Season 8 Episode 4

Before You Send That Text: Breathwork and Meditation During Divorce with Amy Wilson

[00:00:00] There's an old question. People ask when something feels impossible, how do you eat an elephant? The answer is simple. One bite at a time. Divorce often feels like an elephant dropped into your life overnight. Even if you saw it coming, the weight can feel overwhelming. Questions pile up. Fear follows close behind your body, feels it your mind races and well-meaning.

Advice often makes things louder instead of clearer. The first 30 days was created to help you take the first bite calmly, intentionally, and without panic. This free ebook is not about solving everything at once. It breaks the early stage of divorce into manageable human sized steps. Each day focuses on one small action designed to reduce chaos and [00:01:00] increase clarity.

Some days are practical, some are reflective, all are meant to help you stay steady while you find your footing. Written by the Mississippi Family Law Attorneys of Robertson and Easterling, this guide blends legal insight with emotional awareness and real world practicality. It does not push you toward divorce or assume reconciliation is impossible.

It helps you slow down enough to see what is actually happening. You do not need to eat the whole elephant today. You only need to take the next bite. Download the first 30 days free at Robertson Ms.

If you're walking through divorce or serious family conflict, you probably recognize this feeling. You're exhausted, you're on edge, and it doesn't take much to set you off. A text from your spouse, an email from your [00:02:00] lawyer, a comment from your child. Suddenly your chest tightens, your thoughts quicken, and before you know it, you fire something back you wish you could undo.

That's not necessarily weakness, that's your nervous system. In fight or flight, it's being human. When your body thinks it's under threat, your brain simply doesn't function at its best. You react quickly. You escalate conflict, you burn emotional energy. You really don't have despair in the middle of divorce or custody.

Stress. The lack of pause can cost you peace, clarity, and sometimes a whole lot more. Today we are talking about practical tools that help interrupt that cycle. Breath work and meditation are trendy. Wellness buzzwords. And they are ancient disciplines that calm the nervous system, steady the mind, and create critical space between what happens to you and how you respond.

Our guest in today's [00:03:00] show is Amy Wilson, a yoga breathwork and meditation teacher at Glow Yoga Studio in Gulf Shores, Alabama. Amy has more than 900 hours of training in Vinyasa and HAFA Yoga, has studied at Dharma Yoga in New York City, under Shri Dharma Mitra, and has completed immersive meditation training at Reya Yoga in France and Mexico.

She also leads retreats, workshops, and classes designed to help people reconnect with themselves through breath. Movement and stillness after a quick word from one of our sponsors. We'll be right back with today's guest, Amy Wilson.

Hey everyone. Welcome back to Council and Capital with Ethan Kelly. What are we talking about today, Ethan? Today we're talking about something nobody likes to talk about, but everybody needs to estate planning and know this isn't just for billionaires with yachts. First, the [00:04:00] scary stat. Nearly 70% of Americans don't have a will.

That means if something happens to you tomorrow, the state not Your family decides who gets your house, your bank accounts, and possibly even custody of your kids. The government becomes your estate planner by default. Hard pass. So what's the bare minimum you actually need first? A will. This is your basic instruction manual.

Who gets what? Who raises your kids? Who's in charge of your estate? Without it, you're rolling the dice. Second, a durable power of attorney. If you're alive but can't make decisions, think coma, stroke this. Name someone to handle your money in legal matters. Third, a healthcare directive. This tells doctors whether you want life support, feeding tubes, et cetera.

Spare your family the heartbreaking guessing game. If you don't have any specific healthcare wishes, your power of attorney can make decisions for you. But if you do, you want a healthcare directive? And fourth beneficiary designations [00:05:00] your 401k Life insurance bank and investment accounts usually pass outside the will double check.

These ex-spouses sometimes accidentally inherit everything because someone forgot to update a form after divorce. Quick bonus, if you have minor kids name guardians, do it in writing and talk to those people first. Trust me, showing up at Aunt Karen's door with your kids in a court order is not the vibe.

Look, I get it. Thinking about death feels morbid. But estate planning isn't about dying. It's about taking care of the people you love when you no longer can, and the peace of mind, priceless. The next step is easy. Call my office at (601) 825-6455 and schedule an appointment to discuss your estate plan, your future self, and your family will.

Thank you,

Amy. I'm so excited to have you on the show [00:06:00] today. Thank you for joining us. Ah, thank you Craig. Glad to be here. And I'm here today with my podcasting partner, former client and client advocate, Mac Chaney max yoga and meditation practitioner. And I couldn't have think of a better person from the office to share in this conversation with Amy.

