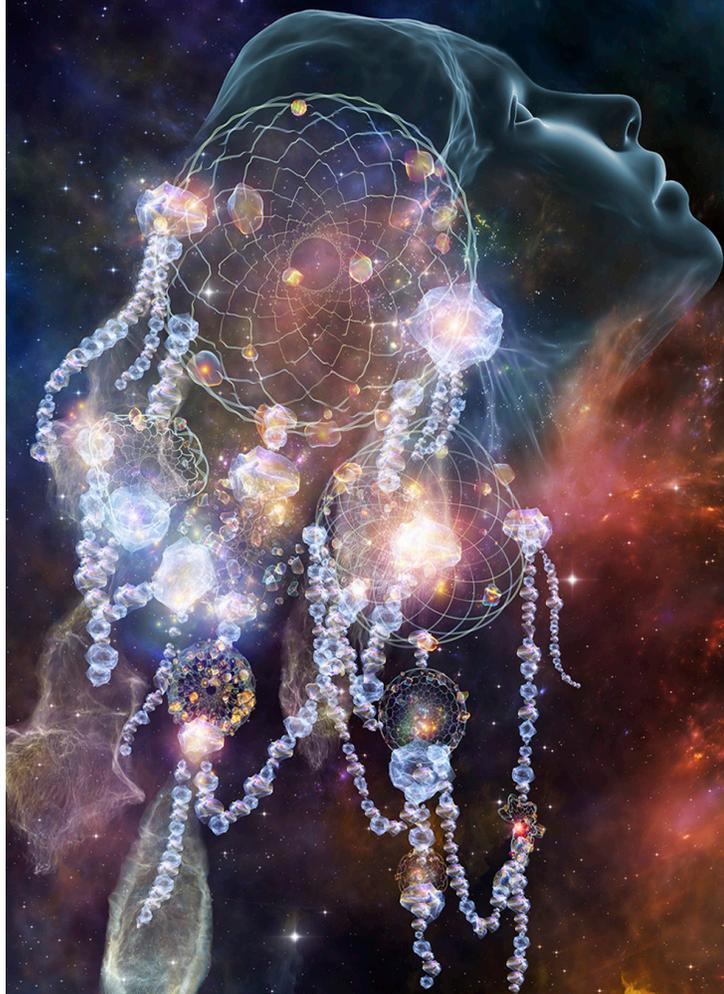


BodyTalk



Dream BIG

Discover Great Health

CAN YOU IMAGINE?

A BodyTalk practitioner / medical doctor / yoga instructor was teaching yoga classes at my first BodyTalk conference. If a student was challenged by pain or lack of flexibility, he would modify the pose so they could practice without risk of injury.

He asked his students to stretch only as far as they felt comfortable, then inspired them by asking, "Can you IMAGINE that you are in the full pose? Reach with your mind and imagine you are already there. Use all your five senses."

IT IS OK TO ACCEPT WITHOUT JUDGMENT

During one session, there was a man who, in the beginning of the class, could not place his hands in prayer position at the heart level. His wrists had almost no flexibility. For one hour, this man imagined himself in the full position for every pose we practiced. He did not push his limits at any time or risk an injury. He merely imagined himself where he wanted to be and accepted where he was in the moment without judgement. Each time we revisited the pose, he was just a little closer to his goal.

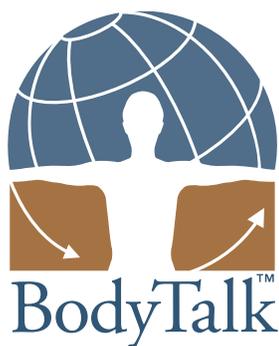
IT IS OK TO DREAM

I watched in amazement as by the end of the class, he was able to attain full prayer posture with no pain. We celebrated his joy in accepting where he was during this process of imagining where he wanted to go. By the end of the class he had closed a 3" gap between his palms.

DREAM BIG

May you be blessed with an imagination to match your dreams and may you DREAM BIG!

The views expressed in this article are educational in nature and reflect the personal and clinical experiences of the author.



The BodyTalk Center
of Oklahoma

405.216.3611

okBodyTalk.com

BodyTalkSystem.com

info@bodytalk.com

1712 S. Boulevard, Edmond

*Kathi Springman is a full time
Advanced Certified BodyTalk Practitioner
at The BodyTalk Center of Oklahoma*

