

No summer diet for me... I'm choosing a Summer Feast for my mind, body, and soul.

I think I've always taken a bit of an extreme approach to life, particularly as it relates to mind, body and soul. I usually operate somewhere between full tilt (I swear I hear this frenzied version of the Batman theme song running over and over in my head) and dead (comatose on couch...cause who can keep up that pace?!). I'll find myself devouring every personal growth book I can find while ignoring my body. Or, I'll join a plethora of activities (martial arts, rock climbing, pilates, rowing - yup, done 'em all...once) only to eventually fizzle out and stop because they aren't feeding my soul. "If you do what you've always done you'll get what you've always got"...I've said it a million times so now I must live it. It's time to try something different.

Mind

I always have two books by my bed, one for personal growth/business and one for pleasure. Right now I'm reading *The Magic of Thinking Big* (David J.Schwartz) and *The Golden Mean* (BC author, Annabel Lyon). My latest realization is that I've been more about quantity than quality. I fly through books and enjoy them thoroughly in the moment but then forget everything by the time I file them away (and proudly note that I can put another notch on my bookshelf). Over the past year I've started doing book studies with my store managers. It is amazing how much more you retain if you write notes and discuss after. I'm starting to do this on my own and it's fabulous (not with the "pleasure" books...that would be nerdy). I'll be lucky to get through "Big" by the end of the summer but that's OK because when you ask me about it I'll actually remember.

Body

I think it started about two years ago. We had a particularly lovely summer that went clear into October. Summer bbq's, chips and beer on the deck, lazy days...the debauchery began. This seemed to morph into a rather festive holiday season filled with parties, wine, chocolate...and then right back into summer. I couldn't break the cycle of fun, and honestly...didn't care to. I've struggled with neck and back pain (who hasn't?) for 20 years and for the first time I was feeling pretty good and told myself that *not* working out is actually *caring for my body*. It was a good excuse for awhile but then, my cousin got engaged. Sorry, have I lost you? OK, full disclosure...my cousin asked me to be his Best Man and dammit I wanna look good. This is the kick I needed but I was no longer motivated to go to the gym on my own. I've always "hated" classes (primarily because I'm a tad clumsy and usually end up looking like a total spaz) but decided it was time to try something different. I joined Muscle Memory in Tsawwassen and I love it! Fatburner classes 3 times a week and I feel better already. Trainers are all wonderful and aside from a few tangles with a stubborn treadmill I haven't fallen off a ball or dropped a weight on my foot...yet.

Soul

A couple months ago I decided to try a couple different yoga classes. And those that know me well were wondering what Kool-aid I'd been sipping. I have been a self-described "anti-yogini" up until now. I told myself that this was not to "feed my soul" but rather to try and stretch my aching body. I went to a few different locations and enjoyed the classes but knew I probably would do what I've always done...quit.

My Ladner manager Carly, told me I HAD to go to Open Space Yoga in Ladner. She said Michael (the owner) and his staff were amazing. I was nervous when I went to my first class but as soon as I saw a friendly face (thanks Sharon!) I started to breathe. And then breathe some more...and some more...I didn't realize until that moment that I never knew how to breathe. The class was great and it felt good to stretch my body but it was during my drive home I was most surprised. I started to feel warm tears run down my face. What is this?!

Was I brainwashed? I couldn't figure out where this emotion was coming from. And then I realized...it was my soul.

My 30 Day Challenge

Through Open Space Yoga (www.openspaceyoga.com) I have decided to take the 30 Day Challenge. The commitment is yoga or pilates 6 times/week, meditation 7 times/week, and walking or cardio 3 times/week. I know I will struggle with finding the quiet space (in my head) for meditation but after my first yoga experience I realized I could probably use a little more time connecting with my soul.

A Summer Feast is never fun alone so if you decide its time to try something different I would love to hear about it. Please email me at Kristine@theurbanrack.com. I'll be writing a follow up in the September Coach's Corner to share stories of challenge, struggle and hopefully wild success.

"The soul is born old but grows young. That is the comedy of life. And the body is born young and grows old. That is life's tragedy." Oscar Wilde

