

STN 007 Yoga and Me

Well hello everyone. Liz Underhill here. I'm back to deliver more Soup ta Nuts to you with Real Life Stories from behind my bifocals. Welcome to Session 007. I'm so glad you've stopped by for a visit. Today I want to talk about Yoga and me. I've tried the cardio exercise and it's just not for me. I get all hung up on the walking thing the treadmill. I know I'm out of shape and I know I need to get some exercise into me.

So before the new year arrives for this old gal, I thought I would get into some shape for the shape I'm in. Not that I have a bad shape mind you. I have a great shape if the shape that you prefer is round...well not completely round...a few indentations in the roundness.

I thought this is my year to exercise. I visited those fang-dangled work-out places; all young bloods, bouncing and gyrating to this blazing drum-driven music. What's an old gal to do? I knew I'd be able to take about two strides on that walking thing and maybe I could have those weights in my hands and do a couple of criss-crosses. But bop like them, never. I could hardly catch my breath as I tried to jump to the rhythm of the music. I broke into a sweat on the second jump and caved onto the floor gasping.

I just knew there had to be something for these old bones that would fit in with my idea of exercise. When I was younger my idea of exercise was arising in the morning, flexing my fingers and going for a walk with Crazy Cat in tow. Now I realize that doesn't quite work these days as there are a few muscles starting to head south and I either have to put a harness on them to jack them up or do something in the way of exercise to build up a few muscles to hold them in place.

I looked into Tai Chi and while the slow motion fit my exercise budget quite well, it just wasn't moving enough for me. Besides I have seen them out on the hillsides. A bunch of them doing the oddest looking things in the wind. I didn't want to be seen as a crack pot.

I finally decided on yoga. Now the local seniors club, was having Chair Yoga, Beginner's Yoga and of course Advance Yoga. Well I wasn't ready for the chair and thought I could probably handle the Beginners. I bought a fancy mat with colours on it, thinking if I was bored I could concentrate on all the colours. So with mat in hand away I went.

As we all settled in on our mats (I got the thickest one so I could feel comfortable snoozing and all . as I was told there was meditation included) the teacher gave us the rules about breathing etc. Here I was in a loose shirt and tights no less (boy do your dimples on your butt show through with tights) and I had on my happy socks. She announced that no socks were allowed only bare feet unless of course you had yoga socks. Well after viewing hers I knew they wouldn't suit me as they all had little toes in them and I just knew my sharp ingrown toe-nails and calluses would tear them apart. So, bare feet it was.

What I forgot was, I get cramps if my feet are cold. It all started out well, this wasn't too difficult for me. We were in some pose, for the life of me I can't remember, I just remember we were to hump up our backs while we were on all fours. Cramps were taking over my feet and my feet and legs started shooting straight out in every direction. My feet were gyrating in circles trying to get rid of the darn cramps all the while trying not to scream out in pain. I saw the instructor eyeing me, but she said nothing.

I just got that all settled when next came the baby pose. This is where you are on all fours, backside resting on your legs and feet, and arms and head forward resting on the mat. All of a sudden I shot out straight. Sprawled out flat on my belly against the mat! I had developed a cramp in my stomach. She really glared at me then and I just smiled. To fix the cramp was far better for me than being afraid of her glare.

I got through the entire hour and at the end she addressed the group, all the while glancing my way and said if anyone found the Beginners too challenging, we could switch to the Chair Yoga. I wondered why the heck she would stare at me as I thought I was fine just a few cramps is all. My muscles were not used to being stretched in all those contortions. I was only used to a mild stroll down the street. With Cranky Cat or Crabby Dog in tow.

Oh and I was to concentrate on my breath. Breathe in deep and hold is what she said. I haven't breathed in that deep since I puffed on my cigarettes that I quit almost 40 years ago. I breathed in and held and I could feel my cough muscles re-acting I was trying so hard not to expel that air in one gigantic cough. I guess that's how you exercise your lungs in yoga.

She was preparing us for meditation and how to concentrate on your breath in order to quiet your mind. Breathe in and out .in and out she said feel yourself relax and just concentrate on your breath. I heard her mumble something about she would guide us the rest of the way. She said if thoughts came up just to let them go and keep concentrating on my breath.

Well I thought I was relaxing I could feel myself drifting and then realized I was thinking about that darn yoga and the pain of the cramps I heard myself saying let them go let them go Well how the heck could I let them go, when she had me in this cross-legged position and my legs were numbing and then reacting to my breathing with cramps

I let out a howl as again my legs flipped straight out. I jumped up to attention to try to walk them off the cramps that is and there she was glaring in my direction. I pointed to my legs and started to massage them. Surely she knew that I couldn't help it Did she not expect cramps from anyone who sat in that position. It's a wonder they even moved at all. I think she called that the lotus position.

Well any Lotus I saw flowed freely in the wind, not all corkscrewed into positions that legs and feet were never meant to be. I tried to be quiet I really did but I had to walk and shake those cramps right out of their contortions in order to get rid of the pain.

I could see others starting to open their eyes to see what the commotion was. I apologized to them, and rubbed my feet, ankles and legs in silence so they could see that I just couldn't help it. The teacher stood up and started to march towards me. Oh oh I could see by the look on her face that all was not well.

With a crooked grin on her face, she suggested that perhaps were I ever to grace the yoga studio again, that I practice breathing quietly and that I do other exercise through the week to look after my cramps. She shared that the yoga studio was a place for students to relax and stretch to improve their minds and flexibility and therefore their life. And that today was a learning lesson for all how one disruptive person can ruin it for everyone. With that she said the session was over and hoped to see everyone next week for an improved session.

On my way home, I was trying to figure out why she had picked me out for the comments. And it was then I had a visual picture of what it must have looked like to her . this crazy woman in her class, feet and legs going every which way not in a slow relaxed motion but like I was on one of those treadmills running. I will have to practice during the week, to cross my legs and learn to quieten the thoughts that race through my mind.

It is going to be difficult to just let them drift by when they were trying their best to tell me something and I wasn't listening. They really do seem to get louder and louder but hey I can try And by the way when I show up next week for the class, I will try to get her aside to explain what did and what could happen again unless I could sport my own socks. I am sure that was the cause of the entire unsettled session. How was your week.

If you enjoy these podcasts, please go to iTunes and leave a rating. Leave a comment also and let me know what you would like hear. I hope after these podcasts, we will no longer be strangers, we will become friends in laughter. Laughter is such a huge part of keeping us healthy. We all have to learn to lighten Upqno pun intended. Take careõ keep smiling. Until next time by for now.