
And so it is

Posted by mbyoga - 2008/10/20 13:39

I hope that you have forgotten that you are doing the experience. I say that because if you have then perhaps the yoga has just become a part of you, not something that you have to plan. I know that is how it feels for me. I don't wake up and think, "When do I have to do my yoga today?" Instead it just happens organically.

As we embark into our third week together, I encourage you to try these things: 1) Try to make more of your practice something that is still and reflective. It could be shavasana, meditation, a restorative pose, or even reading a book. But as we deepen along in our bodies, I think it is equally important this week to take some time to practice deepening our minds. 2) (this goes with 1) This weeks focus is on evaluation, or re-evaluating. In week 1 we developed awareness. In week 2 we cultivated choice. Now this week let's reflect back on our choices and evaluate them. Did your choices produce results? Were they efficacious? When you look back on how you do things, do you do them efficiently? Are you making the best choices under the circumstances, not just always the same choice? Evaluate the way you apply what you know. 3) Let's hear from you. You now have something to say, so say it! This is yoga, expressing yourself. If we want to make it through the next two weeks then we really need to feel the connection of the kula now more than ever. :woohoo:

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Re:And so it is

Posted by jbyoga - 2008/10/20 21:05

so it is day 15, i come to yoga, I ache and I am cold. Everything sort of hurts a little. And my yoga buddy feels this way as well. So we are both dragging..... and then we have this amazing Liz class with this very powerful and calming and focusing breathing exercise at the end..... and I am energized not in a caffeine way but in a deeper more grounded way. And I continue to discover more reasons why the experience is so meaningful.....

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Re:And so it is

Posted by sarsasana - 2008/10/20 21:06

I actually feel like I've been doing a lot less asana practice since The Experience has begun which is an interesting result of a 30 day yoga challenge. I've gotten onto my mat every single day over the past two weeks, but many of those times I've been just letting my practice be guided by how my body feels, not by how what I think a yoga practice should be. Some of those practices have only been 15 minutes long with just a few standing poses and then a good amount of seated forward bends but why do I feel like I'm not doing enough yoga simply because it's been a while since I've broken a sweat on my mat. I actually feel like I've been a bit lazy about my yoga and maybe I'm still stuck in the mind frame of asana obligation - hung up on the physical feel good part of the practice. I guess this is all part of the restructuring of the definition of yoga. Once we begin taking our yoga off our mats, it takes even more awareness to recognize where the yoga lies which is more challenging than any physically demanding yoga pose could ever ask of us.

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Re:And so it is

Posted by jenniej - 2008/10/28 11:03

Taking on this "Experience" was more of a taking on of a physical challenge for myself. Or so I thought.

I hit an emotional wall a week ago while we were in Santa Monica. I found YogaWorks and practiced there every day, but as the days and classes passed, I felt more raw and more vulnerable. Yes, my body was stronger after 12 days of straight practice, but this emotional exposure wasn't what I had planned for - or had my husband. I imagined a stronger physical practice and wasn't prepared for this vulnerability. My emotions were at the surface ready to release whatever they had - and they did. Vacation is the best time to for a "come to Jesus"!

That rawness has dissipated a bit, but is still here. It's like the lights are brighter and there is a buzz on my skin.

I like it.

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Re:And so it is

Posted by perkinsm - 2008/10/28 19:34

Remember that commercial, "This is your brain on drugs" with the egg in the frying pan? (I must say, I never quite got it -- looked pretty yummy to me.) Anyway, "my brain on yoga" is slow to come to resolution on the experience, which I have decided is exactly the point.

I came away from the last workshop with the word "resolution" on my brain and have been thinking about it, on and off, ever since. I am getting a better grasp of the importance of continuation, exploration, discovery and patience in life and the practice. Our culture is very focused on outcome or resolution: to achieve and "finish first" whether by external measures of worth or just plain competition.

But I think I will be more resolved to explore and discover life as it comes to me. -Perkins

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Re:And so it is

Posted by kimberandrews@snet.net - 2008/10/31 21:50

gee, I haven't written in weeks but have been reading all these words of wisdom... And through it all (with 4 days left) , I have thought a great deal about what yoga means and means to me. Most importantly I realize that it means that i have a place to go, a place to BE , whether at home, hotel room or somewhere in between that allows me to take time for myself. To reflect, to calm, to re-energize and to slow down and BREATHE!!! I need this more in my life now than I would have ever imagined. It has made me aware and present and given me a little something to long for especially when I just want to get through my day:)

Thank you!!! With all that said, I have gotten some other great benefits as well. I have muscles that are sore that I didn't know even existed!!! And I can easily touch my hands to the floor now!! Oh and I can do head stands and am almost able to do a backbend!! That may not sound like much to many of you but it's a real accomplishment for me:) I will be out of town Sunday/ Monday but will do my yoga in my hotel room, and will Not miss my 30th day on Tuesday morning with Sarah. Hope you are all well

With gratitude xxk

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