

Ananda Center for Balance

The Ananda Center for Balance offers you the opportunity to bring more Joy and Peace into your life through a variety of body-mind wellness services and activities provided by registered and licensed professionals.

Join us for:

- ~ Private and Group Hatha Yoga
- ~ Therapeutic, Restorative and Laughter Yoga
- ~ Relaxation, Pregnancy and Therapeutic Massage
- ~ Reiki Energy Healing
- ~ Wellness Workshops
- ~ Corporate Team-Building



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positively you | balance: taking time for yourself | by Heather Thomas



I was over the moon with excitement when asked to write this article for the first edition of McMurray Girl. What could be a more appropriate and suitable topic for the women and girls of Fort McMurray? We know exactly what it means to multitask in every area of our daily lives, to work hard all day AND still put dinner on the table, to raise a family AND run a household, to grow AND maintain relationships with family, spouses, friends, and coworkers. When does the merry-go-round of daily existence slow down enough for us to regain our headspace? When do we take time out for ourselves, for our own health and wellness?

BALANCE is the key to a happy and joyful life. If we feel centered and grounded in our own existence, then we are better equipped to handle the daily challenges that life throws at us. If we as mothers, wives, friends, and coworkers are living in a healthy and loving internal space then we are free to be able to share more of ourselves in a positive way. Have you ever noticed

how people flock to the person that oozes positive energy, joy and contentment? Have you ever noticed how we tend to avoid people who are energy vacuums, those who are miserable and complain all the time?

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I believe that the fundamental key to finding life balance is to take time for yourself.

When we take time for ourselves, we are better able to hear the heart's whisper that guides us. When we follow our heart and our inner truth, joy and happiness are inevitable.

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So what is your "Happy Place"? What do YOU DO to bring BALANCE into YOUR life?

My answer to this question is simply to take time every day to do what you love doing. It might be 5 minutes, or 30 minutes or even an hour. The more time you spend doing what you love, the more joy and balance you will find in your life. For some people it is spending time outdoors enjoying nature. For others, joy is found in cooking or in the company of family and friends. Still others follow their passions into the creative realms of painting, quilting, scrapbooking, photography or acting. Many people like to sit and read a book, have a hot bath or even meditate. I find my joy and balance in yoga – in the practicing as well as in the teaching. If you are fortunate enough to absolutely love what you do for a living, then you are truly in an amazing place and the world is your oyster.

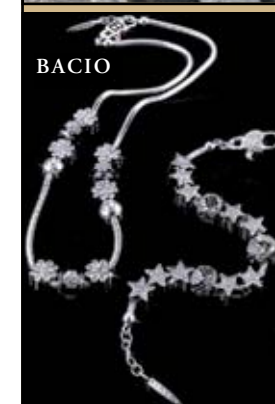
By taking time for yourself on a daily basis, you will find that anxiety and stress will decrease, joy and happiness will increase, peace of mind will follow and as your perspectives widen you will become more tolerant of others. The sun will shine into your life, there will always be a silver lining to every cloud and the best part is that EVERY DAY will be a GREAT DAY!

So I encourage you to schedule yourself into your own calendar. Mark off a 30 or 60 minute block of uninterrupted time every day just for yourself. Trust me – it won't be very long before you begin to feel that sense of joy and balance in your life. By being "selfish" and taking time to LOVE YOURSELF, you will be more energized, inspired and better able to lovingly serve those around you and your community.

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