



The Eagle/Steven Mitchell

Students at the Canyon Mountain Center strike a warrior pose during a session of Power Vinyassa Flow on Jan.14.

YOGA

Manage stress, get fit and stay healthy

By Steven Mitchell
Blue Mountain Eagle

Like many people, stress and anxiety ruled every aspect of Ashley Stevick's life before she began practicing yoga.

"Between the physicality and teachings of yoga, my life and emotional state are a complete 180 degrees from where it was before," Stevick said.

Today, Stevick is a certified yoga instructor and teaches classes at Canyon Mountain Center and Canyon City Community Center.

Yoga is a mind and body practice that combines physical poses, controlled breathing, meditation and relaxation, she said, helping reduce stress, lower blood pressure and lower heart rate.

HEALTH TIPS

Yoga instructor Ashley Stevick says yoga is more personal than it is prescriptive — a complementary, integrated health approach that works for most people. She offered these tips to improve overall health.

Listen to your body and get out of your head

"The yoga I teach offers an access point for tuning in and listening to the body," explained Stevick. "Feel your breath and your body at the moment."

Vinyasa, movement led by breath, is meant to get you out of your head and into your body, she said.

Allowing time to get out of your head and connect with your body and breath is not only relaxing, but it also leads to being more present to life and each other, Stevick said.

Create spaciousness in your life

Stevick said creating spaciousness is all about learning to rest comfortably within — taking time out of the day to be present while breathing in a gentle, spacious way can help us live a more connected, fulfilling life, she said.

"Society rewards a churning and busy mind," Stevick said, "and does not encourage us to be still, kind and spacious with oneself."

"Yoga is about giving yourself time to slow down and tune into your body and your breath," Stevick said.

DIFFERENT YOGA STYLES Healing Flow

According to Stevick, this class is beneficial to everyone, regardless of experience level, but ideal for beginners. The student works on pacing their breath with the movement of the poses.

Gradually, the sequence has longer holds to lengthen tight muscles and nourish connective tissue. The class also offers deep mental relaxation.

Evoke Energy Yin

Evoke Energy Yin is another

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