

Try Easy

Ritual #8

This term one of the things we looked at in class was 'trying easy' not trying hard. Muscling our way into a pose only brings more tension, it involves willpower which comes from your intellect. Tightening your mind further. Trying easy is softer, yes there is still effort, but a gentler effort. You go from trying to perfect your pose to just being in it. Trying easy brings with it a flow, it is a deep letting go. When you struggle in yoga, you may still be able to achieve the pose, but this struggle will prevent you from growing, from lengthening, from feeling light. It brings with it a tight mind and a body that limits you.

Take the thinking out of the pose and just feel the sensations of just being in it. Really feel your body, breathe, focus on the exhalation and your body will let go of the struggle, the tension. Play with a pose, don't try so hard, just see what happens. Find your wings and fly.

For me balance poses are a great reminder for just that, letting go of the fight, letting go of the struggle..... surrendering.

When I have the wobbles in a balance pose or in my life I have realized that I am trying too hard.

Let go..... See what happens!

Let this be your mantra this week.

'I find the flow in trying easy'.

Anna xxx

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