



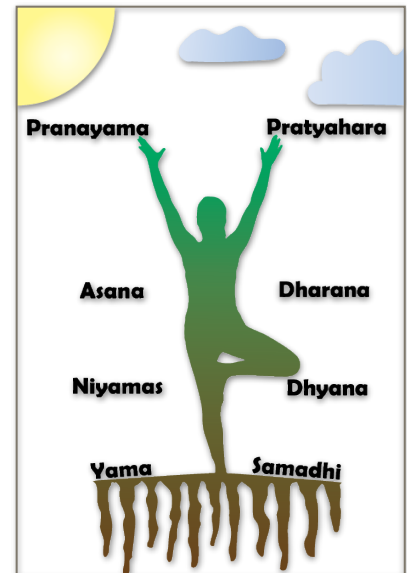
Movement and Breath

How are you today? How are you feeling? We hope you had a nice and relaxing weekend, wherever you are in the world. Also, to all the female-identifying humans out there, Happy Women's Day! 🌸 We appreciate you and we love you! In other news, did you have a chance to think about the Yamas and Niyamas and observe how they play out in your daily life? They're interesting concepts and ways to find more fulfillment in life, but at the same time they can mean so many different things to each of us. One might see non-stealing (asetya) as abstaining from the physical act of stealing another person's belongings, whereas another person might think of non-stealing as not wasting another person's time. Both are valid, and all the different Yamas and Niyamas have a multitude of interpretations. As we continue diving into the eight limbs of yoga for the next few weeks, we'll talk about these differences. With that said, this week we'll look at the next two limbs, namely Asana and Pranayama.

Asana

Perhaps you've heard this word thrown around in yoga classes, as most yoga poses have this ending fixed onto the word, ie. Tadasana (mountain pose) or Utkatasana (chair pose). This is what most of the modern world has come to believe yoga is- asanas. Asana is the third of the 8 limbs of yoga, and these days it is translated as posture or pose. Traditionally, the word 'asana' in Sanskrit was translated as 'seat', however it doesn't necessarily only mean a literal seat. Practicing this third limb means using the physical body as a tool for self-discipline to find an inner sense of calm and peace. So although way back in the early days of yoga, the initial yoga postures were all mostly seated postures, the idea has remained the same.

No matter the pose you are in, the key is to hold it in a way that is both 'steady and comfortable'. "Sthiram sukham asanam", which in English is translated as: the pose should be steady and comfortable, where we can hold it for a period of time in a motionless state. So often we find ourselves pushing too hard, doing too much, going to the extreme. Whether it's in our physical yoga practice or just in daily life. The idea here is to find the steadiness in the in-between. It's not about breaking your back trying to get into a more advanced pose, or exhausting yourself from overworking. It's about finding the middle ground. When we force or push too much, our mind gets attached to those feelings of discomfort and has a difficult time focusing on the thing we're actually doing. But when we find that middle ground, where there is both strength and easy, steadiness and comfort, we can allow our monkey minds to quiet down and actually be in the present moment. We invite you, the next time you find yourself in any posture, whether it's at the gym or in a yoga class, or just standing in line, to notice how your body feels in the moment of pause. Hold the pose for a short period of time, steady and motionless, and see what happens to the mind. Because it's through the physical body that the mind can start to become still.



Pranayama

After physical postures comes breath work, or breathing practices. The word Prana is translated as energy, or life force. When we think about pranayama, we can think of it as both a form of controlling or directing the breath, but also as a way for us to free ourselves from the habituated patterns of not breathing fully and



completely. It's said that we use very little of our lung capacity to breath, between 20-40%, which can in turn cause a myriad different issues in our bodies and minds. Increasing breathing capacity improves oxygen intake, which in turn improves blood circulation, digestive processes, brain health, and so much more. Our breath is the physical reason we are here. By practicing different forms of pranayama, or breath work, we can begin to improve not only our physical health with such things as mentioned above, but also our mental and emotional health. Breathwork requires a sense of concentration and focus. Whether it's focusing on the sound of the breath, counting the breath, or

feeling the physical rise and fall of the belly with each inhale and exhale, we can cultivate a more meditative state. Breath is everything, it's an essential part of life, but also of our yoga practice, whatever that looks like for you. It allows us to not only get back in touch with our bodies, but also calms the mind and spirit on a deeper level.

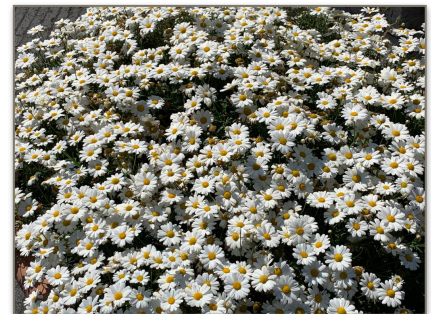
EndorphinGirl® News

Big news!! EndorphinGirl® Barbara's essential oils excitement has just multiplied! She has been selected out of hundreds of candidates to participate in an 8-week coaching program led by Young Living's Diamond Level leaders. Over the next 8 weeks, she will learn how to bring her essential oils toolkit to a whole new level! Stay tuned for the updates we'll be sharing. If you're in the Levi, Finland area in March, come join EndorphinGirl® Barbara and EndorphinDaughter™ Mia for an Intro to Essential Oils Workshop. Click [here](#) for more information, and if anyone you know might be interested, share away! If you didn't already get a chance, check out the comical with a touch of seriousness blog post up on the blog about yoga teaching and language. We hope you have a laugh while reading [Watch Your](#)

[Language Yoga Teachers!](#) 😊

EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is as mentioned, going deeper into all things essential oils! She's also headed to Europe soon to visit EndorphinDaughter™ Mia, which both are looking forward to. EndorphinDaughter™ Mia is taking some time to chill after the busyness at work over the past three weeks of Finnish winter holidays. Spending time outside, skiing, walking in the forest, enjoying the sun and all that jazz. EndorphinSon™ Erik is enjoying his final spring break of college! A much needed moment of rest before the final weeks before graduation!



Stay tuned for more adventures with EndorphinGirl®!