I'm glad to be back. Yeah, I'm glad to have you too. So Amy, let's just dive right in. Tell me about how yoga showed up in your life. So Craig yoga showed up in my life. I would say 20 plus years ago, and down here in Gulf Shores, Alabama, this area of the world, we didn't have a ton of options for yoga and we had a couple, a very small venue that was hosted out of David's Gallery, which is a local counterculture type shop. Your hippie shop we talked about, right? Yeah. Hippie shop. And so Carolyn, the owner there, she had a group that would gather and practice, and so I attended a [00:07:00] couple of classes there.

And then I had a friend who, he got a membership at the YMCA in Foley, Alabama. And he invited me to come to one of the yoga classes there. And so we had a really cool instructor, Danny she really sparked something in me for yoga and fast forward some years later. I was able to, Jennifer she was on your, one of your former podcasts.

She opened Glow Yoga and that's where I got my more professional start in, in yoga teacher training and practice. Yeah. Amy is talking about Jennifer Guthrie. She's the owner of Glow Yoga Studio and our March, 2026 episode, you can go back and listen and hear all about Glow and Jennifer and their approach to the practice.

But Amy, I wanna just dial dial in with you now. Early on you said that you felt like that you didn't really [00:08:00] fit the yoga mold and what, help me

understand your mindset then and how you've overcome that original idea. Sure. Craig. So I think that. I think that yoga can be a little intimidating not just for me, but for anyone who really doesn't know a lot about the practice.

And so when we see yoga being displayed sometimes it just looks like people molding their bodies into shapes and like pretzels and movements that just don't seem achievable. And so I, I'll tell you, it was a little intimidating for me at first because I thought that I needed to be able to do all of that to be able to effectively practice yoga.

And little did I know that the Asana, the poses are just one small part of this big, huge, beautiful puzzle of yoga. Wow. [00:09:00] Cool. So Amy, you said that there was a prophetic moment that kind of marked your early yoga practice and in some ways was a prophecy of what all was to come with regard to your practice and breath work, yoga and meditation.

Can you tell us about that? Yes, Craig, it was, it truly was. And what feels like now, especially a prophetic moment. I had a dear friend of mine, she. Had already fueled a really strong practice in her life. And I had gone to some yoga here and there. It wasn't I wasn't in a, a super rigorous practice, anything too consistent.

And so I, she was a dear friend. I happened to just babysit her little girl one day so that she could go to her teacher training. So she was doing teacher training at Globe here in Gulf Shores with Jennifer. And she came in [00:10:00] after one of her sessions and I was just in awe by, the fact that she was putting herself through this a hundred hour intensive to learn and study yoga.

And I just was just really amazed by our process and she just simply said, amy, you are a yoga teacher. And I questioned that real hard because at the time it was sounded like a pretty outlandish thing for someone to speak over my life. And it ended up being true. So just her statement there almost gave me permission to believe in something in myself that I didn't even truly know existed.

And as it happens it exists in a pretty big way. Oh, yeah. I'm really grateful. No doubt. Yeah. Yeah. Cool. Mac, how'd you get into doing yoga? I don't even know if I know that. I don't know how I know that either. So I think I was just searching for something, so I've done yoga classes in the past and I just, one day, I'm at home [00:11:00] and I'm like let me just try to do some of this at home.

I was just not in a good situation at home and I found it just a rescue, I guess I could say at that moment. And and I kept up with the practice. I don't really go to a lot of classes. I was just mostly just doing it at home because I needed the release, the calm, the therapeutic side of it.

So that's, it was just kinda when those organic involvements, how I got involved with yoga. Cool. Hey now Amy you told me something that I was unfamiliar with. You said you got your start with your studio in Gulf Shores through a yoga swap. You, I think you called it Karma Yoga. If I remember correctly I was really unfamiliar with that whole idea.

Can you tell us a little bit about that? Yeah. So I'll tell you I had, I started doing some of the community classes with Glow that they offered and became friends with Jennifer and she I really have a huge space in my [00:12:00] heart for Jennifer because I feel like she plucked me out. She saw something in me and she invited me to come and be a part of the SWAP program at Glow.

Excuse me, the SWAP program. Is an opportunity. It gives people an opportunity to come in and serve at the studio. So you are assigned a couple of different class times a week, and as a swap show up 30 minutes before class to fold towels, cleaning the studio, help with check-in. And then in exchange you get to, I got to practice and come to as many classes as I wanted to.

So that swap program is really what gave me the space. To enter the studio to feel very just accepted and loved and like I did actually fit in with yoga and the yoga was for me. And so [00:13:00] that's where I got my springboard right there was from the swap program being in the studio like that.

