

Dynamic Stillness

Yoga Tree on the Coast has just soaked in our first Dynamic Stillness Sunday yesterday, and I feel they will become part of our healing calendar, just growing from here.

Dynamic stillness invites us to pause, to breathe, to reconnect to what is. We often call these pauses a 'time out', really they are 'time in'. These moments allow us to be a human being not a human doing.

These pauses are sacred, they give us a chance to reunite with our soul, and reignite our passions, wisdom and creative intelligence. Sacred or divine pauses nourish us. Activity is suspended when we pause, deep rest, a still point arrives and our body unwinds, our soul is nurtured and nourished.

There are pauses between an inhale and an exhale. In yoga we call this Sandhya. This is regarded as a vital part of meditation. These are little, but powerful pockets of stillness and peace.

Bush Flower Essences and space clearing sprays were intuitively given to deepen the experience for everyone. Truly a sacred space.

Sunday.....Soul Day

What a way to start the week!

Breathe, pause and grow!

Much love

Anna xxx



Photos By: Cassie Jade Photography