

Yoga is a Gift

By Sally Weber | January 30, 2010

Yoga is a gift, a science, an art, and journey toward understanding your self. Yoga, like meditation, has two basic definitions, the “state of” and the “practice.” The state of yoga, like the state of meditation, is a moment in time where you realize that you are relaxed and awake at the same time. This state is being comfortable being you. We learn through the ancient teachings that there are many distractions that take us out of being aware of our innate wholeness. With a regular yoga practice, the memory of wholeness is recent and easier to access. We learn through yoga, not to blame others for our state of being, but instead inquire within. We also learn through yoga many of the miracles of life itself and learn to embrace it.

From a yoga perspective health is the integration of all the aspects of our being; body, mind, and spirit. It helps create a strong and flexible body where all systems function optimally and toxins are easily removed. It balances the mind and emotions, reduces stress, and gives us insights into who we really are. It is through this combined discovery and integration of all levels of our being that we find true and lasting healing.

My teacher, Joseph LePage, mentioned on the first day of our teacher training in 2001 that 90 percent of yoga is just awareness. After disbelief and reflection, I began to see life through a new lens with a new map. The map was the multiple levels of our being. As we practice yoga, we can notice where our attention lies and use this map as we become aware of many levels on our journey toward self-discovery. This map is mentioned in ancient text which describes the mind, body, and spirit as the 5 koshas (physical-annamayakosha, breath and energy-pranamayakosha, mind and emotions-manomayakosha, wisdom or witness-vijnanamayakosha, and our true nature or spirit-annandamayakosha.) The tools of yoga are that of an artist’s palate, mudras, mantras, poses, breathing techniques, relaxation, meditation and ancient philosophy.

We learn through yoga balance between effort and effortlessness and discover a self that is already whole and complete that doesn’t need fixing. The ultimate realization of yoga is unity consciousness, that we are whole and part of the whole.

Tucson Yoga is thrilled to have Sally Weber as our newest staff teacher. She is now teaching Mon 9:00-10:30am Vinyasa and Wed 9:00-10:15am Basic Yoga. Sally has been practicing yoga for over thirty years. She came to Tucson after evacuating from Hurricane Katrina with her family, leaving behind her yoga studio in Bay St Louis, Mississippi. She received her yoga teaching certification through Integrative Yoga Therapy in 2001 and received Professional Yoga Therapist (PYT) certification in 2003. Her published articles include "Yoga and Diabetes" in WWN Connections (Wholistic Wellness Network) and "Evacuating from Katrina: An Extreme Practice in Yoga from the Lens of the Five Koshas" in Arizona Yoga. She has co-developed yoga workshops in Tucson and Bisbee and led yoga classes at the annual Bisbee Yoga Expo. Sally also has served as a faculty member for the Yoga Teacher Training at Tucson's Yoga Flow. Currently, she is a yoga instructor at Canyon Ranch teaching all levels of yoga, breathing, meditation, and therapeutic classes. In addition, she provides private yoga therapy and workshops for instructor CEU's at the resort.