

My Practice was 'Not to Practice'

Christmas, New Year, is so busy, festive, challenging and fun. Beach weather, family and friends, get togethers, long walks, bike rides, and more.

For me personally, this is the time of year where I feel it is a great opportunity to put my yoga practice into practice. Breath awareness, finding my centre in any challenging times, practicing patience, compassion and openness.

It is a time too, for me to completely indulge myself, in longer yoga practice on the mat, delicious! As I have a little time away from working hours.

A daily yoga practice has been a part of my life for many years and I know it works for me in every way. The last week and a half I decided it was time to put my yoga practice to the test.

This week, my practice..... was NOT to practice! Yep, you read this right. I decided not to practice on my mat at all.

How do I feel? Well to be brutally honest, I feel very average. My body feels so stiff and heavy. My body hurts in places I haven't hurt for a very long time, I even feel stiff on my early morning walks and runs. My digestion is not what it should be, I don't have my usual energy, I found myself even leaning toward the less nurturing food choices, overall, I just don't feel quite right. I am literally 'aching' to get back onto the mat.

So for me, this was the proof in the pudding.

I invite you to make 2016 the year of movement and of self- study. Invite your body to open along with your mind. Step onto your mat and just move! Your body will thank you.

Yoga is an opportunity to change your life in so many ways.



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