

Yoga Moxie

Facing Difficulty with Spirit and Courage

Hi,

For many, the last few months have been a time of fear and adversity. Some of you have lost loved ones, whether due to the virus or not. You may be afraid that you will lose someone dear. Or yourself! You may have missed births, weddings, and family fun. We have all had our lives changed significantly, suddenly. Job loss, isolation, uncertain futures...how do we face this? Are we powerless? Will we drown ourselves in sadness?

We know that sadness, sorrow, and loss are part of life. But remember that you have a choice in how you *respond* to suffering. Desmond Tutu says that sadness often leads to empathy and makes us recognize our need for one another. It “knit[s] us closer together.” Self-distancing can actually help us broaden our perspectives and keep the big picture in mind. Be grateful that we have it better than so many. We’ve already seen amazing things come out of this pandemic. On a large cooperate level, and on an individual level, people have stepped to the plate and acted with creativity, compassion, and generosity.

You’ve heard me talk in yoga class about the Niyama Tapas, which means Self Discipline. It requires “lighting a fire in the belly”, “warring up”, exerting a burning effort to achieve a goal. It’s about doing what you can do, and doing it fully. But it’s also about patience and perseverance, which isn’t easy, especially with all the nervous energy going on.

As we strengthen our bodies in yoga (poses like abdominal & core work, the Warrior poses, and upper body strengtheners come to mind), we also strengthen our ability to respond to life’s challenges with vitriol and resolve, with courage and spirit, with a “we can do this” attitude. Right now, that means responding with inner strength, responsibility and creativity.

Fear only makes things worse. Mere hope is not enough. We need to continue to be vigilant and mindful to reverse the pandemic curve. Sometimes “warring up” means restraint, like not exceeding your edge in a yoga pose. It means bringing yourself back into balance. Muster up some moxie to gracefully accept your own sacrifices, inconveniences and lack of freedom. Find courage now to face and weather the unknown. Don’t let this take you down. Stay connected and be confident that this will pass. We are Yoga Strong!

“To be hopeful in bad times is not... foolishly romantic. It is based on that fact that human history is a history... of compassion, sacrifice, courage, kindness. What we choose to emphasize [from]... history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember [when]... people behaved magnificently, this gives us the energy to act, ... and the possibility of sending this spinning top of a world in a different direction. ...To live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory.”

-Howard Zinn

Be strong and carry on,
Lynne -

Improving health and well-being through thoughtful movement.

Poses that Build Inner Strength

Abdominal Work



angled tuck

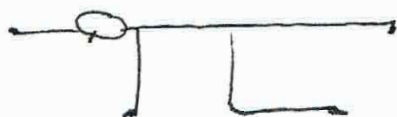


active lying twist

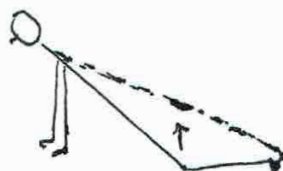


half boat pose

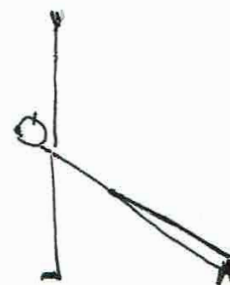
Plank Variations



cross-lateral lift
(opposite arm/leg)

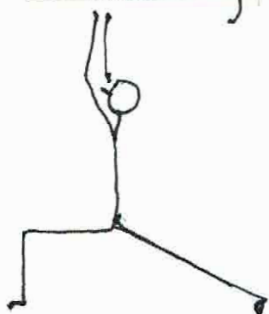


1/2 plank → plank

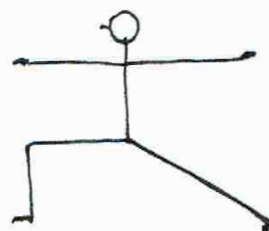


side plank

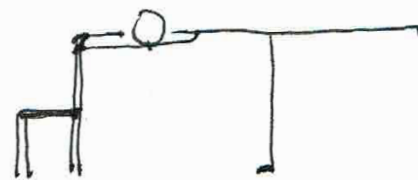
Standing Warrior Poses



warrior 1



warrior 2



supported warrior 3