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Getting Grounded

Have you ever been to a yoga class and the instructor asks you to “ground your feet or connect with the earth?”. Yoga teachers have a secret language that makes sense in their worlds but sometimes not in the rest of the world (or so my husband says).

Getting grounded can be a complicated and multi-meaning cue but it is an important one in our crazy busy world and constantly changing weather and times. We spend so much time in our heads thinking, planning, deciding and judging that we become very disconnected to our bodies and our inner wisdom. With changes in seasons, weather, travel and changes in our lives, we can also become ungrounded. We feel disorientated, a little lost, have headaches or dizziness, feel stressed and forgetful.

“Grounding” brings us back into the present, allows us to feel the sensations in our body that are currently arising and/or dissolving and gets us connected to what is real right now. We learn how to make decisions based on the present situation and connected to our inner wisdom that “knows” the answer versus “thinks” the answer. We feel ready, balanced, and clear.

Next time a chinook wind roars through Calgary or you feel a headache coming on - get grounded. Feel your feet, wiggle your toes, activate your inner core, take a foam roller to your hips, press your feet into the ground, balance on one foot and/or focus all your attention into your connection with the places in your body that are in contact with the floor or chair. Notice how you feel, breathe and “how grounded you feel”.

Namaste,

Suzette O'Byrne

Flow Training & Yoga

Heavens Elevated Fitness - Offsite Program Director - The Glencoe Club

Yoga Alliance Experienced Registered Yoga Teacher