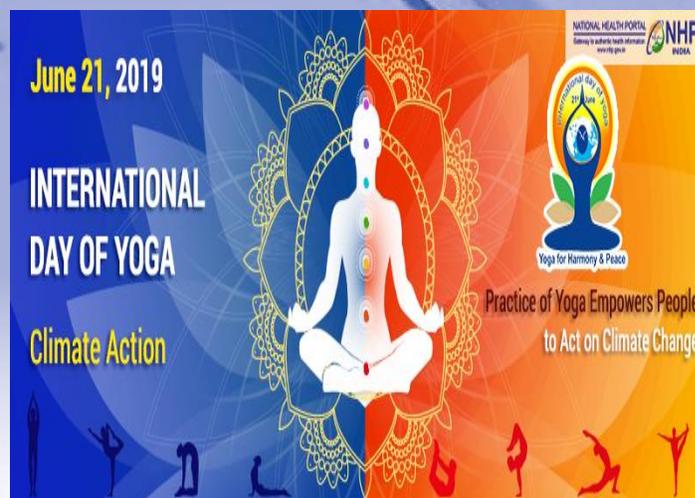
21 June is selected for the International Day of Yoga as it is the Summer Solstice and date signifies the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world. The first International Day of Yoga was celebrated on 21 June 2015. India registered two Guinness World Records on this day; one for 35,985 people practicing in a single yoga session at a single venue and the other for most nationalities participating in a yoga lesson. The event is recognized and

celebrated across 192 United Nation Member States in 2016.

3rd-7th of May

YOGA AND CLIMATE ACTION

Yoga provides guidance and powerful tools to focus and direct our energy so that we can do our best work. The climate change crisis needs our best work. Our actions begin with our personal practice, because it is through our own practice of Yoga that we uncover our deepest intentions, values, and abilities, connecting with the source of our life, and realizing that it is the source of everything. This transformation of perception from separation to connection leads us to action for the benefit of the world. For learning and practicing yoga see at -



Common Yoga Protocol

DETOX WITH YOGA TWISTS

Detox yoga is designed to help you cleanse it out of your system. This yoga sequence is all about the twists!

Can you really detox the body with simple movements? Well, *kind of*. Yogic twists do provide an internal massage to the organs, such as the liver and kidneys. They also aid in digestion and help to increase metabolism, which can help to flush things out of your system. However, there is no scientific evidence to back up yogi's claims of the detoxing nature of spinal twists.

There is good news! Deep, yogic breathing *has* been scientifically proven to help detox the body. Therefore, I highly recommend that you focus on deep, belly breaths throughout the practice in order to receive the best effects.

EASY POSE

This is a basic seated pose with crossed legs. Sit comfortably with the spine long, pressing the tailbone into the floor and lifting the top of your head towards the ceiling. Hands can rest palms down or palms up on the knees.



LORD OF THE FISHES (VARIATION)

Seated with both legs directly in front of you, bend into the right knee and place the right heel as close to the sitting bone as possible. *Optional: Cross the right foot over to the outside of the left leg only if the entire tailbone remains on the floor.* Extending the spine by lifting through the crown of the head, begin twisting over to the right side, bringing the right fingertips behind you. Bringing the left elbow to the outside of the right knee will allow you to press deeper into the twist. *Optional: Look back over your right shoulder.* The spine should stay tall throughout the twist, not allowing the chest to “dump” forward. Repeat on the other side.



PUPPY POSE

From table top (hands and knees), walk the hands towards the front of the mat while keeping your tailbone lifted towards the ceiling. Lower your chest and forehead to the floor, continuing to reach through the ceiling and arch your tailbone towards the sky.



ADD THE TWIST

From down dog, bring the weight into the left hand and reach the right hand towards the left leg. (You do not need to grab the leg if you cannot reach.) Focus on rotating the chest over to the left side.



