

Maze to Amazing

Last summer, I went with my family to the local corn maze. We actually paid money to spend almost 3 hours walking – repeatedly – into various dead ends and wrong turns, trying to find our way out. We paid money to do this. For fun.

Pardon me if the metaphor is too obvious, but this is how most people find their way to their first Svaroopa® Yoga class. By the time most people come, they have been down several dead ends, including various forms of exercise, drugs, surgery and sometimes even other styles of yoga. They are tired. They are ready for something that will actually work. Sometimes, I wish I could give everyone a GPS to help them avoid all this, but I have to remember that we paid *money* to go into that maze. We did it for *fun*. Each of us needs to navigate the maze in our own way, and it takes some of us longer than others to recognize a dead end.

One of my favorite Sanskrit sayings is “*Vismayo yoga bhumikah*: the wonders of yoga are truly amazing!” Svaroopa® Yoga can take you from the confounding maze of a stressful life to the astonishing freedom of a more healthful, holistic, yoga lifestyle. Come to Yoga Day USA January 23 to learn more about the truly amazing wonders of yoga!