

From the Race Director: Banish the ‘But’

By Race Director Linda Maxwell

I wish all of you could have been there. Our “Savasana Your Stress Away” yoga class last week has invigorated me in a way I never thought possible in an hour. I always love yoga for the strength it takes to hold some of the poses, or the extreme stretch I feel with others. But I often get through the savasana — that time when you are supposed to just lay there and breathe☺ — by occupying my mind with lists and schedules. Which is completely the opposite of what it is supposed to be.

I had requested that the instructor have an extended savasana so we could focus on that aspect of staying healthy — allowing ourselves to relax and let go of the stress that can overtake our lives. It was extremely difficult for someone like me to just lay there and try to keep my mind “on the mat,” as the instructor encouraged us to do. But then she said it: “when the ‘but’ creeps in, get rid of it.” I was empowered and released from anxiety at the same time. I started to let go of all the “buts” that often overtake me. I am (insert good thing), **but** (insert bad thing) – we all do it, right?

During these final weeks of training I wish for you the ability to erase the “**but**” from your thoughts. I am strong, I have trained, I am ready – no “buts” about it.