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Connected

We hear in yoga class “Connect your bottom ribs to the top of your pelvis.”, “Connect the base of your big toe and outer heel to the floor/earth”, “Connect to your breath”, “Connect...” but what are we really trying to do? Many of us understand that by connecting to our body we start to feel, hear, observe the messages our body is trying to tell us before it has to start yelling. We learn to respond to those messages and live our lives with much more ease. We become grounded, present and really experience our lives vs. moving through it disconnected or turned off. We GET this and we return to yoga because of this.

But we have an opportunity to even go deeper. By connecting with our breath, we discover how opening up the body, opens up the energy flow and we get a spontaneous inhale as your body floods energy and breath into the new area. Or how when you let go in your body, your exhale smooths and lengthens like a natural sigh...

By connecting to our thoughts, emotions, beliefs and feelings we learn how they manifest themselves as physical sensations in the body and learn how to let them unfold and then dissolve naturally. We learn how to stay balanced and grounded in moments of chaos and respond with ease and calm.

By connecting with your inner wisdom, your place of knowing, you connect with who you are beyond your name and body and discover what feeds you, what is your hearts desire, who you are. You connect with that place that tells you exactly what to do during a difficult decision, when life seems to unfold in front of you exactly as you asked, when you think of someone and they call. These connections are cool. They make life intriguing, they open the possibilities, they inspire and make us smile.

Stay connected.

Namaste,

Suzette O'Byrne

Flow Training & Yoga

Heavens Elevated Fitness - Offsite Program Director - The Glencoe Club

Yoga Alliance Experienced Registered Yoga Teacher