

Achieving BALANCE is a key ingredient in living a physically, emotionally, relationally and spiritually healthy, empowered and fulfilling life. Balance creates empowerment, a position each of us has been given the opportunity to experience and is capable of.

Each of us faces challenges and many of us face challenges related to time management. Many of us dealing with working one or more jobs, nurturing our family, attempting to create a healthy lifestyle, managing a household, assisting our aging parents, attending school or other training, responding to increasing work and time pressures of the shrinking workplace as our workday seems to consume more of our day offering less and less opportunity for personal fulfillment and balance. It is important to analyze various aspects of your lives and whether you are working toward achieving balance which ultimately assists you be empowered and to ATTAIN YOUR VISION.

When life is busy, or all your energy is focused on a current challenge, it's all too easy to find yourself "off balance" and not paying enough attention to important aspects of your life such as yourself, family, relationship with significant other, spirituality, physical and not-so physical activities and your nutritional intake and healthiness. While drive and focus is necessary, over-focusing and resulting myopic behaviors can lead to frustration, intense stress and unhealthiness.

In almost every moment, we have opportunity to experience the importance of balance, whether it is experienced through the simple workings of a thermostat in our home, the more complex working of our body's homeostatic mechanisms. In part, a balance of Yin and Yang Yoga assists in creating balance in our life.

It is my pleasure to offer you a bit of my view. With a BS in Nutrition and Human Development, Master Degree in Psychology, as a Holistic Life and Sports Coach and Consultant, Certified Yin Yoga Instructor, 8-time Marathon finisher, avid cross-trained athlete and a Mother of 2 great sons, one an International, Gold Medal Gymnast, I am a very grateful and inspired woman who feels it is my life's work to assist others in living their best life. Please feel free to contact me at [Lorraine@AttainYourVision.com](mailto:Lorraine@AttainYourVision.com) or call me at 609-502-0880.

## INTRODUCTION TO **YIN YOGA PRACTICE**



**Many of us**, throughout our lives have enjoyed Yang activity such as yang yoga and regular yang exercises like weight training, biking and running. Yang Yang exercise is always accompanied by compression of the joints. Compression is good for joints and stimulates the bones to healthy growth. However, yang exercise doesn't allow the