



## Secrets to Power and Peace

There was a time not long ago when people associated yoga with chanting and contorting into awkward positions. But times have changed and yoga has evolved to include athletic styles that appeal to anyone who is interested in being their best, including business executives, busy moms and competitive athletes.

Athletes who practice yoga know it enhances their ability to endure mental challenges and stressful situations. Practicing yoga obviously won't make hectic situations disappear from your path but what it can affect is how we choose to respond to stressful events.

*“Peace. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.”* – Author Unknown

Here are some yoga techniques to apply to your sports and daily life to help keep your mental strength, peace and focus:

- 1) Set an Intention – Imagine a stressful moment when you typically become reactive. How would you prefer to feel in this situation? Choose a word or mantra that describes how you want to feel (i.e. I am calm and focused). Now, practice a challenging yoga pose and repeat that affirmation / Intention to yourself as your mantra. (Example, practice Crow pose with the mantra “I am calm and focused”.) You will train your mind to be calm in challenging situations.
- 2) Focused - Practice soft focus with your eyes instead of looking around, allowing your mind to wander, or comparing yourself to others. Your mind and body will go where your eyes go. Instead, softly focus your eyes on where you're headed, your goal, and your positive intention. Like anything worth while, discipline, repetition and practice will help you master focus.
- 3) Breathing - The mind and the body are connected by our breathing. If you start to hyperventilate, your mind will start to race. But if you consciously slow your breathing, it will calm, quiet and centre your mind as well. Try the “Pre Race Calm” sequence at [www.youtube.com/flexiblewarrioryoga](http://www.youtube.com/flexiblewarrioryoga)

Apply some of these yoga principles to keep you mentally focused during challenging moments. You'll have the strength to meet life's obstacles both physically and mentally and you'll learn to create a balance between power, perseverance and warrior strength with peace, acceptance, surrender and flexibility.

Set a positive intention or affirmation to reinforce how you want to feel, even if you're not feeling it at the moment. Like physical training, if you want results you must commit and practice!

Discover Power and Peace at:

[www.flexiblewarrior.com](http://www.flexiblewarrior.com)

Karen displays focus and fitness as a flexible warrior able to achieve balance in both mind and body!