DOWNWARD FACING DOG

From hand and knees, place the knees directly underneath the hips and the feet hip distance apart. Hands should reach out in front of the shoulder with the fingers spread wide and the palms fully pressing into the floor. Lifting the knees off of the floor, reach the tailbone up towards the ceiling and straighten into the legs. Press the heels towards the floor and look up at the belly button, relaxing the tops of the shoulders.



LOW LUNGE

From downward facing dog, step the right foot up in between the hands, making sure that the knee is stacked right over the foot. Lower the left knee onto the ground and slide the left foot back until you have a comfortable stretch in the hip and groin, keeping the right knee stacked over the ankle. Arm variations: Beginners may choose to keep the hands on the floor or on top of the right knee. For more of a challenge, raise the arms overhead, keeping the shoulder blades back, and enjoy an optional backbend.



ADD THE TWIST

From low lunge, sweep the left hand down and place it on the back of the left thigh or calf. Focus on keep the spine long as you open the chest over to the left side.



ADD THE TWIST

This one moves with the breath, starting at Crescent Warrior (lifting onto the back toe from Warrior I). On the exhale, open the arms and twist the chest over to the left side. On the inhale, twist over to the right. Repeat 6-8 times



WARRIOR I

From downward facing dog, step the right foot up in between the hands, making sure that the knee is stacked right over the foot. Step the left foot slightly out to the side and angle the foot at a 45 degree angle to the front of the mat. Center your hips forward by pressing your left hip towards the front of the mat. Reach the hands over head, keeping the shoulders drawn back and the belly pulled in.



STANDING WIDE-LEGGED FORWARD FOLD

From standing, turn to face the long edge of your yoga mat and step or hop your feet wide and parallel, about 3 feet apart. Turn the toes inward and the heels out. Place the hands on the hips and start to hinge forward from the waist, keeping the back as straight as possible. When you have gone as far as you can with a straight back, release the head down and allow the back to round, bringing the hands to the floor or the ankles. Hold here for 5-10 breaths. To come back up, bring the hands back to the hips and rise with a flat back.

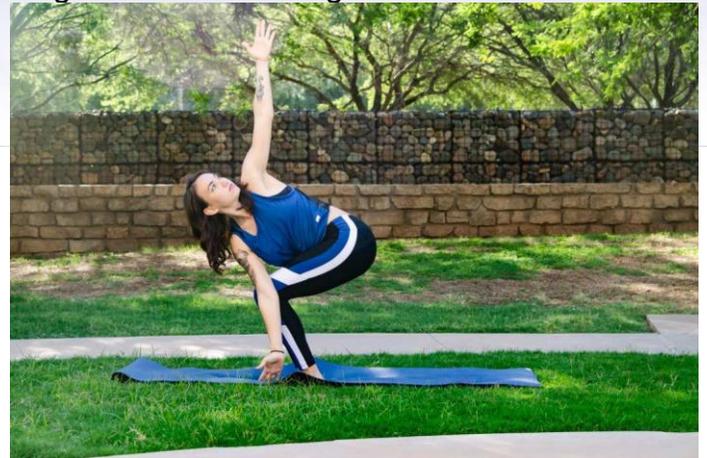


STANDING FORWARD FOLD

Start seated with both legs straight in front of you (staff pose), making sure to be seated up on the tailbone. On an inhaled, reach both hands overhead and fold forward on the exhaled. For an active pose, grab your feet or ankles and gently pull yourself forward throughout the pose. For a yin version, fall forward and release the hands, shoulders, and head, allowing yourself to simply hinge forward and hang there.

GODDESS POSE WITH TWIST

From standing, turn to face the long edge of your yoga mat and step or hop your feet wide and parallel, about 3 feet apart. Turn your toes out and your heels in, creating a 45-degree angle with each foot. On an exhaled, take a deep bend in your knees, moving toward bringing your thighs parallel to the ground and your hips in line with your knees. The knees have a tendency to bow inwards as they bend, so ensure that your knees remain stacked directly over your ankles. Bring both hands onto the knees, with the fingers pointing towards the centre. Keeping the elbows bent, drop your right shoulder forward and open the chest to the left. Hold, breathe, and switch sides.