Yeah. That's so good. Now you've advanced your training. Tell us a little bit about some of the work that you've done. I know that you went to France and studied, you've studied in New York and other places. Tell us about that. Yeah. Jennifer's program at Glow is I was able to train with her for a total of 500.

It's a 200 and a 300 level program, and so I capped out with Jennifer, so I'd done as many of her trainings as I possibly could as far as for, my certification process. And I reached out to another dear friend that we attended high school together, and I knew that she had found her foot in a really cool yoga program.

And she was trailing all the world learning the practice, sharing the practice. And so I reached out to my friends Ann Lauren, and I asked her, I said, I want to, I wanna go deeper and I want to train more. And she sent me a link for Aya

Yoga, and I [00:14:00] noticed they had a school in France and also a school in Mexico.

And so I ended up choosing to travel to the school in France. And I I immersed myself in their module one training, which is a three week long training where I stayed on site at their beautiful school. It's in a, a. Cute castle in the French countryside. So it was just kinda like quintessential French countryside yoga.

Like it was just amazing. But I learned sign me up by the way I'm in right. I think Casey's in too. I see him nodding over there too. Everybody's in. Oh, it was beautiful. It was classic hoppy yoga. And so it was a it was a pretty rigorous program in that we had a schedule and we started at.

Seven in the morning with an hour meditation and we had things to do all throughout the day. And we ended around eight at [00:15:00] night each night. And so I really enjoyed throwing myself into that that scenario and really getting to train with classic practitioners who, that's all they do, right? So they just practice yoga, teach yoga in this beautiful setting.

And so that was a beautiful time in my life where I got to train with Radah. So I studied Haha yoga, and then from there I, gosh, fast forward probably another eight, 12 months later, Jennifer found an opportunity for us to travel up to New York and we trained at Dharma Yoga was Tree Dharma Mitra.

And that was a nice week long training where we were able to go in and study his style, a Hathe yoga. It was very beautiful. Since then I have gone to Aya school in Mexico, so I immersed myself in one of their [00:16:00] silent retreats. And that is the silent retreat is structured around meditation and I think that's where I really found.

A lot of my breakthrough in meditation in that practice when the setting was just silent. So there's this word in Sanskrit called Mona, and it means sacred silence. So it was just beautiful. GAed down. So this is no eye contact. We all wore white clothing, so no flashy colors. It was an environment created for special silence.

For the sacred silence. And so that was, that was very beautiful. And I have future plans to keep training for forever as student, I say. Yeah. That's so good. The so tell us a little bit about, I, I fall into the category of people that thought that yoga was, as you described it, these, very limber people making these wild looking moves.

And I had, we talked in detail about the [00:17:00] eight limb path with Jennifer in our show that we released, that I talked about before. So if any of our listeners wanna go back and hear about that, they can. And in that episode we talked about there's so much more to yoga than the postures, but breath work and meditation are certainly part of that yoga path.

Can you talk a little bit more specifically about your training in meditation and how it's impacted your life? Yes. So Craig, my training in meditation. I'll tell you, when I first approached meditation it was a little frustrating for me. It was a bit of a bear and. I think the reason it was is because I wasn't approaching it with the fullness of an understanding of what meditation actually is.

So I thought I was just supposed to sit and completely clear my mind and be able to go into this just mental [00:18:00] blank space where I'm not thinking of anything. And because I'm a normal human and I process and have thought, I felt like I was failing, each time I would sit to try and meditate because I really didn't understand meditation in a full and complete way.

So as I began to travel into a study of this practice and I had amazing teachers along the way. I began to realize that meditation is not about the absence of thought. It's about being able to harness notice and not attached to those thoughts, right? So when the thoughts start bubbling up, we get attached to them and then we start creating a story.

So that one thought becomes three more, and then that three becomes six and nine. And the next thing you know, you're just off in, in outer space just thinking about [00:19:00] stuff that doesn't really even exist. And my breakthrough came when I realized that I didn't have to not have thoughts. I'm gonna have thoughts.

I just had to learn how to not attach to those thoughts. And so with the process of breath work. We're able to learn a better way to just notice our thoughts and detach from them, not let them become these major things, major stories. Yeah. That's such a good way to put that. What do you think, max?

Oh I get it. It's, for me, it's just, I learn three meditation that I'm the observer of my faults. I'm not my faults. And a lot of times we get caught in that looping of, here's one thought that comes in and we chase it and it grows and grows. And I know personally I have to stop and go, okay, stop.

