

yoga

MINI SELF-LOVE PROJECT

Whenever I used to hear the words yoga and meditation, I thought “hippie stuff”. I had no idea about the benefits it could have for the body, mind and soul, until I witnessed it first-hand!

Playing a high impact, high intensity, high action sport like hockey, you can only image how I reacted when I went to my first yoga class and it was all....”Breathe in....breathe out....breathe in... “How boring! I thought! When is the hard-core movements going to start? The action? The excitement? The competition?

Despite my resistance at first and the endless thoughts running through my head, I persevered and WOW did it pay off!

You see yoga is a practice, not a sport with an end result, although it can still be physically challenging at times. Yoga is about discovering yourself and harmonizing your body, mind and breath through the means of various techniques, postures and meditation. At the heart of all yoga is the principal that we are more than just a body and a collection of thoughts in the mind and that simply being our true self is enough!

A REGULAR YOGA PRACTICE CAN....

- Reduce stress by regulating your adrenal glands
- Increase your blood flow
- Help you focus
- Increase your peace of mind and give you inner strength
- Boost your mood and make you happier
- Eliminate toxins and drain your lymphatic system
- Perfect your posture
- Strengthen your immune system
- Build muscle strength
- Strengthen your spine

I can truly say that practicing yoga has been an instrumental part in my journey of healing. Through a regular practice I have learnt how to really pay attention to my body and tune into everything that I am feeling and experiencing in each moment.

It has helped me become more flexible than I ever knew possible, has helped prevent my headaches, helped with my PMS, eliminated my anxiety, strengthened my immune system, assisted with my digestion, helped me build strength in my

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back and core, regulated my sleep and nervous system but most importantly yoga has helped me journey back to my authentic self and find true inner strength, peace and happiness!

TASK:

THIS WEEK FIND THE TIME TO TAKE TWO YOGA CLASSES IN YOUR LOCAL AREA. IT IS A GREAT PRACTICE AND EXERCISE TO START IMPLEMENTING INTO YOUR LIFE MOVING FORWARD.

If you are new to yoga you might want to start with a “Hatha Yoga” class. This is for beginners and a nice introduction to breath and movement. There are many forms of yoga, so feel free to experiment with a few different classes over the weeks to come and find a style that resonates with you. Once you have introduced a yoga practice into your life, keep it going for a few weeks. You will soon start to reap the benefits, body, mind and soul...