



enga

Spring Equinox

crear más fluidez, precisión y confianza en inglés
mientras practicas yoga

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Spring Equinox

ENGA - MEMBER'S SPECIAL



Welcome Spring!

On the 19th of March 2020, we welcome the Spring season in the Northern hemisphere. In Spring flowers start to bloom, trees begin to grow and produce. The days get longer and in a lot of areas of the world the temperature increases. This season makes room for change, a new start and new beginnings. For many of us, this means time for a big cleanse. Some change their wardrobe, clean their living space, and get rid of all unnecessary items. Others like to reset their bodies, reflect on their diet, exercise patterns and mental state.

1. What do you do to start this Spring fresh

2. Match the vocabulary to the pictures

clean eating - refreshing towels - herbal medicine - skin cleanse



What is the Spring Equinox?

The change from Winter into Spring we call Spring Equinox. An equinox only happens twice a year; the day we embrace Spring and 21st of October when we enter the Autumn season. On these days, the Sun is exactly in line with the equator. The word equinox is a Latin word which means "equal night", that means the length of the day and night is nearly the same in all parts of the world.

In the Northern hemisphere, Spring lasts from the 20th of March until the 21st of June, when we go over into Summer. In the Southern hemisphere, the seasons are the other way around. Spring lasts from the 21th of September until the 22nd of December, for that reason some people believe it's better to talk about the March equinox and the September equinox.

Often, the equinox is confused with the solstice. A solstice however, happens when we enter Winter or Summer and the Sun is at its greatest distance from the celestial equator. The word solstice comes from the Latin solstitium, which roughly translates to "frozen sun".

This Spring's equinox, on the 19th of March, occurs earlier than it has in more than 100 years. The last time Spring arrived that early was in 1896.

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Worldwide Spring Celebrations:

1. Songkran Water Festival – Thailand (Thai New Year)

Songkran is the start of the Thai New Year. The word Songkran derives from Sanskrit and means “astrological passage”. On this day, people go to Buddhist monasteries, they visit the elderly, and hold water fights. Songkran is celebrated with water fights arranged all over the country, especially in Chiang Mai where this festivity takes up to six days.



2. Holi – Northern India

You might have seen or heard about it before; Holi is celebrated by Hindus across Northern India and is probably the most colourful celebration of the world. On this day, people throw coloured powder at one another. This is in honour of the many hues of the Spring season, and Hindi mythology.



3. Nowruz – Middle East

Nowruz means No (new) and rous (day). It's celebrated on the first day of the Iranian calendar and usually matches with the spring equinox (around March 21st). This “new day” symbolizes new life, new beginnings, and the rebirth of nature.

All over Central Asia Nowruz is celebrated and often starts with people cleaning their homes where after it escalates into a multi-day festival of bonfires, costumes, and family celebrations, until the 13th day of “the New Year”.



4. Spring Equinox in Teotihuacán – Mexico

Between the 20th or 22nd of March, thousands of people gather at the Teotihuacán Pyramid to celebrate the spring equinox. Traditionally dressed in white, they start the morning climbing 360 steps to the top of the Pyramid to get closer to the gateways of energy. Once they've arrived they raise their arms towards the sky to “soak up” the Sun's energy for the coming year or celebrate the Return of the Sun Serpent.



5. Dionysian Festival in Athens – Greece

In ancient Greece, Dionysian was celebrated as the god of fertility, wine, flowering plants, and rebirth — which makes him an obvious choice to be associated with Spring. The Dionysian Festival was held in Athens every March to showcase the best theatrical poets. Nowadays, people like to welcome the Spring equinox, opening new wines.



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3. Find the following vocabulary in the text and decide their definition.

- | | |
|--|---------------------|
| 1. become or make greater in size, amount, intensity, or degree | a. to bloom |
| 2. the quality of being fertile; productiveness | b. to increase |
| 3. to clear a space to allow for someone or something else to fit | c. to make room for |
| 4. make (something) thoroughly clean | d. a cleanse |
| 5. a color or shade | e. wardrobe |
| 6. to start over, again or differently | f. to reset |
| 7. produce flowers; be in flower | g. to derive |
| 8. arise from or originate in (a specified source) | h. hues |
| 9. to indulge, enjoy feeling or experiencing | i. the gateways |
| 10. the process of being reincarnated or born again | j. to soak up |
| 11. connect (someone or something) with something else in one's mind | k. fertility |
| 12. exhibit; display. | l. rebirth |
| 13. a large, tall cabinet in which clothes may be hung or stored | m. to associate |
| 14. a means of access or entry to a place or means of achieving a state or condition | n. to showcase |

4. Choose the correct option: a, b or c

1. What is an equinox?

- a. An equinox happens 4 times a year, every time we change seasons.
- b. An equinox is when the Sun is exactly in line with the Moon and the equator.
- c. An equinox is when the Sun is exactly in line with the equator and the length of day and night are the same.

