

Yoga gives you back your Self

There are so many ways to practice yoga ~ doing poses, breath awareness, chanting, meditating, offering service to others. So many choices. How wonderful for us! Yoga is a discipline and a vehicle that takes you back to your Self. You discipline yourself because you love the results. You remember to lean into support which allows you to be more at ease, still and centered inside, kind to yourself and others.

Are you aware of the moments when you lean into the support of your chair? Your car's head rest? Your breath? Your gentle and powerful awareness? Your Self? Leaning into support allows you to become more still and to connect deeper inside to your own Self. You get a glimpse of what the sage Patanjali (author of the Yoga Sutras) tells us: "In the moment your mind becomes still the bliss of your own Being arises". Yoga is always giving you back your Self which is ever blissful. **May you be inspired** to continue your practice of yoga or start again.

The teachers at Light of the Heart Yoga, Addie, Annette and Kristin are here to support you.

Namaste,
Addie