

Happy Holiday Week (or last week depending on what you celebrate)!

The picture to the right is from my family Christmas tree, and the snowman is one of the ornaments I put up.

I hope everyone is enjoying the holidays with as much ease and peace as possible. Probably easier said than done, but as a suggestion, remember to be conscious of the present moment, reduce the mind stuff running in your head and tune into the beat of your heart. The past is gone and the future has yet to manifest, so why not be *here* as much as possible?

I've been re-reading the *Bhagavad-Gita*, a Hindu epic I read at a yoga training this year, and this was one of the many quotes I like: "He who sees the inaction that is in action and the action that is in inaction, is wise indeed." I'll leave it open for interpretation for everyone, but this quote has helped me evaluate my way of being and way of doing in my life. I'll probably have more quotes from the *Gita* and other yoga texts I've read in the future.

Lastly, I'm teaching the Christmas class at my Bikram Yoga studio. If I don't see you there, hope your Christmas and holiday is filled with blessings, fun and of course, great food and company.

