

This Is What I Need When I Want To Heal & Reset

3 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=GBPFACESQYS](https://www.youtube.com/watch?v=GBPFACESQYS)
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SUMMARY

The speaker shares her transformative journey with yoga, emphasizing its benefits beyond physical health, particularly in achieving balance in various aspects of life. She reflects on how yoga has shaped her approach to motherhood and personal growth, highlighting the importance of perspective and continuous learning.

- *Yoga is often misunderstood as solely a physical practice, but it offers deeper benefits.*
- *The speaker's yoga journey began during her pregnancy, focusing on natural delivery and recovery.*
- *Yoga has taught her about balance in work, family, and personal life, which varies daily.*
- *It encourages an open mind and the willingness to try new things.*
- *Life is viewed as a continuous journey without a definitive endpoint, similar to yoga practice.*
- *Yoga has helped her develop empathy and understanding towards her children's perspectives.*
- *The speaker emphasizes the importance of finding one's "why" to fully embrace yoga and its teachings.*

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you know like i always feel okay what is your wife you find your voice somewhere maybe you stick to a habit that it all started when i was pregnant with my daughter normal delivery no anesthesia no epidural very fast recovery um to have

a journey and people think that yoga is only for physical health yoga is beyond physical health for me it has been about balance to be a student not

work life balance family life balance money balance may balance and you realize her thin balance is different cannot have the same focus and balance every single day it teaches you how to remove the excess create abundance because that abundance lies within you and focus more if [Music]

it makes you keep your mind open and try new things it's a journey it's a journey to finish lining here right there is there is no end line and shy that's what life is also right there is no finish line you're constantly in student mode constantly trying every single day and it's helped me tremendously as a mother to understand that every day cannot be a hundred percent for my child

[Music] how do we forgive how do we forget how do we be more open and see somebody else's perspective see our children's perspective right and for me i think that's what yoga has done to my life it is not about one day it is not about one month it's not about one year it's a journey for the last 13 years and if this hasn't convinced you to try it then i don't know

what will but i know the day you will find your why you will come back to you you