



Centering – A perfect time to check-in

I work in an “Oasis” of de-stress right? Well just like many of you, I sometimes rush to yoga from a hectic day. I really appreciate the process of coming to the mat, sitting comfortably and providing a separation from the rest of the day. Because we all have these experiences, as teachers, we lead you through centering to give everyone in class the opportunity to get into a yoga mindset, check in with our bodies and quiet our minds.

Through centering we guide you through a series of guidelines to slowly pull you into practice. We ask you to mindfully let go of muscular tension in the body and release the activities of your day so that you can be more present and focused. It also a great time to get in touch with your breathing, progressively slowing it down, which in turn calms the mind and body. It takes the whole notion of a yoga workout to something more meaningful. Ah!...you are here...let's begin the warm-up.