

Gratitude

A feeling from the heart or attitude in acknowledgement of a benefit that one has received. (Wikipedia)

Here is a wonderful idea as we begin the month of November, start a gratitude list. On your first day list as many things as you can think of, such as family, friends, health, job, etc. then as each day begins and you wake from sleep, write down something to be grateful for on that day. Before you go to sleep at night, and your thoughts of the day are running through your head, pick out something unexpected that happened during the day that you are truly grateful for. Now this may seem hard at first, but the amazing thing is that if we start each day with a feeling of gratitude in our hearts, our days will be filled with more and more blessings as we share this feeling of gratitude with the world. By the end of the month you will be so amazed at the transformation in your life, that you may want to continue your daily gratitude list!

I will share with you my list as it pertains to Yoga. I began attending Yoga classes in 1994, for no other reason except I wanted to check it out. Of course, I was hooked after my first class- it felt great! Within a week, my posture improved and I felt taller. As my first months progressed I found many things to be grateful for; my breathing capacity improved, pain in my shoulders, hips, and knees disappeared, and I also realized that I could squat down without my knees collapsing. Wow! No pain! I would have to say that now in my forty's, I feel 100% better than I did as a teen.

So here it is quite simple: PRACTICE YOGA-FEEL BETTER!

For this Thanksgiving issue of Action Magazine, we asked some of our Yoga students to share with you why they are thankful to have yoga in their lives. Here is what they wanted to share:

Yoga puts my mind at ease, while at the same time, allowing me to get in touch with my inner soul. - M.D.

Yoga came into my life during a crucial time of change, transition, and depression that comes with a dissolution of a marriage.

I found strength, calm, focus and faith through Christina's yoga instruction.

It may have saved my life. - V.K.

Yoga & Friends is one of the best reasons to be in Kenosha. I am so thankful for it. I go as often as possible, usually everyday! I have grown tremendously, both mentally and emotionally. I enjoy practicing both Hatha and Kundalini Yoga.

- M.G.

Yoga brings me as much inner strength as it does physical strength. After the strength, comes the calmness that surrounds me. For all these things I am very grateful. - C.B

No matter how I feel when I walk into class, I always leave feeling stronger both mentally and physically.

Christina shares her incredible yoga expertise in a way that anyone can learn and grow.

Thank you Christina! You are an absolutely excellent teacher. - L.S.

Yoga makes me feel strong and stand solidly on the ground as I work through my day. -
J.U.

Yoga will absolutely change your life-to the positive!! It's all good!! :)
Namaste -M.A.

As teachers at Yoga & Friends, we are always so grateful for the students that attend our
classes, and share their incredible energy with us!

Many Blessings

Christina

(Kirti Kaur)