
CYNTHIA COOPER YOGA

"If you can breathe, you can do yoga."

Quote of the month

"Inhale starlight." – Sarah Powers

New Yin class

I'm delighted to announce that, beginning April 7th, I'll be teaching a Yin yoga class on Sundays at 5 PM. It will be held at the Corazon Latino Dance Studio, located at 500 W. William Cannon. The cost is \$15. It's a marvelous space—hope to see you there!

What I'm reading

Tibetan Yoga of Movement: the Art and Practice of Yantra Yoga by Chogyal Namkhai Norbu. Yantra yoga is an ancient but little-known form of practice that intricately connects movement with breath. Complex and fascinating.

Private sessions

One-on-one practices are beneficial because they allow us to focus on your unique needs and goals. We use a range of yogic tools to design a practice that will make you feel amazing. Private group sessions for children and adults are available, too. To book a session, call or text me at 512-632-2383, or email me at cynthiacooperyoga@gmail.com.

Discipline vs. Dedication

I recently attended a workshop taught by Sarah Powers, whose book *Insight Yoga* has been a huge influence on my teaching. The focus of the workshop was on creating a vibrant personal practice by incorporating yoga, pranayama, and meditation.

One student said that she didn't think she was disciplined enough to do a daily practice. In response, Sarah explained that there is a difference between discipline and dedication. With *discipline* comes a sense of shame—we're not practicing often enough or hard enough, we're not doing it correctly, we're not seeing results quickly enough. But with *dedication*, there is no shame or fear; we're present and practicing, and that in itself is enough.

If we extend this realization to our whole lives, we realize that just by existing, we are unique, and beautiful, and...enough. As long as we are dedicated, we don't need discipline.

Tips for Creating Your Home Yoga Practice

- Create a welcoming location for your practice. If you enjoy being there, you'll practice more often.
- It's better to do short, frequent practices than long, infrequent ones. Try to practice every day, even if it's for only 10 or 15 minutes.
- Engage the senses with music, fresh flowers, incense—anything that helps you feel relaxed and happy.
- *Insight Timer* is a wonderful app to bolster your meditation and pranayama practices. It has all kinds of guided meditations as well as a customizable timer. I can't recommend it highly enough!
- Make your practice your own. If it is genuine, it is enough.