**Yoga for Athletes**

By Sheila Johnstone ‘08

•Yoga as a ‘journey’
•Yoga as a disciplined practice
o student-athlete Balance
o Find balance in time spent on each part of your life; examine where you need to exert more time and energy and where you can let things go
o Turning inward to examining what YOU need; what your body needs, what your mind needs- give yourself the time you need and desire in order to present this ‘best-self’ for your team and larger SI community
o Builds strength in body, mind and breath
o Challenge in being present in each movement, each posture, each breath
o Gives chance to reflect on why you the sport you do. Where can you use more discipline in your sport? In your academic life? Are you disciplined in each moment or does it depend in the day?
• Yoga as a way to diminish expectations and be more present in every moment
o Why do you participate in your sport? Do you have an end goal or expectation? Yoga asks us to challenge these expectations and ask if there really what we want and what we enjoy doing.
•Are we using our sport/school/age DEFINE us? If so, why and how did this happen? Is it really for our benefit or is it to somehow reach an expectation. (play in college? Put on an application? To have a certain social life?)
o Yoga asks you question WHY you do the things you do everyday. Has it become a chore or an obligation? How can we find enjoyment and ease in the present moment, everyday.
o Asks us to find new in what may have become mundane. It challenges to let go of expectation (shedding time or beating a team) and focus more on the single present moment.
•This is very challenging and requires a huge shift in framework