



SIX SIMPLE STEPS TO SERENITY

Most people today start doing yoga to gain flexibility, burn fat, increase muscle, or look and feel better. It's true – yoga will make you stronger, leaner and more flexible. But yoga is actually an ancient system of practices designed to release prana (life energy) throughout the nadis (energy channels in the body) in hopes of reaching samadhi, a Sanskrit word meaning bliss, wholeness, ultimate freedom or ecstasy.

Ironically, many people think yogis are naturally peaceful beings, like it's in their genes. The truth is - yogis practice yoga to reach this state of liberation, not because they are already whole, happy or free.

My yoga practice was tested at a recent conference in New York City. Thousands of fitness professionals gathered to learn the latest in health and wellness. I spent hours with world-renowned yoginis like Seane Corn, Beryl Bender Birch and Jill Miller, but my awakening (or "Aha moment," as Oprah calls it) didn't happen in class; it happened deep underground, below Times Square in the subway station at 42nd and Broadway.



Keeping pace with the modern world leaves little time to ourselves. Best then to use the moments between, for seeking life serene!