These are not real. So I have to be the observer of it. And a lot of that's the me mega cognition. I'm probably not saying that of, capturing that thought and

replacing it, but sometimes you just have to sit with it. [00:20:00] And that's where meditation for me, I'm just like, I have to sit in that moment and.

Rewiring, they're just different phases of meditation for me. But I get it is very, it was hard to start, I had to have a lot of guided meditations when I started meditating. Yeah, very true. And I like to think about it, it's with meditation or any practice. So if you think about when you go to wire up a house with electricity, so it's a little complicated at first to send all the wires through and attach everything where it's supposed to be.

But once the house becomes wired up, then it's just a matter of flipping a switch on or off or whatever we're choosing here. And so once you start training your neuro, so you create these new pathways for yourself through practice, then it becomes when you know you're sitting and you're quiet time and you're in a practice of meditation, [00:21:00] those thoughts.

Start to diminish, they don't become as frequent. And so this is just a beautiful part of, there's a Sanskrit word, absa, which means practice. So it means doing the thing in a practice type way. And then you'll see the benefits through it. So it's better to start small. You may just wanna start with a few minutes of meditation at a time.

That's what I would suggest. So three to five minutes. And we can get into the framework, Craig, I think you may wanna talk about that in a little more detail later in the podcast. Yeah, totally. So we can, yeah, we can get into that. But yeah, you start small and incremental improvements in your time.

And it just it makes a world of difference. And the benefits can be seen right after your very first. Session, man. That's so good. And I do want to talk more about that, Amy. One idea that I want to touch on a little bit that I think will help frame some of [00:22:00] this ongoing discussion that we're having about this inner work, and that's really what meditation is going inward, but something that you guys introduced me to that I've just been really interested in.

I've done a lot of work on trying to know myself and, know more about who I am and how I tick. I've done a lot of study on the Enneagram. I think we've talked about that, which is a personality typing system. It's an ancient tool for empathy that's taught regularly. But y'all introduced us to the idea of the koshas and this multifaceted layering that we are as human beings.

Can you tell our listeners a little bit more about that? Sure. Yeah. The Kosha, the koshas can be understood. I like to explain the koshas like these layers of

who we are. And there's five layers and I think Craig, you were in one of my teachings where I kind of use analogy of us as being like an onion.

Yes. And as we travel into the layers [00:23:00] of who we are, we're learning about ourselves. So we're becoming familiar with all these parts of who we are. And the first kosha is Aya Kosha. And that Kosha is our physical layer. So our body, so our skin, our bones our hair. So this outer layer, if you think about it like the Russian dull analogy is really cool.

So the largest outer Russian dull layer would be anima, kosher. That's your physical layer. And I think we use the analogy from Winnie the Poo when we teach the Ko at glow. At glow. So this outer physical layer can be seen like poo, just very simple and grounded in the physical world. So this is our outer.

First layer, just looking for a pot of honey somewhere. Just looking for a pot of honey. Everybody bought some honey. Look, I love the Winnie, the Poh analogy. I think it's fantastic. And I think I'm getting a little hungry as I, as we're talking about the aria [00:24:00] Kosher, actually, I think Yeah, it works.

It works. That's right. So that physical layer, right? So all of our physical needs, desires, all rests, like wanting that taste of that honey right there in, in Aya Kosha. And then we move a little deeper. So our second layer. It's Aya Kosha, and this is our energetic layer. So our breath layer is a good way of understanding Aya Kosha.

And this is our life force energy layer. So this is what kind of animates our body, gives us our vitality. And if we look at it with the Winnie the Pooh analogy. Tigger is represented here because he is always full of energy. He's bouncing around, he's moving. So we can look at our second layer as our energy layer, our breath layer, AYA Kosha, and then we go a little deeper.

We find our third layer, which is [00:25:00] monoa, kosha, and monoa. Kosha is best associated with our emotional, our mental, so our emotional layer, our thought layer, so we can think about the stuff that runs through our mind. So this is your thoughts, your feelings your worries. The way that you react.

All of those qualities lie within men. My kosha, this third kosher. And basically it's it's important to understand that this layer is where a lot of our, stories, we mentioned the stories earlier. This is where a lot of our stories spring from. And then we think about the character from Winnie The Pooh for this kosher is Ior Dior, right?

So IOR is the one, and it always walks around. I'm just, where's the honey pot? So he's definitely that more [00:26:00] emotional character. So we can see that clearly through his character. And then fourth Kosha is Vij May Kosha, and this is our layer best associated with wisdom.

So the first three koshas are like. Less divine. These are more of just our natural human type nature. So you think about your body, your breath, your thoughts, and then we go a little deeper once, once we come to vi May Kosha, and this is associated as our wisdom sheath. And so this is our layer that where we find our deeper discernments, our deeper understandings.