CHAIR POSE WITH A TWIST

From mountain pose, reach the hands up over head while bending the knees, as if sitting back into a chair. The pelvis should be tucked under, belly drawn in, and the shoulders rolled back. Try to get the thighs parallel with the ground if possible. Bring the hands to heart center and begin to twist the upper torso to the right side, keeping the knees in line. Option is to bring your left elbow to the outside of the right knee and press yourself deeper into the twist. Repeat on the other side.



BOUND ANGLE POSE (BUTTERFLY)

Start from seated position with your legs out straight in front of you. Bend into the knees and bring the soles of the feet together, allowing the knees to fall out to each side. Pull the heels as close to the pelvis as comfortable, keeping the hands wrapped around the ankles and lift your chest forwards. Hold here for a couple breaths. Then walk the fingers forwards and allow the head to drop, rounding into the back.



RECLINED SUPINE TWIST

Start laying on your back and gently draw the right knee into your chest. Use the left hand to draw the knee across the body over to the left side of the mat, rolling onto the left side of the body. Reach the right hand to the right and relax into the twist. Gaze can be to the left or, for a deeper twist, glance back to the right.



HAPPY BABY POSE

Start lying on the back. Bend your knees into your chest and separate the feet and knees wide, holding on to the outer edges of the feet. Open your knees slightly wider than your torso, then bring them up toward your armpits. Rock side to side on the back, actively pulling the knees wide and towards the floor.



SAVASANA

Don't skip this one! This may not seem like it, but it is the most difficult yoga pose that you can accomplish. Laying flat on your back, bring the arms to your side with the palms up, allowing the shoulders to roll back. Allow the toes to fall out to the side and tuck the chin in slightly to make sure the back of the neck is straight. Relax the body as much as you can and rest here for 3-5 minutes.

WAYS TO TAKE ACTION AGAINST CLIMATE CHANGE:

There are many things we can do to take action against climate change, as individuals, communities or even as a nation. If more people don't begin to change their bad environmental habits, then we will never make a change. A change needs to be made, and it needs to happen now. Together we can eventually make a change, but that change needs to start somewhere, so here are some ways to take action against climate change:

- Reduce water waste
- Use energy-efficient light bulbs (CFLs & LEDs)
- Cycle, walk, carpool or take public transport to school
- Use energy efficient household appliances
- Wash clothes in cold water
- Recycle old clothes
- Upcycle furniture
- Limit use of clothes dryers
- Recycle & compost
- Eat less meat
- Use reusable water bottles
- Reduce food waste
- Use reusable shopping bags

WHY IS CLIMATE CHANGE DEFINITION?

What is Climate Change? Climate change is a long-term change in the average weather patterns that have come to define Earth's local, regional and global climates. These changes have a broad range of observed effects that are synonymous with the term. What are the 11 signs of climate change?

20 MINUTE BEGINNER'S YOGA ROUTINE



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THE SIGNS OF CLIMATE CHANGE:

- Higher Temperatures.
- More Droughts.
- Wilder Weather.
- Changing Rain and Snow Patterns.
- Less Snowpack.
- Melting Glaciers.
- Shrinking Sea Ice.
- Thawing Permafrost.

TECH INNOVATIONS THAT COULD SLOW CLIMATE CHANGE

Carbon capture:

The rising earth temperatures are mainly due to man-made emissions of greenhouse gases that trap radiation in the atmosphere. The most significant of these gases is carbon dioxide (CO₂). The project Net Zero Teesside (NZT) aims to capture CO₂ produced in industrial processes and power plants and transport these emissions by pipeline to offshore storage sites several kilometers beneath the North Sea. Sequestered in secure areas deep beneath the sea, this carbon would no longer contribute to the greenhouse effect - and it could even be synthesized into new fuels for transportation systems in the future.

The aim, as the NZT project's name suggests, will be to reduce carbon emissions in a number of carbon-intensive industries in the North East to zero by as early as 2030.

