From the ages 46 to 51, there have been some apocalyptic changes in my body. My hair is graying and receding; my arm is not quite long enough to read fine print; the spring in my legs are not launching me far off the ground; and my pants are not as loose…

Yoga is definitely helping slow this inevitable aging process and I’m happy to say that it is a practice that will be taking me (and Colleen) all the way to the last breath.

The breath, rightfully so, becomes the central axis of the asana (postural) practice. It is still amusing and fun to try to accomplish and deepen the “crazy and wild” yoga poses — but it becomes necessary and beautiful to imbue the simplest postures with prana (vibration of the breath). And as the alignment of a posture becomes sublime, the sense organs relax inward, and give the practitioner the sweetest physical and mental bliss. This becomes the doorway to meditation. All the energy of the outer world directs itself inward. Nothing is blocked out; nothing is a distraction. It is a little like diving under water with the ability to sustain your body functions without breathing.

Train yourself to be in awe of the subtle, and you will live in a world of beauty and ease.

**I had the great fortune of studying with Rodney Yee at the "Be Yoga" Conference at Omega. Rodney and Colleen were both amazing teachers. I plan on doing more with Rodney and Colleen in the future!**