

Everything you do in a yoga class is essentially about developing an awareness of your body, your breath, your mind and ultimately your place in the universe. Without this awareness, you are not practicing yoga and you are not fully human.

Awareness begins before you even walk into the classroom or your yoga space. How you choose to dress for a class, how you enter the room, how you place your mat on the floor, and how you place yourself before you begin – all reflect the level of awareness you bring to the Self and to the practice.

From this heightened awareness, all areas of our lives change. We become more aware of how our choices affect us, how the foods we eat help or hinder us, how the way we spend our time elevates or negates us, and how what we say takes us closer or farther from whom we truly are.

With this cultivation of awareness, we are able to direct our consciousness. Our mind serves us, our thoughts no longer enslave us, and we consciously choose to become what we have come here to be. We become god-like, we create our situations rather than being a victim of them, and we understand the reality that underlies all of our actions and thoughts from one of my teachers, Mehtab.