NEW YEAR’S RESOLUTIONS AND CHANGE

This time of year, there is an immense focus on change. This begs the question: what first exists that must be changed? In order for a meaningful, effective, and sustainable change to take place, we must initially take an authentic look at what that change is. This journey requires honesty, vulnerability, impartiality, and most importantly, stillness… something so rarely found in today’s society but so often found in your practice and on your mat.

Yoga, and the **mindfulness** it cultivates, are integral to self-awareness and radical self-acceptance. It is important to approach these moments of stillness, openness, and authentic exploration with the same kindness and acceptance you give to others.

Through this process, you might find that you don’t need to change inasmuch as you simply need to appreciate what’s already there…how strong you are, how resilient you’ve been, how far you’ve already come, how talented and uniquely beautiful you are, how deserving you are. So, maybe your New Year’s resolution this year should focus less on the person you want to be and more on appreciating the person you already are. Because if you can’t accept you who are now, you’ll never accept who you could become.

While we are here to help guide you through the New Year and your resolutions, we are also here to provide a yoga practice that ensures long term mental and physical wellness. By listening to your body and steadying your mind, you can not only set realistic goals for yourself, but also rediscover yourself through personal balance and mindfulness.

We have **yoga for beginners, bikram yoga, restorative yoga, prenatal, student and power yoga classes** available at various times everyday. No matter your skill level or schedule, we are sure to have the perfect class for you. Join us on our journey of self-appreciation and mindfulness this year!