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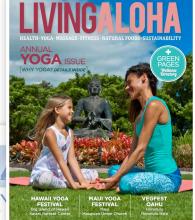
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cadenciaphotography.com 808.633.6968 | cadenciaphotography@gmail.com





yoga is for EVER

The word yoga is most commonly translated into English as union or connection yet it comes from the Sanskrit word meaning listen.

Think of it as listening within to the body. Whether this listening is guided by a live instructor, done alone, or done in front of a computer screen, a yoga practice is a great way to realign yourself throughout a hec

These days most of us spend too much time sitting in front of a screen and/or sitting in a car and we aren't getting the exercise and movement our boolden need for healthy balance. Sitting constricts the flow of energy in the hips shoulders, check and body, overall, Ayoga practice brings your breath and awareness, out of your head and back into your body—especially to the parts that need it the most as you listen to their calls of stiffness or pain.

If you don't know much about yoga already, think of it as a huge, old tree with many branches. You don't need to know the minutiae of all the branches or all the fancy terms. The trick is to find a branch that fits your needs and reap the benefits of a rebalancing practice.

The list of yoga styles is endiess; some emphasize the form of the pose (asana) or the flow of breath and energy through movement. There's hot yoga; partnered, acrobatic yoga; strength-building yoga, restorative yoga, chanting yoga. ... even on-line classes you can follow at your convenience. All involve awareness of the breath through the body, and at least a little movement and stretching.

the body, and at least a little movement and stretching. Inecommend starting with a live teacher, either privately, or in a class. You need live fleetback and correction to form good foundational habits. Once you have a good foundation of principles such as basic positions, how it feels to esse into a pose, and basic breath practices, you can do a routine anytime, any place that suits you. For me, doing some yogic stretching in a quiet corner of an airport between flights or even on the plane makes traveling easier on my body.

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Even if all I do is the same routine every Monday in yoga class, it brings me back to a base point and to what is going on with my body, now. One week III be mounded flexible, the next week, more emotional—but I wouldn't have that awareness without my routine yoga practice. I go to class for support in paying attention to my body and its needs in that moment. Also, because I hold healing space for others in my work, it's a lovely relief to have someone hold space for my rebalancing.

A yaga practice will contribute to your life, no matter how stiff, flesbile, old, young, out-of-shape, or fit your body is is. Extreme athletes need a meditative/breath practice to balance the ways they push their bodies hard. Couch potatoes need stretching and movement. No matter what you do for don't do! with your body, yogo can bring you more balance, releasation, and ease. The trick is finding a practice that feels good and that you'll continue doing.

practice that feels good and that you'll continue doing.

OLDER OR INJURED? Look for classes where the instructor gives options to back off or intensify a pose. Every body has areas that are relatively more and less tight, and ways their bodies simply won't stretch. I'm a mesomorph, with short limbs and thick muscles and my body has never been able to do a proper coagle pore, let alone as I get older. I have learned to let the youngful certomorph stress into prezels alrapse without envy and focus on what my body is asking of me in the moment. My body is always grateful for the practice and doesn't get injured if I listen to how far it can go that day. The more Learn't do a pose easily, the more know I need my yoga practice to maintain function and flexibility.

Injury certainly happens in Yoga but can be minimized by going slowly and listening to your body rather than you mind, which often urges you to compete or "get it right."

If you take as your priority listening to your body without

**EMOTIONAL OPENING** – Camel pose and other poses that stretch

poses that stretch open the heart and belly—those areas protected and constricted by all that sitting and hunching—often catalyze tears and other emotional release. If you find yourself getting emotional as you hold a pose or stretch further, welcome it as a bonus of the practice.



SOCIAL ASPECTS Goling to a class can be a great way to meet new people. There are classes for piegnant mothers, classes for older and/ or injured bodies, classes for elle athlictes... Taking a yoga class is a

great way to connect with others in your physical niche or a new social one. If you feel intimidated by the young and fit who look great in stretchy tights, remember that the practice is about listering within. To the extent that anyone focuses on what others are wearing, or how far someone else can bend, they're missing the point of the practice. From my perspective, the more yoga intimidates you physically, the more you probably need it.

improve your health and enjoyment of life. **Do your body a favor and** give it some union and connection this week. Living Aloha Magazine's Green Pages are full of yoga resources on each island to get you started.

NAMASTE!



BODY TYPES - Most of us have a

body, with lean muscle and minimal fat -prefers thinking and pondering

MESOMORPH – apple-shaped body with short bones and dense, thick muscles - prefers doing and physical action

blend of type characteristics but tend more toward one of the three poles: ECTOMORPH -long, bean-shaped

ling Catalyst Denise LaBarre offers private healing sessions and workshops on Maui. Call 808-575-2244 for more info. Enjoy body-emotional wisdom in her book *issues in Your Tissues: Heal Body and Emotion from the Inside Out* or go to her website:



