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## Life Lessons in Yoga

I used to be a trained dancer. My only real orientation to physical exercise was through this medium. In dance class - everything was a competition - you were constantly copying the movements of the choreographer, competing to get the fullest extension in the class, to have the longest lines, to be the most graceful - the strongest.

I would push myself - regardless of how it felt - in order to keep up with the level of the class. It didn't matter how I felt - it was about me torquing myself to meet the standards of others at the expense of injury to my body.

Early in my spiritual journey, I had a similar experience. While learning a certain discipline, I pushed myself to live up to my teacher's standards - never checking in with me - in order to be a good student. I spent many years neglecting my intuitive wisdom.

The other day in yoga class the teacher said, "**Don't look at the other mats.**" It inspired a real revelation for me. I was forced to go within and go only as far as my body would allow. I realized this was the first time I wasn't pushing myself beyond what my body was okay with. My ego was no longer in charge and pushing me beyond my limits.

I began thinking about how I do this in life as well - I look to those surrounding me to set the standard of where I should be at age 33. Then I memorize the way it looks and push my body and soul to achieve it. I feel pressured to conform to the standards I see around me.

But the other day, when this yoga teacher said, "**Don't look at the other mats!**" I realized when I stop trying to keep up with everyone else, an intuitive wisdom inside of me knows exactly when I need to go and when I need to stop. It knows which direction is right for me.

When I can put down the competition game and the desire to conform to society's standards - at my own expense - I am happy and content with exactly where I am.

Your healing **Call To Action** is to notice in what ways you are looking at your neighbor's mat and abandoning YOUR intuitive wisdom? My unique combination of Acupuncture and Myofascial Release Therapy brings my clients into deeper alignment with who they really are. Make an appointment today and dig in to who you are at your core - bringing peace and joy into the branches of your life.