

Welcome to a New Way of Life

If committed to regular, honest, and open practice, you'll be blown away by the ways yoga shapes every aspect of your life. There are so many benefits to practicing beyond the basics of flexibility and strength. But, don't overwhelm yourself at once, just start with these principles:



Start Where You Are

Most people do not realize that half the work of yoga is realizing where you are. We don't tend to spend a lot of time acknowledging (or sometimes accepting) where we are, because we are so focused on where we want to be. Give yourself permission to discover AND accept wherever you are on the spectrum of flexibility, strength, focus, stamina, balance, or any other gift you intended to derive from this practice. You will get more out of it overall if you start with this important step.



Set An Intention

Now that you know where you are, ask yourself what you want out of this practice. This deliberate conversation with yourself will help you establish a tone for every time you engage in this work. Some days may have a different intention than others. The point is to familiarize yourself with what your needs really are, so that your practice can be effectively focused on that. Remember that this is a general intention and does not have to be laser focused. But if you want to work on breathing instead of balance, it will determine the type of poses you practice.



Effort and Ease

Remember that yoga is a balance of effort and ease. You want to find and push yourself to your "edge" in practice, while maintaining a sense of peace and relaxation throughout all the muscles in your body and mind. If you think you've gone to your edge but your face is contorted in strenuous tension, back off a little bit until you can hold the pose with a gentle expression. When you notice these areas of tension, they are not failures, they are areas of need that you can consciously address and it is this practice that you coax your body into balance and peace.

