

## **Sequencing Our Day: A Yogic Perspective for the Modern World**

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In a world full of responsibilities and obligations for both ourselves and those around us, we are all struggling to find a sense of being in control. Stress can be a side effect of this struggle, which is one of the leading causes of depression and sickness. The key is Yoga. Many people ask me, "What is yoga?" The truth is that very few answers can be wrong. Yoga is the description of the relationship of yourself and world around you. The trick is to search for what yoga means to you and not the opinion of others. All answers are found from within.

All philosophies begin with a question. The question that is in front of us today is, "How do I create a sense of control in a time of stressful responsibilities and chaotic obligations. The answer to ending the chaos is establishing a sense of order. Order can be achieved through conscious sequencing of your daily activities. The importance of knowing what you're doing, when you're doing it, and why you're doing it; can not be emphasized enough for the benefits on the mind. Once a routine is established in your day, then you will begin to regulate your time more efficiently and this opens the doors for more possibilities. Everyone wants to feel like they have plenty of time on their hands, but most of the population spends their lives pressured that there is not enough time in the day for them to do what they need. This is mainly due to the lack of order in their lives.

Yoga can help create a sense of order and also strengthen your mental abilities to deal with stressful situations, through the practice of postures and the control of your breath. Through postures and breathing techniques, you learn to control the body and the mind. All stress and anxiety is played out on your yoga mat and once the class is finished you will have released or come to terms with your particular issues. This is why it is extremely important for the average person in today's society to practice some form of yoga. People are slowly finding out the ability for yoga to release the built up anxiety. This helps us understand why yoga is becoming so popular in the western world today. It is something we definitely all need.