Feeding Cows seaweed:

Another significant emission is methane, a gas mainly produced in agricultural sectors. The gas forms from the way cows digest food, fermenting it in their stomachs where the sugars are converted into simpler molecules for the body to absorb. Scientists have discovered that seaweed produced in the tropics can suppress this gas by 80% when added as a supplement to cattle feed. However, there isn't enough of the crop to go around for the whole cattle population, unless scientists manage to reproduce the seaweed to accommodate them.

Replacing meat with Insects:

Another way to reduce methane production would be to substitute meat with insects, which still guarantee protein. Protein-rich insects such

as mealworms can be farmed without the demands on land or water that cattle farming requires, but it lacks the nutrients one can only find in meat-such as iron. Not to mention, it is very unlikely people would happily consume insects over meat, even if it would make a difference to our climate.

GREEN ACTIVITIES

here are some fun activities and tasks you can do to help combat climate change and show Mother Nature some attention



GO FOR A WALK

Take a walk in nature - but stay on the trail to avoid disrupting nature's course



WATCH THE WORMS AND BUGS

Carefully look at the small creatures scurrying around their habitat.

WATCH THE BIRDS

Study the birds movement and observe how they go back and forth to their nests



TRACK THE WEATHER

What with the weather being so unpredictable you might be surprised to see all the elements after a few hours ! Appreciate the Sun , rain and wind as they all contribute to the crops we rely on



MAKE A BIRDBOX

Help the birds in finding shelter from the elements by up cycling some milk cartons .

LITTER PICKING

walk around your local area and collect the rubbish . Littering has a very detrimental effect.



Reduce the amount of unatural light you use

Outdoor Fun

While we have such nice weather it's a good idea to get outside and enjoy the sun! Here are some ideas of fun things to do outdoors and a summer playlist to go along with them:

Outdoor Activities:

- Arts & crafts
- Journaling
- Yoga/pilates
- Jewellery making
- Read a book
- Make a collage
- Family picnic
- Meditation/reflection
- Plant something
- Go for a cycle/walk

Summer Playlist 2021:

- Peaches - Justin Bieber
- Levitating - Dua Lipa
- Déjà vu - Olivia Rodrigo
- Save Your Tears - The Weekend & Ariana Grande
- Hold On - Justin Bieber
- We're Good - Dua Lipa
- Good Days - SZA
- Till Forever Falls Apart - Ashe & Finneas
- Lifestyle - Jason Derulo & Adam Levine
- Bed - Joel Corry



STARGAZERS SET FOR 'CELESTIAL FIREWORKS TREAT' AS EARTH PASSES HALLEY'S COMET



Irish stargazers will be treated to a “celestial fireworks treat” on Wednesday night.

There will be several hours of shooting stars as the Earth passes through the dust left over from Halley's Comet.

The Eta Aquariid meteor shower is expected to peak on the night of May 5, with up to 50 meteors per hour, and will be visible until the early morning of May 6.

According to Astronomy Ireland, as Earth moves through the leftover cloud of dust, the particles fall into our atmosphere and burn up, creating the spectacular streaks of light in the sky known as meteors or shooting stars.

This celestial display is associated with Halley's Comet, officially designated 1P/Halley, which orbits the Sun once every 76 years.

The Eta Aquariids takes its name from the constellation of Aquarius in the southern hemisphere, where the shooting stars appear to originate from.

Meteoroids from Halley's Comet strike the Earth's atmosphere at a speed of around 150,000 miles per hour (240,000kph), burning up in the process.

Stargazers can expect to see shooting stars this evening with the best visibility being between midnight and dawn.

“We should see perhaps five to 10 times more shooting stars and meteors than normal,” said David Moore of Astronomy Ireland.

“So a real celestial fireworks treat for people who want to stay up late until dawn.”

It's been an exciting few weeks for stargazers as last month they were treated to April's super pink moon.

The April full moon is called a pink moon as the month coincides with the blooming of pink flowers.

It was visible to space fans over three nights last week.



**THANK YOU
FOR READING!**

This newsletter was created by:
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"We are living
on this planet
as if we had
another one to
go to."

TERRI SWEARINGEN

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