



FOCUSED PATH
LIFE & LEADERSHIP COACHING

DEAR FOCUSED PATH FRIENDS,
Better late than never! It's been a busy month and I am late in getting my newsletter out to you. Thank you for your patience!
Ahhhh....stillness...the beauty of being truly in the moment.

Finding a moment to reflect to just sit with your thoughts, ideas and slow-down is something, in our current world, that is difficult to do. Why? For one, it takes commitment and discipline which might mean another "thing" to schedule in our already packed day. However, the cost of not cultivating stillness for yourself for your own clarity to really dig deep to see what it is that moves you is much greater than scheduling another 30 minutes. If this type of activity was approached like going to the gym or scheduling lunch dates then think about how much more calm and clarity there might be in our days!

I believe that the more we are aware of our mindset and show up with less anxious presence we will be able to see more possibilities, feel more encouraged and perform at our best. As a leader in the workplace how do you model calm and clarity? Take some time to reflect on these questions:

- How can you build stillness into your busy life?
- How can you teach the magic of stillness to those you lead?
- What tips do you have for embracing stillness?

I just finished hosting my first Yin Yoga Workshop. It was a fantastic afternoon filled with a little Yin philosophy, principles, benefits and meridian theory. Many participants especially loved experiencing the release and calm after the Yin practice. It is often referred to as the quiet practice and one of the foundational principles is cultivating stillness. Missed the workshop? I'll be co-hosting a Yin + Sound Bath Retreat on September 21, 2019 from 1-3pm - details below!

I hope that you find benefit in the articles relating to stillness and tips for creating reflective thinking to gain more stillness, information on the Yin + Sound Retreat and tips you can try at home for yourself to cultivate stillness.

Have a fantastic rest of your August!
Lisa



Silence, Solitude and Stillness



How to Regain the Lost Art of Reflection



Steps to Cultivate Stillness



Yin Yoga + Sound Bath Retreat

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