

"One who is too busy to take care of his health is like a mechanic who is too busy to take care of his tools." ~ A Spanish Proverb

I wish you the resolve and commitment to take more care of your health, on all levels --- physical, mental, and spiritual. As I have written before, we all tend to be wound up tightly with a busy schedule that affords too little time for unwinding. I want to share with you a few thoughts about that and how yoga is so effective for taking care of yourself.

In some ways, being too busy to take care of our health is more like a pilot too busy to maintain his or her airplane. The suffering can be very high for the little time needed to have prevented it. I recommend yoga for taking care of your health because it brings the most benefit in the little time you might have in your busy day. And I don't mean any yoga but rather Svaroopo yoga. As explained so well by my teacher, Rama Berch, who developed this style of hatha yoga, Svaroopo yoga releases contraction and decompresses your spine. In contrast, other styles of hatha yoga and all kinds of exercise contract the spine. The following is from her essay, *Svaroopo Yoga: The Process and the Purpose*."

"You contract certain muscles to accomplish certain types of movements, and along the way (knowingly or unknowingly) you compress your spine...[In contrast,] Svaroopo yoga ... is a completely different process, for a different purpose.... Every class is carefully choreographed to release tensions in the muscles connected to your spine, from your tailbone progressively all the way to the top... We begin by bringing you into your body. It is so easy to open up the tensions in your body. In a few minutes you are genuinely more alive. You feel and look younger, healthier, and have more strength and stamina, even though you didn't exercise. When you release the tensions in your body, you also calm your mind. You are less stressed, more joyful, kinder, more loving, and more understanding."

That's quite a lot to ask for, and Svaroopo yoga answers so well, and on all levels, not just the physical.