

Of Course You Have Time for Yoga

By Carolyn Reynolds

So you've heard about how good yoga is for your body, mind and spirit and you have every intention of 'doing yoga' as soon as you have the time. Well, of course you will and of course, you have the time. This is how it happens:

In the morning you open those beautiful eyes and your breath fills your lungs to their capacity with a big yawn. See, you've started your yoga practice already! It even has a Sanskrit name, sadhana. Sadhana is your spiritual practice and it can be as unique as you are. Wiggle to the center of your mattress space, stretch your arms above your head and make your right arm and left leg as long as they can be. Then switch to the left arm and right leg for another long cross-body stretch. Breathe in fully and bring up your knees and hug them into your chest, breathing out as you squeeze and breathe in as you push your knees away. Repeat this breath as many times as your body wants. Make big circles with your knees. You can even imagine you have a paintbrush held between your knees and paint a word on the ceiling that will be the intention for your day. Now grab a foot in each hand and pull your knees down into the mattress at your armpits. (If you do this every day you'll be able to cut your own toe nails when you get old!) Straighten your legs up to the sky while holding those feet.

Roll over. Come into table position with your knees under your hips and hands under your shoulders. Lift your tailbone and head while you drop your belly so you look like an old milk cow. (It's actually fun when no one is watching!) Now aim your nose for your hips while you lift your back into an arch so you look like a cat stretching. Breathe in when you are a cow and breathe out when you are a cat. Do as many as you like. Now look over your right shoulder and to your right foot, back to center and then to the other side as often as you like. Breathe in center and out to the side. Your spine is making a C and a mirror image C. It's time to twist the spine. Back to table. Lift your right arm and slide it under your body until you come down on your shoulder and cheek. Your butt is high in the sky. Now the other side. Nice stretch! Finish with a dog stretch. You are on your knees while you slide your hands ahead of you on the mattress until your chest rests down onto it. Hips stretch back and down. Now you know why your dog does that all the time. It feels soooo good. Now drop those tootsies on the floor and dance into the rest of your day. You found time for yoga! And this time, you will keep your resolution because it is so delicious.