It's that emotionally mature part of you that is able to step back. We all often talk about, we respond versus [00:27:00] react in our in our communication. And that's, yoga helps us to refine, to go from being a reactive person to a more responsive person. And so that beautiful wisdom layer is when develops and notice and seeing we, we were able to refine our choices in that way.

And that's exactly what Mac was talking about earlier when she talked about, are you the seer or the scene? Are you the thinker or the thought? And like also how you pointed out the ongoing practice to try to detach from that thought making machine that your brain is. It's hygiene for the mind, right?

Yes. I love that. That's good. What about the most inner layer of the onion, Amy? So the most inner layer, oh, let's go back and add that. The owl represents our character from one of the Pooh, right on the fourth. Kosher. We'll let owl be in there. So Owl represents this because [00:28:00] owls, we associate with wisdom.

So yes, Craig, the fifth layer is a non demaya kosher, and this is this is our bliss layer. And you can think about this as like an onion. We're getting closer into the core. And so this beautiful bliss body, I like to think about it as being the closest to my central truth. So when I shuck all of these layers of physical and all of these thoughts and things that just are a part of who I am, when I shuck all that stuff away and I get down to the core of who I am I'm in Anand, Maya Kosha, and this is our bliss area.

This is our space of truth. This is this space of authenticity. It's that peaceful space. This space represents a part of us that is very connected. And it's basically that spot within us that is beneath. The [00:29:00] noise that is created. And it's a very special space. Piglet represents is our character represented in Anandamaya Kosha.

And he's innocent, right? He's sincere. He has that gentle heart. And so we can see this bliss body in relevance to, to piglet's character. Yeah. It's almost childlike that, that inner Oh, light, that inner light. Perfect.

Welcome to your Wellness Reset with Kelly Engleman. Let's talk about an essential element of your health, and that's sleep. What have I told you? The ability to get a good restorative night. Sleep starts in the daytime. Our sleep cycles and circadian rhythm is a 24 hour process. The circadian rhythms are a natural internal process that regulates our sleep wake cycle and our influence by external factors like light and temperature.

A well-designed circadian [00:30:00] rhythm helps us feel energized during the day and promotes restorative sleep at night. So how do we develop a lifestyle that supports this natural cycle? It starts with our morning routine. It's ideal to expose yourself to natural light as soon as you wake up. Sunlight helps signal your body's internal clock promoting the release of hormones that keep you awake and alert.

Another key factor is maintaining a consistency. Sleep, wake time, even on the weekends. This helps reinforce your body's rhythm and improve the overall quality of your sleep. Aim for about seven to nine hours of restful sleep per night throughout the day. Incorporate physical activity, regular movement.

Not only boost your energy, but also encourages better sleep patterns. Even a brisk walk can help align your circadian rhythm as the day winds down. Create a calming environment limit exposure to blue light from screens at least an hour before bedtime, as this can interfere with your melatonin production.

That's the hormone that's responsible for sleep. By fostering habits that align with your circadian rhythm, we can enhance our overall [00:31:00] wellbeing, improve sleep quality, and promote energy during the day. Remember, a good day starts with a good night's sleep. Let's make it a priority. For more information, visit us online@enhancedwellness.com or give us a call 6 0 1 3 6 4 1 1 3 2.

Hey everybody. This is Craig Robertson, and I want to take a moment to thank you for listening to the Robertson Easterling podcast. We know if you're tuning in, you might be looking for information, insight, and potentially a little encouragement as you navigate a difficult season in life. Thank you for investing this time with us.

I'm excited to let you know that we've created a free resource just for you, our new client playlist on Spotify. This collection of our podcast episodes will introduce you to the r plus E origin story and walk you through the basics of divorce. From choosing the right attorney to surviving courtroom experiences, it's everything you need [00:32:00] to know to start arming yourself with knowledge when facing the breakdown of a marriage.

You can find the playlist by visiting the podcast tab on our website at Robertson ms, and clicking on the microphone graphic. When you're ready to take the first step to receive a custom plan, we encourage you to sign up for an initial consultation or strategic blueprint assessment. This in-depth session is designed to help you gain clarity, understand your options, and develop a personalized plan for your future.

Whether that means reconciliation or divorce, because at Robertson and Easterling, we know life doesn't always go according to plan. But with the right guidance, support, and strategy, you can move forward with confidence. Visit us at Robertson ms to learn more. Now let's get back to today's show.

