

# LIVING HEALTHY



## Awareness

### Yoga tip for Being at Ease

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What supports your ability to be at ease? Notice how at ease you feel right now . . . Is your breathing feeling smooth and full or tight and constricted or somewhere in between? Do you notice how just becoming **aware** of your breathing can cause it to change, relax and be more easeful?

Your gentle, yet powerful **awareness is a great source of support**. Without it you don't even notice the outstanding fall colors that nature offers us each autumn. Or you don't notice that ache in your back that turns into a serious pain. Yoga cultivates your ability to be aware at deeper levels within and around yourself. Your ability to be aware of the fall colors all around you can lead to an experience of joy and delight. Being aware of that ache empowers you to take care of it. Your awareness allows you to make a choice of how you want to live and how you want to feel on the inside.