



## YOGA

### Goal Setting in Yoga

When considering the kinds of goals appropriate for yoga, we need to step back from the typical metrics we use to measure success. Instead of aiming for distance, speed, specific poses, or how long we can hold a pose, in yoga, the goals are much more intrinsic.

Yoga is not a performance, not a competition, it is a practice, and therefore, the goals can be focused differently than other performance-related goals.

A great place to start when creating goals for a yoga practice is consistency. Yoga is fabulous for the body and mind no matter what, but the more consistently one can practice, the more the whole system can benefit from the practice. Setting a goal to roll out the mat for 5 minutes every day is a great place to start.

By practicing at the same time every day, it will become a habit. If your daily schedule is unpredictable, you can combine your yoga habit with another daily habit, such as brushing your teeth. Every morning you roll out the mat, brush your teeth, then move and breathe on the mat for a few minutes before starting your day. It doesn't need to be a 90 minute practice to be called yoga!

Another good goal to pursue could be to practice the same sequence, or flow, every day. That's it, that's the goal. Practicing the same flow allows you to tune in to the body while the mind settles and brings awareness to the body in a different way. You may notice that a pose feels different from one day to the next, and then you can dive into why that might be (off the mat, not while you're in your practice).

Perhaps your shoulders were more tense one day than the day before - you can consider what happened that day that may have caused that tension or imbalance, and address an issue before it becomes an injury.

You can also set goals to try different types of yoga, or to increase the length of your savasana or meditation. Or my own personal goal, to remember yoga when I encounter a stressful part of my day, and breathe through the situation instead of getting as worked up as I may otherwise.

Our yoga practice is as individual as each one of us, so your goal can be as individual as you'd like. Allowing yourself the grace to adjust and modify as necessary, a goal can help focus your intention to practice or make it more attainable in your day. Because in the end, the goal is the reward, yoga!