So guys, we're back with part two of our show about meditation and breath work. With my friend and yoga teacher Amy, and we have been talking about Amy's story and we've gone through the Koshas [00:33:00] and that layering of us that of us as humans really, that the, she's going all the way from that inner light that's inside of you all the way to the external that really interacts with the world.

But Amy, what the main reason that I really wanted to have you sit with us and have this conversation is you're such an amazing breathwork teacher and leader and meditation teacher and leader. And I just wanna talk to you first a little bit about breath work and zooming into that life force that we've talked about that Tigger energy from the Kosha.

So tell us a little bit about how breath factors into everything that we've been discussing so far. Great. Our breath is one of the best tools that we have that we can directly control that we're able to use to moderate and calm our central nervous system. It is our direct link to that Aya Kosha, [00:34:00] so our life force energy.

And so one of the most basic forms of meditation is breath work. So using there's different styles and types of breath. And so utilizing the breath as a tool to create that sense of inner calm and peace, and it's something that we can all do. At any moment. Yeah, that's so tell me a little bit about some of, now when

Jennifer was on the show we talked a little bit about box breathing as a very easy, accessible technique.

Or is there another easily accessible technique that you can tell us about and our listeners? Sure. I think that my next to box breathing, it's incredibly calming breath. I like three part breath. And we call that durga breath, which is the Sanskrit term. And [00:35:00] in a three part breath, the practitioner will feel the thought is to take the breath to the belly, then the ribs, then the chest, and then we exhale from, so we breathe in from the belly.

Our chest, ribs, belly, and then we press out belly, ribs, chest. And so those are three points of focus that we can use while we're breathing. So not only are we processing breath through our body, so that's just calming anyway. We're also redirecting the thoughts to these three points. So we only have a hundred percent capacity for thinking, and typically if we're breathing and focusing on three points.

The other stuff that we may have been thinking about [00:36:00] before that was creating the chaos. It has to take a back seat, it has to dissolve, it goes away. And so in this three part breath, not only are we. Energizing the body, starting to move the prana. We're creating an opportunity to redirect our thoughts, so move our thoughts from chaos into the, these three points.

In turn, just finding peace and calm, relaxing the nervous system. I think most of our listeners love the idea of cooling breath and mechanisms and modalities and practices and tools to downregulate when things are stressful. I go to this. All the time. And especially box breathing, just if something just feels stressful.

We also even recently, we're having a conversation with my daughter. She's getting ready to do a job interview, and we talked about just taking deep breaths right before a stressful situation, just to have that moment of downregulation, I've [00:37:00] even started using it in my law practice.

If I'm having to step into a difficult conversation or if I'm, I still get no nervous going to court. Obviously anytime somebody's public speaking. Let's talk a little bit about the difference between a cooling breath and a heating breath. Now we've done a little, we've did a different episode that our listeners can go back and hear where we did a whole show on breath work, but the idea that certain breaths can help you downregulate, but.

Other breathing techniques can actually help energize you. Can you educate us a little bit about that? Sure. Yeah. At some points we need to feel a little more

calm and at other points we may be, hitting a little bit of a wall throughout our day where we're feeling a little sluggish. We need a little pep in our step.

And so there's different practices that some breath will generate heat and energy in the body. And other styles of breath [00:38:00] will be more cooling, we say. And those are the more calming style breath. So if you're feeling chaotic or high energy you can resort to practicing a more cooling type breath.

More calming breath. And so I think one of my favorite cooling breaths is sat pranayama. And it's fun to practice that breath because you actually fold your tongue together to create like a little tube. Maybe you guys wanna try in the studio, or listeners at home may wanna try. You just fold the edges of your tongue together, and then you breathe in and out just through that space of your tongue.

And it's fun to practice this one. So not only does it have a physical cooling effect, so you can actually feel the cool air passing across your tongue. It also has with that sensation of cool, the body [00:39:00] regulates into a space of calm as well. So it has a direct effect on your central nervous system.

So if you're having some moments of chaos, you need to calm down. That cooling breath sat pranayama is definitely a wonderful go-to breath. And it's just a matter of folding your tongue so anyone can practice it. And it's very cool. Can you so let's bridge breath work and meditation. You said that intentional breathing is a good way to be introduced to meditation.

Help us understand that a little bit more. So what we know about practicing breath work and working in the, in pranayama is that it's, it calms the mind, right? So we can practice breathing techniques that we just discussed to slow us down. And so if we enter our meditation practice, we've got a lot of thoughts that are bubbling up.

Our mind is full. We are seeking that [00:40:00] space of stillness. We're trying to just re reunify our, we've become so compartmentalized. That's why we feel chaotic much of the time. And so you've got thoughts going here and there and everywhere else. And what we wanna do is just sew ourselves back together and get still.

