



Don't just do something, stand there!

It is important during our practice to pause – to connect. We know Yoga to be the integration of mind and body. But first, we must disconnect with much of the outside world. In our practice, we utilize asana (postures), meditation, and breath work to let go of the external. Eric Schiffmann describes this process as “moving into stillness”.

We live in a time when there is so much coming at us, our senses can overload with bombardment from television, radio, computers, Internet (or Internets ;-) Blackberrys, newspaper, magazines, advertisements...it's never ending! We remind ourselves; all that's absolutely necessary to sustain us during our practice is breath. The better we're connected to breath, the better our Yoga; moving pose to pose, breath by breath - as if assembling a string of pearls.

It's in this place of stillness where we;

- ~ Connect with our intention for the highest good.
- ~ Connect with the present – for it's all we truly have.
- ~ Connect with our hopes, dreams, and aspirations.
- ~ Connect with our better judgment.

Gandhi taught that when one is connected to Spirit and others are also connected, we are At One. Consider the possibility, that this is the important relationship in our Life.