

The original Meditators

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Well over 5000 years ago yogis developed profound methods of meditation that still find relevance today. More and more scientific research confirms what yogis have known for thousands of years: meditation increases feelings of well-being, centeredness and connectedness. As the demands of contemporary life create busier schedules with increasing demands on our time, we can all use some much needed relief. It is clear to all that the stress progressively builds on every aspect of who we are and the systematic stripping away of this plaque is what yogic techniques do most effectively. In meditation we use directed focus on aspects of the present moment (body, breath, mind, etc.). In other words, we move from thinking about past events and future plans to experiencing our life at this specific “here-and-now” moment. That is, we stay with our current experience and circumstances. When approached from this perspective, all Yoga practices are forms of meditation, as they intend to bring us into contact with our present moment experience. A good starting point is to take a couple of deep breaths to release tension. Since our minds have a tendency to get distracted, yogis use a wide range of techniques to help them stay present. For instance, there are techniques that use mindful movement, specific breathing techniques, or the power of sound and chanting as focal points to help the mind stay awake and aware. The yogis at St Petersburg Yoga, with hundreds of years of combined experience, are constantly applying ancient yogic techniques into every day life, ranging from therapeutic applications to release physical pain, all the way to formal meditation practices to strengthen the mind and the ability to focus. As a result, St Petersburg Yoga currently offers the widest variety of Yoga and meditation practices in the area, including open group classes, private sessions, as well as outdoor classes and Yoga in corporate settings. In addition, for those interested in deepening their own Yoga practice, the studio also regularly offers workshops, and Yogi Teacher Training intensives. For more information contact, 727-894-YOGA or www.stpeteyoga.com