

# LIVE YOUR YOGA

Mind | Body | Spirit

*“The education of a man is never completed until he dies.”*

*Robert E. Lee*

*“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.”*

**Henry Ford**

*“Education is the movement from darkness to light.”*

*Allan Bloom*



It's back to school time! Let the learning **continue**. You don't have to be formally enrolled in classes to be learning. In fact, the best learning is self-directed learning because that type of learning is usually motivated by your passions and interests, so you are more likely to dig deeper and also to remember what you learn because you find value in it. If it's been awhile since you've picked up a book for the sole purpose of improving yourself, let me encourage you this month to rededicate yourself to learning and personal growth. Get excited about learning again! Choose a topic, any topic, and begin to immerse yourself in learning.

*“There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning.”* **Jiddu Krishnamurti**

## Yoga Vocabulary

**Svadyaya** - Self study, the act of noticing what's happening in your body and mind as you practice. As you refine your ability to monitor your body/mind on the mat, you will find it extending to your everyday life in terms of realizing when certain foods don't agree with you or certain people or situations cause tensions in different areas of your body. As you notice these things, you can better care for yourself as you make needed changes revealed to you through your practice of svadyaya.

### August Mantras

**Mind** - I am.....

**Body** - I am.....

**Spirit** - I am.....

I want YOU to finish each of these sentences. YOU get to choose what you become by virtue of the thoughts you think. Your thoughts up to this point have created the you that you are today. How would YOU change it?

Think it, speak it, live it, BECOME it!

## Mind

I encourage you to expand your mind this month by turning off the television, logging off Facebook, and picking up a book. What knowledge could you acquire that would enhance your career? Read a book by someone who is where you would like to be, or who knows how to do well something that interests you. Those who learn more earn more, and there's nothing like adding more value to what you give people by increasing your base of knowledge.

*"Man is what he reads."* **Joseph Brodsky**

Read more to be more!

## Body

Create new connections between your body and mind this month by trying a new class or setting a fitness goal. The body has an amazing capacity to learn new things and create muscle memory. How about learning to dance, or ski, cook a healthy meal, or head back to the skating rink for the first time in 20 + years? Are you continuing to challenge your body, or are you stuck in a routine? Don't just get older, get better! Give your body something new to learn, and watch it shine!

**Ludwig Wittgenstein** said, *"The human body is the best picture of the human soul."*

What is your body revealing to the world about your soul?

## Spirit

We all need to be taking time every day to renew our spirits. The best time to do this is in the wee hours of the morning. There is something powerful and special about the early morning hours. I encourage you to take some time this month and learn to meditate or cultivate a habit of early morning prayer. If you want to learn more about yourself, where you're going, and how to get there, doesn't it make sense to connect with your source of power every day to make sure you're on track?

*"There's no substitute for the practice of meditation."* Wayne Dyer

You and I have unlimited potential. We tap into that potential through learning and growing. EVERY. SINGLE. DAY. Please

share with me what books you are reading in order to grow, what things you are doing to improve your body, and what inspiration you have received by communing with your divine Creator. Let's teach and inspire one another and move forward together. Namaste'.

