
awareness

Posted by jbyoga - 2008/10/11 10:22

Yesterday day 5 of the challenge, the day was spectacular! went for a walk @ Compo Beach with a close friend. She asked about the challenge and then commented that the most difficult thing she found about yoga was the breathing. And then I suddenly realized that breathing is the most natural and easy and yet the most difficult part of the practice of yoga. I think it must take years to learn to breathe in ways that bring your yoga to another level. So I am adding awareness of breathe to my challenge. And I noticed today in Tracy's class that just being aware of your breathe helps in focusing my practice.

Looking forward to tomorrow's workshop.

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