

LIVE YOUR YOGA

Mind | Body | Spirit

Yoga Vocabulary

Tapas - Self-discipline, commitment, internal fire
As a tool of transformation, tapas should be approached with a positive, grateful mind, not an attitude of self-denial or punishment. Georg Feuerstein said, "Genuine tapas makes us shine like the sun. Then we can be a source of warmth and strength for others." May we all explore the concept of tapas this year as we continue to grow together. Namaste'.



New Year, New You!

UGH! Not that again, right? You're not alone if you have given up on New Year's resolutions. Many people don't even bother with them anymore. And of the ones who do, statistics show that the majority of them have abandoned them by January 15th. With that in mind, I won't encourage you to make a resolution. I won't encourage you to stop doing anything. But what I am going to do is encourage you to GROW this year. Robin Sharma said, "*Don't live the same year 75 times and call it a life.*" How many times have you lived the same year with very little variation? Isn't it time to grow? We are never truly happy unless we are moving forward. Abraham Maslow said, "*You will either step forward into growth, or you will step backward into safety.*" It is my sincere desire that we all step forward this year.

Mind

How will you grow your mind this year? Last year, 27% of Americans didn't read a single book. Maybe you are not in that percentage - great! However, did what you read cause you to grow? To look at the world in a different way? To become better? If not, I would encourage you to find some new reading material and start growing your mind today.

Body

When was the last time you changed your workout routine? I encourage you to do something different, shock your body, take a new class. Not only will this improve your physical health, it will also improve your mind.

Spirit

Last, but certainly not least, how is the state of your spiritual health? I don't necessarily mean church or religion. I mean how connected are you to a cause greater than yourself? What are you doing on a regular basis that takes your mind off you and puts it on others? I encourage you to make at least one such connection this year.

Join my mailing list by contacting lori@loriclarkfitness.com