And so a beautiful prerequisite to a successful meditation practice. Is taking time to intentionally do some breathing before you step into your meditation seat. And so if you would sit for three minutes and practice some mindful

breathing, that is gonna set you up for a successful meditation because the breath work's gonna calm your mind down.

So you're going to have a mind that's more calm and capable of being slow, being steady. And so I, I believe [00:41:00] that to enter a meditation practice without a prerequisite of breath work can be challenging. Yeah, and we can also use the breath. So the three part breath, I was speaking over earlier, the durga breath.

When we when we utilize that breath and kind of notice those three points, so belly ribs chest, ribs, belly into that focus, that actually becomes a meditation in itself. So it's yeah, it's very beautiful tool to use. Yeah, it's just a tool to just to be present in, in the present moment right here, right now.

Great. I found that breathing techniques are the quickest, that's the quickest way to start calming that anxiety down because, when we breathe, when everything seems out of control, so if we concentrate on our breath, it's it's something I can control when everything else seems out of control.

Amy, let's get real practical. Let's talk to the listener who just [00:42:00] happened to tune in today. Maybe they're walking through a bad season and they're like, meditation. I've never even, I've heard the word, but I have no idea. Start from the very beginning. Let's say, you know what, I'm in, I wanna meditate, but I don't have the foggiest idea.

How do I sit? Do I lay down? Do I walk around? All of the above. How, let's do meditation 1 0 1. What does it look like? What do you do? All right. Meditation 1 0 1, the posture of the body is pretty important in meditation because if your body isn't in a comfortable seat or position, then it's gonna distract your mind.

So you don't have to worry about thinking about what you're gonna order on your pizza layer. Later, you're gonna be concerned about. How your knee is feeling from the way that you're sitting. So it's very important to find a comfortable spot for your body. We wanna stay awake. So if you can find a position lying down that [00:43:00] works to where you, you're not so tired that you would doze off and maybe if you do doze off, it's because you need to get a little power nap.

So no judgment on that. But it's usually better to find a nice seated upright position, and you're gonna wanna find this seat to be as comfortable as possible. So use a pillow. Sometimes sitting cross-legged for three to five minutes can

become uncomfortable. So maybe you wanna sit with your feet straight out in front of you.

Find the seat that works best for you. A good old fashioned chair is perfect, so we don't have to sit on a special little pillow, and it doesn't have to be a fancy thing. A chair, a kitchen chair is absolutely perfect. And so what happens then? Alright, I found a chair and I'm sitting down. What do I do now?

All right. Okay. So once you have found your comfortable space, it's gonna be best to start with some [00:44:00] breaths in and some breaths out. So I would suggest taking the attention just straight to the inhale, to the exhale. Now, if you can meditate with your eyes open to not be distracted by anything you may see from your viewpoint.

Great. I find it best to meditate with the eyes closed. That is really effective in just shutting everything down, causing us to move more inward. So yeah, so we would start our practice with breath. You, another cool technique in meditation is to have a, in addition to the honing prop qualities of the breath, it's cool.

You can seek out like a color that you like to go to. You can have a word, a shape. We use shapes frequently. So you can attempt to see a color. You can create a shape for yourself to go back to. You can have a [00:45:00] meditation word. So these tools can be used while you are, you're in your meditation and the thoughts start to bubble up 'cause they're going to, all right.

No one gets out of this thing without having a thought or two rise on up. May maybe more especially whenever you first get started in your practice, but you're going to want to find a way to detach from anything that arises. So just finding a word. Maybe the word is. Peace, or one of my first meditation words.

I just like to focus on the word light. I would just, when my thoughts started to spiral out and I needed to harness back in, maybe the breath wasn't cutting it anymore. I was still just breathing and thinking about all the things. Just one word, just repeating light. Light in your mind. It's great that you said that Amy my wife Rachel and I we sit with a therapist who's in her eighties, and we've had conversation about meditation with her before, and that's exactly [00:46:00] what she said.

I, I said her name's Judy. I said Judy, how do you do it? She said that, just go to the light. Yes. Great. I just go to the light and that is that simple. I, and I know saying how do you meditate is like saying, how does physics work? It's, there's,

it's an ancient practice that there's lots of approaches to, and, quick Google search or, a question on chat.

GBT will show you 15 different ways to approach a meditation practice. But Amy, if you'll just indulge me, just maybe you can just take me and Mac and our listeners through just a real short guided meditation just to give everybody a flavor for what this might be like. Sure. Yeah.

