

Practice yoga for 30 days and see how powerful your practice can be!

Things to keep in mind when doing the challenge:

You are going to have good and bad days. You are challenging your body and mind on a completely new level. Enjoy the ups and downs and remember that your practice is about observation. The challenge is coming to your mat everyday to see how you feel on all levels, not just a physical one. See how much you observe and absorb.

Remember that it's not about doing postures, it is also about stilling your mind, finding your breath and becoming aware of your body. There may be days where all you have left is to lay there and breathe! So lie there and breathe. Asana is only one of yoga's eight limbs. Five of the eight limbs are about inward focus and meditation. Begin the search beyond asana.

It's normal to experience feelings of frustration. A 30-day challenge wouldn't be complete without a little clash and cohesion. Just observe. It may stay for several days, but this too shall pass. You could experience a wide range of emotions. Avoid holding it all in and talk to the teachers about where you are and how you're feeling. You are never putting us out. We're here to support you. If the desk is too busy to address things as you are leaving or arriving, leave a note or send an email and we will follow up with you about your needs and concerns.

Stay hydrated and eat well. You will be asking a lot of your body at this time, so keep it fuelled and listen to any subtleties it may be asking for. It may even be a good time to see a dietician, nutritionist, naturopath, or other holistic practitioner. Lots will be changing. Strive to keep your muscles relaxed. If you can afford it, get a massage once this month or even once a week!

Ask for what you need. Devoting time to yourself each day often includes an understanding from others you share your time with. To care for others, we learn to care for ourselves, by asking for what we need. So ask family and/or friends for their support during the 30-day challenge. Help them understand how this devotion to yourself will benefit you and your relationship with them.

Listen, listen, listen. You may feel tight or sore some days. Observe, don't push, and stay aware of any subtle sensations. It could be stiffness, but it could also be the beginning of a bigger opening or injury.

Keep a journal. It's great to look back at your progress. Some days you may write very little and other days you may have a lot to say. You can log how you feel, what your practice was like, how you are sleeping, what you ate. You can also track an injury or other changes that occur. It's about logging your personal observations.

Choose something you would like to focus on for the challenge. Breathing, building core strength, stilling the mind, being in the moment, finding something new in each practice. Focus on this every day and make it part of your subconscious.

The initial changes are the subtle ones, the deeper changes come later. Be sure to stay with your practice once you have completed the 30-day challenge. It's normal at the end to need 3 or 4 days off. But, strive to practice a minimum of 2 or 3 days a week to maintain the benefits of all your hard work.

TO ACCEPT AND ATTEMPT THE CHALLENGE MAKES YOU A WINNER ALREADY!

DRINK LOTS OF WATER, EAT WELL, LISTEN TO YOUR BODY, BREATHE AND MOST OF ALL...HAVE FUN!