2. When does Spring start?

- a. This year, Spring starts on the 19th of March worldwide.
- b. This year, Spring starts on the 19th of March in the Northern hemisphere, and on the 21st of September in the Southern hemisphere.
- c. This year, Spring starts on the 21st of September worldwide.

3. An equinox and solstice are often confused, what is the correct description of a solstice?

- a. A solstice is when the Sun is at its greatest distance from the celestial equator.
- b. A solstice is when the Sun and the Moon are at their greatest distance from the celestial equator.
- c. A solstice and the equinox are the same, but used for different seasons.

4. In which of the following countries, Spring means the start of a New Year.

- a. Thailand, India, Iran
- b. India, Mexico, Greece
- c. All of the above

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5. Draw the following yoga poses



Child's Pose
Balasana

Downward Dog

Low Lunge
Anjaneyasana

Lunging Prayer Twist
Parivrtta Anjaneyasana

Twisting Triangle
Parivrtta Trikonasana

Twisting Half Moon
Parivrtta Ardha Chandrasana

Downward Dog

Forearm Plank

(Dynamic) Side Plank
Vasisthasana

Sphinx Pose
Salamba Bhujangasana

Child's Pose
Balasana

Seated Twist
Parivrtta Sukhasana

Seated Forward Fold
Paschimottanasana

Seated Wide
Legged Forward
Fold
Upavistha Konasana

Happy Baby
Ananda Balasana

Child's Pose
Balasana

Now open the video and let's practise our "Spring Detox" sequence

About ENGA

ENGA - MEMBER'S SPECIAL

Are you a (non-native) yoga teacher, yoga practitioner, English learner, all three, or just interested in English and yoga? - You are in the right place.

- ENGA - Where English and Yoga Unite is an English language focused course on the world of yoga. ENGA teaches non-native yogi(ni)s how to use English in their yoga practises so they can grow their following, get prepared for yoga teacher training and practise yoga in English worldwide.

Throughout this 10 chapter course we will introduce you to the world of yoga in English.

What you will learn

- Yoga vocabulary - asana names, prop names, verbs, idioms and phrasal verbs.
- Yoga philosophy - the eight limbs of yoga, the Yamas and Niyamas, an introduction to Ayurveda, the yogic diet, the Chakra System and an introduction to the yogic lifestyle.
- Yoga sequencing & alignment queues to use in your own practise or guide your own students.

What's more:

- Personal feedback on assignments and surveys.
- Life-time student support - get in touch with us by email or WhatsApp for any doubts.
- Free access to our further learning programme.
- Free access to our student community
- Discounted offers on continuing courses
- 45 CEH registered by the Yoga Alliance

\$89 OFF by using this coupon code: "engaintwomen2020"

Meet Sara Cecilia

Why do I speak English?

I was born in Albuquerque, New Mexico and my first language was Spanish via my Mexican mother. Growing up in the states with bilingual parents



offered me the chance to use both languages throughout my life. I also grew up in Guadalajara, Mexico and continued my studies in both languages through bilingual schooling. My University and Yoga studies have all been in English.

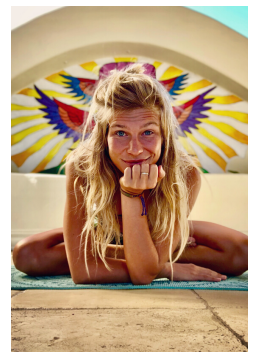
Why do you practise yoga?

I practice because I find that it makes me feel like I'm more myself than most things I do. I also find that I'm infinitely curious and interested in it beyond the physicality.

Meet Annie

Why do I speak English?

I was born in the Netherlands where we are taught English at school from a young age. I was always very interested in learning languages and



cultures so moved away when I was 18 years old. During my travels I developed a passion for the English language and realised how important it was to be able to communicate wherever I went next. I loved it so much, that I got my teacher certificate to help other people in the same or a similar position.

Why do you practise yoga?

I practise yoga because it makes me stable mentally and physically and gives me the motivation to keep developing myself in all aspects of life.