



# All inclusive

Yoga is for all, no matter what abilities or disabilities we are faced with

**N**ew Horizons is a special place that has been providing homes and support services for individuals with physical disabilities for the past 33 years. It's located in Connecticut, in the USA. The 101 residents there face daily challenges as a result of their physical disabilities — but there's still room for yoga. In fact, yoga has been shown to be a wonderful way to reduce stress and bring relief and relaxation around the community home.

New Horizons ([NHVillage.org](http://NHVillage.org)) recently partnered with local yoga instructor Anita Barbero and health group Cigna in order to spread the word. At one event at the village, more than 50 people came together to practice in what was hailed as a "wonderful safe and inclusive environment". Vinyasa Flow and Chair Yoga was offered so that individuals of all abilities could participant

together, along the theme of compassionate connection. The group also enjoyed live drumming and the soothing sounds of healing bowls, reflecting some of the depth and diversity the world of yoga and wellness brings with it.

"Yoga is food for the soul," said one of the participants, Gwen, a resident at the New Horizons home. "The community yoga event was an excellent way to relax. I particularly liked the mindful meditation which I will be incorporating into my daily medication." The practice also helps in her quest for independence in the face of her disabilities. In 1982, just before her 30th birthday, Gwen was injured in a car accident along with her sister and brother. She was ejected 25 feet, landing on nearby railway tracks, suffering injuries that have left her wheelchair-bound. For 33 years after the accident, she continued to live with her parents

and brother, before moving into her New Horizons home. "I determine and dictate my own life," she said. "I have the freedom to be who I am."

It highlights the power of yoga not only to bring peace and greater movement to people, but also in building confidence and nurturing hope in the face of adversity.

"I believe as a yoga teacher and human being, that staying open in heart and mind, in order to receive all the blessings, is the greatest gift we can offer ourselves," said yoga teacher Anita Barbero ([anitabarbero.com](http://anitabarbero.com)). "When we do this we can then pass that same gift of love and compassion to another. This community yoga practice was an experience of openly connecting one heart to another in an inclusive all-loving environment passing the gift of compassionate connection heart to heart." 🙏

# Enjoy the sunrise over Loch Venachar at Lendrick Lodge

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## Yoga for Joyful Living

with Andy Curtis-Payne & Ann Hunter

7pm Friday 28th Feb – 2pm Sunday 1st March (4.30pm optional early arrival for pre-dinner asana class)

An opportunity to explore how a different relationship with your breath can transform your yoga practice. For new or experienced yoga practitioners to experience a variety of techniques to help quieten the mind and bring about a feeling of peace. Start the New Year with a glowing heart of grace.

## Rest, Reconnect & Recharge

with Victoria Lyons & Stephen Mulhearn

7pm Friday 22nd-2pm Sunday 24th May

If life has become super busy, and you feel that your energy is tipping into overdrive then this new course is the perfect tonic! We all need time to take stock of our life. No one else is going to give us that space, so we need to claim it for ourselves. Includes; massage, yoga, chi gong and inspiring talks.

## Equilibrium with Sandra Sabatini & Michal Havkin

4pm Wednesday 22nd-2pm Monday 27th July. New Teacher Training Course 9am Tuesday 28th-2pm Wednesday 29th

Join this beautiful unfolding in a space of graceful mastery. Searching for this subtle place where body and mind meet we travel through microscopic adjustments of incredible power. Our ability to accommodate to these deep requests Earth sends up from our feet to the crown of the head will sharpen our practice, day after day. We can touch this special place for a split second whether standing or walking or bending forward and bliss will enter our whole being. A unique opportunity to study with Sandra Sabatini, the primary student of Vanda Scaravelli.

Lendrick Lodge is the number one choice for yoga teacher training groups from all over the world

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