

## Taking your Yoga practice outside

At Yoga & Friends we are always excited when the weather warms up enough to take our classes to the beach. We will be heading to the beach on Tuesdays 5:15PM- 6:30PM, Wednesdays 10:15AM- 11:30AM, and check in at the studio for chances that it will be on Saturday/ Sunday classes at 8:00AM- 9:30AM. We gather on North side of Simmons Island Beach House near the trees and behind the rocks. Having a studio so close to Lake Michigan is definitely a benefit. Taking our practice to shade or sunshine (your choice) gives you an amazing view in all directions. Taking our seats we begin with our breath, our ears open and we not only hear we feel our breath. We enjoy the soft breeze flowing past our face; we hear the waves of the water and the birds in the sky. We stay here enjoying our meditative state as we reflect on the sensations that we are experiencing. Being outdoors heightens our ability to connect with all that is around and inside us. As we transition to standing some use a blanket for hands and we all dig our feet into the sand drawing up the minerals and energy. The sand beneath our feet has experienced the vast lake that encompasses many years of existence and washes upon the sand creating a natural tradition of energy flow. Our Warrior Postures remind us of the history that surrounds us and the strength that is within us. Carrying that feeling into our next movement we transform into one of the many trees that are in sight. We ground ourselves like the roots of the trees, we stretch our arms up towards the sun as if they were branches. One of our very favorite things to do while on the beach is to turn our world upside down. It can be as simple as downward dog or maybe an awesome headstand. Holding the sky under our feet and the water and sand above our heads gives us a new perspective allowing us to observe life at a different angle. This helps us remember other peoples' views may not always reflect what we perceive and does not make anything wrong or right. As we finish our physical practice we return to our blankets and rest upon the earth, soaking up, once again, the sounds of the waves, the breeze on our face, and the birds floating high in the sky. We feel blessed that we can have this experience so close to home. If you would like to join us for this wonderful experience please contact Yoga & Friends (262) 658- 2108.

Namaste

Christina Ptak- Pawlaczyk