

CYNTHIA COOPER YOGA

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

About CCY

So much of yoga is yang-centric: hot yoga, power yoga, hot power yoga. Yang yoga is important and beneficial, of course, but the yin side deserves attention, too. Cynthia Cooper Yoga focuses on quiet yin-style yoga practices such as Restorative Yoga, Yoga Nidra, gentle Vinyasa flows, Yin Yoga, and meditation. These practices empower you to learn more about yourself, and to find peace and happiness within.

2018 workshops

Look for a diverse selection of workshops focused on helping you discover your best self. Topics will include: Body-positive Yoga, Yogic self-care, & Yoga for anxiety. We'll also explore the use of yoga with the chakra system, the Enneagram, and Western astrology. Stay tuned for details!

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. To book a session, call or text me at 512-632-2383, or email me at cynthiacooperyoga@gmail.com.



Loving Yourself

"You yourself, as much as anybody in the entire universe, deserve your love and affection."—Gautama Buddha

How many times have you struggled to reach an unrealistic goal, then beaten yourself up for not reaching it? Focused on your flaws and weaknesses rather than celebrating your strengths? It's easy to fall into the trap of perfectionism without realizing it. One of the five *yamas* of yoga is *ahimsa*, or non-violence, and it applies to how we treat ourselves as well as how we treat others. Practicing *ahimsa* involves being kind, compassionate, and understanding with yourself. After all, if we can't love ourselves, how can we love others?

Easy ways to begin loving yourself

- Begin each day with the mantra, "I am enough."
- Shoulders back, head up, chest open. Give yourself a hug.
- Take a selfie just as you are. Find 3 things you like about how you look.
- Look at yourself in the mirror and say "I love you."