

# Yoga Tree on the Coast

## What does yoga look like to you?

What comes to your mind when you think of yoga?

Do images of young, glowing with a tan, long, lean and willow like limbs that can bend in all directions come to mind?

You are not alone.

Whether you are male or female, more often than not the image of fit, very flexible men and women in lycra and a miniscule amount of clothing is all too often how yoga is portrayed, particularly on magazines and the media images we see.

It saddens me that these pictures deter people from experiencing yoga. I hear time after time 'I would love to come along to yoga, I just need to lose a couple of kilos first', or 'yoga is not for me because I am not very flexible', or 'my mind is too busy, I'll just get through this stressful time first then I'll be along'.

Let me share with you and everyone else that **YOGA IS FOR YOU!** Yoga is for **EVERYBODY AND EVERY BODY!**

Yoga was never designed to be shown off in super tight tights and midribs.

Yoga gives us the opportunity to feel what we are feeling. We get the chance to focus on the internal experience rather than the external experience. This teaches us to listen - really listen, feel, respect and value the sensations (your body's language) and messages that are coming from your body.

Yoga can be a deep personal practice, it is fun, it builds strength in every way, physically, emotionally, and mentally, how then can our spirit not benefit? As our body's start to open and move more freely, habitual pain releases and eases, we learn to see our lives from a different view point, our stressed out mind can have a breather and an aching heart can be held with the intention of love and patience. It can be practiced in silence or with window shattering loud music, inside, outside, it doesn't matter. What matters is how a yoga practice can make you feel, and how it flows off your mat and into your world, what is the residue?

So it doesn't matter what yoga looks like, it is how it makes you feel. it's about allowing you to feel you have some balance and equanimity in a chaotic world. If the pace of life on the outside of us is not going to change then we must quieten our insides to feel more grounded and calm so we not only cope but thrive!

This is what my yoga looked like this Sunday morning, my hair in foils, dressing gown and literally surrounded by washing drying, just down on the lounge room floor. Not glamorous! But this was MY yoga.

So people, don't let preconceived ideas stop you from trying yoga, it can literally be life changing!!

Much love Anna xxx

