

ALL THAT *Matters*

a yoga and holistic health center

YOUR HEALTH MATTERS/ JANUARY'09 NEWSLETTER

ASK OUR TEACHERS

We asked some of our teachers how they choose to *be at peace* during times of change and uncertainty and here's what they had to say:

"I find peace during transition by cultivating this mental habit: I ask myself, "How is this the perfect thing to be happening right now? What gift is this time of change offering me?" This mental habit is cultivating a trust in the unfolding of the universe, that all is well. In my experience, times of transition are very powerful moments--if we enter them with receptivity and consciousness, we can harness the power and opportunities that they offer."

-Cathy Cesario, Director of SpiritTree Yoga Teacher Training

"Peace and comfort can be found by practicing acceptance, mindfulness and gratitude. I find myself repeating the mantra: I am grateful to be present during this Great Change of our time and I Surrender to the uncertainty which it brings."

-Coral Brown, Yoga Instructor

"During times of great change and uncertainty, I prepare myself for meditation and ask my intuitive self: to remember that the answers are within; I ask for the balance required to be neutral; I pray for strength of courage and physical stamina. I then dance with my soul as I sing or chant mantra, which leaves me feeling safe, content, and restores my connection to happiness, my birthright, and now I can be the Light to guide all others."

-Margaret Trezza, Kundalini Yoga Instructor

"Being in the natural world connects me with the larger cycles of time- the moon and stars that have been shining through several major extinctions on our planet. The night sky, the owls calling to each other, Venus rising in the east- these things all calm my restlessness."

-Laurie Doctor, painter, calligrapher and workshop facilitator

"I count my blessings continuously and focus my efforts on the positives in my life and positives I can bring to others. The "Abs in and up" of Pilates also keeps my spirits lifted!"

-Tracie Kedzerski, Pilates Instructor

"I take care of myself by choosing realistic goals to nourish my mind, body & spirit. If you concentrate on yourself first - any challenges that come your way can be handled from a place of wellness."

-Wendy Rappaport, NIA Instructor

*"When I am really stressed and the mind is running all over, I pray, pray pray, with songs, mantras, or prayers....any one that takes me out of my head and in to my heart. There are so many beautiful ones, and especially ones that we practice regularly help us even more in times of need. Kripalu taught the mantra "Om Namoh Bhagavate Vasudevaya", which essentially means "thy will be done", beautiful to surrender to when under duress. Or the 23rd Psalm, The Lord is my Shepherd.."
Ultimately it is the breath that can set you free, and moving our bodies. This is why yoga is so beautiful for us. I think the more we practice, the easier it is to remember, feel and experience. The basic tenet for releasing stress is that we cannot control what happens to us, but we can learn to control our response to what happens, beginning with your breath. Kabir says: 'Student, tell me, what is God? He is the breath inside the breath'."*

-Kendall Sheldon, Yoga Instructor

"I put on some good music and do my yoga asana practice!"

-Dave Harrigan, Yoga Instructor

"When the world around me becomes chaotic, I find it more important than ever to connect to my own inner peace and stillness on a regular basis. Knowing that I can tap into this resource at any time is a great comfort and keeps me grounded in what is really important."

-Erin Sharaf, PA-C, MBSR Instructor

"A meditative walk in nature interspersed with prayers and affirmations always helps me find peace. Yoga postures and breathwork also transform any unsettling energies I experience."

-Heidi Gabrilowitz, IET Master Instructor

"My yoga practice is the antidote to the anxiety I feel during times of uncertainty, creating the best conditions possible to soothe, rather than irritate, the nerves. Whether on or off the mat, I can use the breath to pause, feel, and tune in, enabling the sharp edges to soften. Doing is the state of moving toward something. . . in contrast, feeling is the state of being in the moment. Peace comes from being completely present and feeling what is going on in the now."

-Joy Bennett, LifeForce Yoga Practitioner and Yoga Instructor