



Flow With the Seasons and With Life

By Shelley Carpenter, PT, RYT, Reiki Master

Do you find that you feel anxious or unsettled with changes-such as weather changes, seasonal changes, life changes? Change is something we can't escape. However, we do not have to feel like victims when changes occur, but can learn to experience change with grace. It's one thing to tell ourselves that everything is fine, and it's another to feel that way, deep within our souls.

A regular yoga practice is extremely helpful in this process. In a yoga practice, we learn to fully experience our changing breath and body in each pose. We practice being mindful and present, moment by moment. Through development of a subtle, deep awareness during yoga practice, we are able to get into the state of "flow." This practice carries over into our daily lives, giving us the skills to actually experience life in real-time, appreciating what is already here. This leads to less grasping for external rewards, or feeling that we'll be happy only when we achieve a certain goal. We discover more inner joy and peace right where we are-whatever the circumstance. Ironically, when we are able to achieve peace and contentment with life as it is, we are better able to improve the circumstances in our lives. Our health, relationships, creativity, and well-being improve when we learn to live in this new way.

If this practice interests you, I welcome you to join our [group yoga class at Ommani](#) or schedule an individual therapeutic yoga session with me by calling 262.695.5311. Feel free to call me at 414.217.4185 with any specific questions.

Shelley Carpenter has been a Physical Therapist for 22 years and is also an experienced Registered Yoga Teacher and a Reiki Master/Teacher. In order to assist people with healing all aspects of their lives - mind, body and spirit - she offers group yoga classes as well as individual therapeutic yoga and Reiki sessions.