

Yoga X 30

Written by Gayle Nobel

Monday, 30 April 2012 20:33 - Last Updated Tuesday, 01 May 2012 03:55

Blog-a-thon Day 30 (Yipee!)

30 Yoga classes (practices) in 30 days. At the beginning of April, I took on this challenge.

Here's what I learned:

~I can do it.

~Anything is possible if I set my mind to it. Well, maybe not anything, but things which are within my control.

~I find the idea of a 30 day challenge exciting and motivating. What a great way to create a new habit (it only takes 21 days for that).

~What happens in yoga class doesn't have to stay in yoga class.

~Yoga makes me feel really good. Practicing every day made me feel really really good. My mood was elevated for the entire month. Feelings of well being were amplified. The nourishing, delicious yoga juice permeated my entire day every day.

~I enjoyed the discipline and commitment of 30 classes in 30 days. This meant I had to double up a couple of days because my schedule forced me to miss a class.

~Doubling up meant getting creative. Step out of the box of classes I usually take. Yoga Nidra. Yogic sleep. Not sleep, but a different level of consciousness aka relaxation heaven. Nothing like the feeling afterwards of floating out of the yoga studio in a zen bubble.

~It is possible to practice at home even with Kyle.

~Couldn't get to class a few of the days. This forced me to practice at home. Not just a couple of stretches on the floor but a real yoga practice. I discovered Yogadownload.com and that I COULD go hide in the bedroom for 20 minutes and squeeze in some yoga. Not the same feeling as going to class but a definite shift took place afterwards.

~My muscle bound husband likes yoga too! The last week, I had two home practices that I invited Neil to join me in. He said he would like to do it again.

~Last night, Kyle sat in the room and watched us, singing along to the music and probably wondering what we were doing. Didn't get the same relaxation effect with Kyle's loud singing, but I fulfilled my yoga commitment. I still felt a tiny shift upon completion.

~The camaraderie in the yoga studio (Yoga Pura) was fun too. Quite a few people took on the challenge. We were in it together, often reminding each other what day number we were on. Yes we can!☺

~It was also fun to try a class at a different studio. Change is good.

~At the beginning of the month, my friend who was going through breast cancer treatment, came to class with me. I thought it would be wonderful for her healing process. Today (day 30) she came again and thanked me for introducing her to yoga. She shared what a difference it has already made in her life and she has even gone on her own a few times.

~I enjoy the challenge and discipline of seeing if I can decide to take something on, walk the walk, and get to the finish line. The blog-a-thon has been the same. It is rewarding to see that I can make time to follow through given all my Kyle responsibilities and the general distractions of life. Both endeavors have helped me expand myself.

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~I love yoga. I truly do. The lessons learned in class are the lessons I need to love and live well with autism. I can't imagine life without it.

I hope you have enjoyed the blog-a-thon. It has been so rewarding to hear from many of you telling me how my posts have been inspiring and made a difference for you. Thank you for taking the time to connect with me.

Though I may not be writing everyday, I hope to post more often. Same with my yoga practice.

Stay in touch. And if you have the inclination to try yoga, it will change your life.... one pose at a time. At the very least, make time to Breathe.



Here's me in yoga today. Just kidding!

But isn't she beautiful?