What CSV yoga means to me

The practise of yoga means a whole lot to me, and my experience of yoga prior to my journey with the CSV tribe was one of simple Asana and Meditation, with little if any explanation wrapped around the style on that day or week, depending on which class I was attending. Often, time on the mat was a place to watch and follow, or drift off into a world just for me, sometimes with adjustments and sometimes not. Despite always leaving class relaxed an oiled, I didn’t feel particularly informed or did I feel that I was contributing so much to the ‘fitness’ of my physical body.

Finding Csv yoga, was by chance on you tube and falling across Sadie, then Anya and the 200hr YTT on face book, it is fair to say, what I have discovered on my mat in this style really has been and will continue to be a whole body experience, from the history of yoga and how that impacts and places meaning, to the fitness combined with relaxation. Learning about the way our bodies move, and how intrinsic the components of our body are with our breath has been an eye opener, and allowed my practise to deepen, expand and grow. I don’t think I have ever truly felt into myself, or been so anatomically aware before. So far as to say, I feel that discovering CSV yoga means I have now discovered Yoga.

Delving into the Anatomy, gaining the knowledge to intelligently move the body into and out of asana, has been incredible, I feel empowered on the mat, strong and firm whilst soft and flexible, the realisation of Sthira & Sukha is felt in every practice. I had never heard of that terminology before discovering CSV yoga. My experiences on the mat go from complete immersion into a solitary practice to an expansion of shared movement and union with my fellow trainees, my now friends and Sista’s.

This union of Asana and of camaraderie begins the minute my feet touch the mat, the knowledge that I am about to feel totally Awesome and that the feeling of inner fire and outer confidence continues into the rest of my day/week. I have also discovered the delicious deep practise of Yoga shred, and this aspect of combining traditional Yoga with HIIT blows my mind, my cobwebs and my fitness levels into oblivion.

I have taken the beautiful empowering CSV breath into my every day, not just to my own private practise, but to everyday tasks, for example, when struggling to open a tight jar, or lift a heavy object to keeping myself calm, fight anxiety and to any situation where I need to be focused and un hurried. The soulful journey has positively altered my relationship with my friends and family, but more importantly with myself. I have also recently began with my teaching journey.

I feel as my investment is in CSV yoga, It will be my journey now to become informed through self-Inquiry, my own body and thoughts, to explore and navigate my own interpretation, and allow my students to d the same now that they have invested in me.

Jayne

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