

What does the concept of HUMILITY have to do with yoga?

Yoga is the practice of connecting to our pure, unfiltered presence, a way of being with ourselves where we are, however we are (the poses you may associate with yoga are just one of the many ways to practice this connection). So often, however, we meet ourselves and our bodies with preconceived notions about how we should feel, look, and perform; we arrive with judgments and comparisons, resisting what we find if it doesn't meet our expectations or standards and insisting on something different. This prevents us from really experiencing our own presence or connecting to our wholeness.

If, instead, we met ourselves and our bodies with humility, without telling them how they should be/feel/look, we can more fully listen to and embrace how they actually are. We can learn to be with ourselves and then love ourselves more completely. Humility softens us to receive the miracle of our aliveness, to open to the mystery of our growth and transformations, and to recognize the blessings present in each moment.

***This yoga practice is accessible to all ages, abilities, and experience levels with yoga.**

AC will offer simple centering breathwork and gentle and mindful movement, including options for staying seated in a chair. No special props are required for this practice, especially if you are doing chair yoga; otherwise, you may like to have a yoga mat, a blanket or cushion for your knees, and a strap or scarf. Wear comfortable clothing, give yourself forty-five minutes of quiet, uninterrupted space, silence your phone, and take off your shoes if that's comfortable for you.



For over ten years, AC Lambeth has been teaching yoga postures, philosophy, and meditation at Wild Lotus Yoga in New Orleans. She is also a writer with an MFA from the University of New Orleans and is working on a novel. When she is not teaching yoga or writing, AC enjoys raising her puppy Roux with her husband, the author Bill Loehfelm, as well as jogging, singing, and cooking without a recipe. For questions or private or group yoga classes, please email her at aclambeth9@gmail.com.