



“Yoga *also* teaches us the immense power of our thoughts.”

The Magic of Yoga

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If you allow it to, yoga can truly transform your life.

There are the obvious physical benefits of practicing yoga – increased flexibility, strength and mobility. These can greatly impact how you look and feel, but the real magic of yoga happens on the inside.

It’s the changes that we cannot see that are the most transformative – the increased inner strength, resilience and determination. The ability to focus better, meet challenges with a steady and calm mind, and have greater mental clarity. These are some of the lessons that we learn on the yoga mat that start to follow us into our everyday lives.

Yoga teaches us how to decompress from our busy lives. We often don’t realise just how much stress has accumulated in our shoulders, in our hips, or anywhere else we hold onto tension. Yoga shows us where we tend to store tightness and then helps us soften and release it. As stress dissolves from our bodies, we can relax deeper and sleep better.

Yoga also teaches us the immense power of our thoughts. When confronted with a challenging pose or situation, we often automatically shut down and tell ourselves, we can’t do something. But yoga teaches us to catch those thoughts and to crush them. We learn to dive right in, even if something terrifies us – actually, especially if something terrifies us! We learn that’s it’s OK to fall and to fail, but to get back up and try again.

Through a regular and committed practice, you start to realise your immense and unlimited potential. You start to realise that the only thing holding you back is you and your limited beliefs about yourself.

These are just a few of the incredible benefits of yoga, which can truly transform the way you see yourself and the world. But just how does this happen?

The answer is astoundingly simple ... the way in, is through the breath.

In yoga you become acutely aware of the breath. By linking each movement to the breath, the practice becomes a sort of moving meditation. As we turn our attention inwards, the breath becomes an anchor throughout the practice. It brings us into the present moment – and helps us get out of our minds and into our bodies. We start to feel more and think less.

In this state, you allow things to surface that you may normally suppress. You start to observe the thoughts that arise; both the ones that serve you and the ones that don’t. You start to realise how quick you might be to judge yourself (and others). You start to understand the limits that you place on yourself – and how quick you might be to tell yourself that can or can’t do something. You also start to notice the way you approach things that feel easy, and how the way you might move away from things that feel more challenging. Yoga holds up a mirror for you, revealing things about yourself that you might not otherwise know.

In essence, through the practice of yoga, you start to evolve, to grow and to become the best version of yourself. If you allow it to, yoga can help you become more than you ever thought possible.

Rosalie is the Mind Body Expert at Healthhaus at Home. She leads group and private sessions in Vinyasa Flow, Yoga Nidra and Strala Yoga.



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