



'Tis the Season

As the holiday season is here, you may want to consider incorporating some basic principles of yoga into your traditions to have a blissful holiday season and happy New Year!

Take a deep breath: When the holiday madness has your stress level rising and heart beat racing, slow down and take some deep breaths in through your nose and out through your mouth. Just a few of these cleansing breaths can bring your heart rate down and remind you to relax and enjoy what the holiday season is really all about.

Quiet your mind: Take a few moments each day to sit in a quiet place and just breathe. Before you start, write down your 'to do' list so that you do not have to worry about forgetting something. When you sit quietly, listen to your breath, close your eyes gently, relax the muscles in your face and give your mind a rest.

Eat consciously: Paying attention to what you eat over the holiday season allows you to enjoy the wonderful food that abounds while saving your digestive system and staving off the extra pounds. Stay away from the processed foods and fillers (rolls, crackers, etc.), and enjoy small portions of the homemade meals that make the holidays such a treat. If you want to indulge in desserts, try sampling small pieces of your favorite desserts to avoid overdoing it. Many leftover cookies and other desserts can also be frozen to enjoy a little treat all year round.

Stay balanced: To the extent you can, try to keep up with your daily routine, including taking time for yourself and keeping up with your workouts. Balancing work, family, time for yourself and the holiday happenings can be daunting, but writing down a realistic schedule and staying physically active can help. The added stress of gaining weight and feeling guilty about not working out over the holidays is not worth it! If you are headed out of town, try out a new gym or studio as a guest – who knows, you may actually enjoy it!

Open your heart: The holidays are a wonderful time to open your heart and share your generosity with those who are less fortunate. Consider volunteering some time; donating some money, food or gifts; or participating in one or more of the wonderful charitable events that happen in our community. Make it an event for the entire family or group of friends and enjoy your time together as you share your holiday spirit with your community. You can even make a pact with your family or friends to make this your gift to one another; it will go much farther than that token sweater you picked up on the run.

Give back: When you look for gifts, consider shopping at local small businesses as a way to give back to the local community. You can find really wonderful and unique gifts that will be just perfect for that special someone. Map out some of the local, small businesses and take a day to get your shopping done.

And last, but not least, practice peace on earth! Happy and Peaceful Holidays to you!