



Studio News

WHAT'S IN THIS MONTH'S ISSUE:

- Happy New Year!
- Upcoming Events

HAPPY NEW YEAR!

Written by Keeley Clark

2023 is officially here! Whether you're someone who likes to set resolutions for the new year or refuses to feel the pressure to "change", you can't help but feel that slight new beginnings feeling a New Year brings.

With NYE being one of the most celebrated holidays in the world, it's a wonder how it came to be the occasion it is today.

The first recording of a new year's celebration was around 2000 B.C. in Mesopotamia, with the ancient Babylonians being the first to celebrate the NY. The religious holiday of Akitu was a 12-day holiday, held in March when the crops were planted. Over this period the Babylonians would crown a new king or reaffirm their allegiance to an existing king.

During this time they would also make promises to the pagan gods that they would return things they had borrowed & pay off any debts. It's thought that this is where the new year's resolutions originated.

It wasn't until the Roman reign when Julius Caesar created the Julian calendar based on the solar system that January 1st became the start of the new year. Believing that Janus the 2-faced god symbolised looking backwards to the past year & forward to the future. Romans would make sacrifices & promises to Janus for the upcoming year. Over the years there have been changes to these dates. Every country has their own set of customs, ranging from the Spanish tradition of eating 12 grapes at midnight to the Latin American superstition of wearing the right colour undies depending on the desired outcome for the year.



Upcoming Events



SAUCHA RETREAT YOGA, MEDITATION & SKINCARE

JANUARY 21ST 13:30 - 17:30

Emma Daisy Yoga is collaborating with the award-winning natural skincare brand Balance Me to bring you this gorgeous half day retreat dedicated to bringing more self-care & balancing rituals into your life.

This retreat will be focussed on the theme of saucha. We will explore cleansing breathe work techniques, purifying asana practices as well as clarifying meditation rituals.

AFTERNOON RECHARGE

28th January 14:00 - 16:00

Take some time out of your busy life & recharge your batteries with a nurturing extended yoga practice.

A reflective introduction will help you create and maintain a positive frame of mind for the new year. Irene's signature combination of gentle Vinyasa and nurturing Yin yoga will help you release stress and tightness. Guided breathing will help you calm your nervous system. A guided visualisation will help you restore balance and inner strength.



FOR DETAILS ON THESE EVENTS OR OTHERS VISIT:

www.theoak-house.co.uk

<https://www.justgiving.com/fundraising/theoakhousewearitpink>