We'll we'll take a few minutes here and hone in. Let's do it. All so find a comfortable position, so move your body as necessary to where you feel nice and soft, comfortable. If you feel any tension in your body, just [00:47:00] readjust. Yeah. Close your eyes.

And then I want you to begin to notice your breath. So as you breathe in through your nose, I want you to think about the air moving in through your nostrils, down your throat, through your heart space, your lungs, down to your belly. And then as you breathe out, push the air from your belly up through your ribs, your hearts.

And then back out your nose.

Let's do that again. Follow the breath nostrils down through your heart, your ribs into your belly, [00:48:00] and your belly pushes the breath back up and out. Ribs, parts back through your nostrils. I,

and then continue to notice this breath. So notice where the air is touching you inside your body,

allowing it to feel. Like a cooling, calming sensation. The same thing as the breath travels out of your body,

allowing each inhale to cause [00:49:00] a little rise,

and then the exhale will feel a little fall.

You can begin to feel this breath, like the performance of a wave in the ocean. I

notice noticing the wave. Rise up

and then noticing the wave. Just fall. Crash back into the water.

Notice this pattern of breath [00:50:00] for three more full rotations on your own.

As you feel the cleansing qualities of your breath in

feel, the cleansing qualities of your breath out, so releasing anything that [00:51:00] might be holding static chaos in your body.

Allowing purification to occur, allowing your mind to settle

and bring your palms together, and then rub your hands back and forth. Generate some heat in your palm,

and then gently place your palms over your right and your left eye,

and you'll start to gently blink your eyelids, maybe even thinking about the wings of a butterfly.[00:52:00]

And then you can start to remove one finger at a time, allowing fresh light back in. And then as you're ready, you can open your eyes back, pull your hands from your face,

and welcome back. Thank you. Thank you. Thank you. Wow. Even over Zoom in a podcast. It works. It works. Does even Casey, my friends over there, he participated. I think he looks more chilled out too. Awesome. Amy you're the best. Thank you so much for doing this. What all you guys got going on down there that you want our listeners to know about.

Oh, wow. We've always got beautiful things happening at Glow. We have our spring challenge coming up, so we always have a challenge typically in the spring, whenever it starts to get nice and warm again. And [00:53:00] we'll do another one in the fall. But. It's a challenge where our students, our members get to come and attend classes and try and win prizes for the number of classes they attend.

So it's awesome. It's great. We're human, so we like to win, which is perfect. That's that nice fire that's within us in our belly. And yeah, so we've got our spring challenge that is coming up. We're gonna start that on March 9th. I am busy selling houses, so in addition to teaching yoga I'm a realtor and I love serving families in Baldwin County.

Helping them list and sell their homes, helping them find their dwellings. It's a really beautiful experience getting to help people with their base needs. So breath yoga and then also there's shelter. Yeah. You got it all covered, but now you do a lot of stuff even outside of Glow, I know, in the community and different workshops and that you lead.

Yeah. [00:54:00] So right now I'm working with the city of Orange Beach. They have, that's just one city over for us, from us here on the coast in Gulf Shores. City of Orange Beach is we're right in the first week of their 14 day, it's their spring wellness challenge. And I actually led a nutrition pep rally on Sunday where I helped people understand the benefits of creating their meals using Whole Foods.

So I did some cooking demonstrations and I served a couple of options to them for whole food meals. And this morning I actually led a beach walk. And it's also a challenge where the people, the participants who are in the challenge get to, they get points for each of these different events that they attend.

And so there's prizes and everything. So we're giving people so many reasons to show up for themselves. I'll also teach a yoga class in that challenge next Thursday. [00:55:00] So lots of great things going on, especially with this beautiful weather. It's just been perfect. And you guys serve a lot of visitors too.

I know that for people who are in town for weddings or, bachelorette parties or family reunions, you guys have lots of different offerings for visitors who might be passing through the Gulf Shores area. Yes. Glow Yoga offers private yoga sessions. We do, we host a lot of bachelorette parties, so we do onsite studio sessions that are private and we also travel out and head out to our visitors, beach houses, condos.

So we're able to share the practice like that. We host tons of bachelorette parties and we absolutely just love doing that. And I love that people would like to include yoga and mindfulness in, into their practices while they're down here, into their parties and their vacations and getaways. So we've, we have, we have recurring visitors that come [00:56:00] every single year that wanna have private sessions. And that's always available, whether it's spring, summer, winter, fall, all the seasons. We're always here to help with those needs. Amy, thank you so much for being with us today and for teaching me and Rachel and being such a fantastic influence in our yoga practice.

And it's just been a joy to have you. Awesome. Thanks for having me, Craig. It's my pleasure to share this.

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