

## Yoga after the loss of a loved one

The Practice of Yoga bestows upon the practitioner: A firm body, steady mind, and a compassionate spirit. Throughout the last 18 years of teaching and practicing Yoga I have enjoyed many of these benefits and more...

Strength, Endurance, Flexibility, Posture, Energy, Health, Concentration, Confidence, Peace, Harmony, Emotional stability and also Emotional release.

Over the past year with the loss of my very dear baby sister Jenny, I have been suffering as we all do when someone close to us passes. Many days and nights have been filled with tears and sadness. Questions of How and Why are left unanswered. I can honestly say that I know what it feels like to have my heart broken; there are no other words to describe that feeling. My family and friends offer much love to which I' am truly blessed to have. Knowing that the feelings within me are mine, and as individuals we need to treat each situation personally and in our own way. My time on my Yoga mat has become very dear to me, It is the time to focus on my breath, while moving into many different postures I can feel that breath flowing through my body, quieting my mind, and allowing my heart to rest. Yet another benefit yoga gives to its practitioner. I would like to take you with me on a way I have found that has helped ease the pain and sorrow I was feeling.

Lets begin with a comfortable seat on the floor or on a chair-Hands in prayer position (anjali mudra) - take 3 deep breaths focusing on the fullness of each breath - then lets feel the connection between our hands as they press lightly and mindfully together - give yourself an intention for your practice or offer your practice as a prayer to a loved one - let your thoughts be with that offering for a minute – when your ready to move on, bring your hands to your heart center and allow that offering to fill you deep inside – We can use our minds picture of a happier moment shared with our loved one, something so precious that we will always hold with in our memories. Know that no matter the situation that has taken your loved one, they are always going to be holding you in this love filled place. Now picture them being happy, healthy and vibrant – notice how that makes you feel to see your loved one so happy, glowing with such peace. – Now show your loved one how much you love them by sharing in their peace – let your own body well up with feelings of peace – now know this for certain, when we are within our minds nothing can be taken from us – this is when I feel my loved one closest to my heart, breathing with me, and practicing in spirit right by my side.

I would like to offer a heartfelt Thank You to all of the wonderful Yogi's that come to our studio and share your energy with us.

Many blessings to you all.