

Finding The Joy In Living



Cover Model, Jenny Kierstead, Breathing Space Calendar 2011

Last week my oldest daughter Sophia and I checked on little Bella as she slept. After a few moments of gazing on in wonderment at this precious babe lightly snoring, we quietly closed the door and tip toed away.

Sophia looked at me with delight in her eyes and said “Are you crying Mommy?” She really enjoys being a part of my frequent experience of being moved to tears by the amazing life we share. This is an example of a heart filled with gratitude, a spiritual practice often spoken about this time of year.

Gratitude stems from the Latin word *gracia*, which means grace. When we live in a state of gratitude, we live in a state of Grace, connected to the spirit of love. And love, as we all know, is the most powerful force in the universe.

I refer to gratitude as a spiritual practice, because it doesn’t always occur naturally. When we’re arguing with the in-laws, frustrated by a disobedient computer or working through a thousand tasks before we can sign off for the day, gratitude may be the last thing on our minds.

The opposite of gratitude is falling into that all too familiar attitude of blame and complain--a slippery slope which lures us deeper into darkness and unhappiness. Sometimes, we become so absorbed in a pattern of self-induced misery that we can’t see the breath-taking sunset directly before us, or the innocent child so earnestly wanting to help.

Through our gratitude practice, we discipline ourselves to lift our sight beyond our individual brand of suffering to acknowledge the beauty of each moment. A very powerful thing happens when we decide to choose gratitude over misery—our overall perspective on life can shift and usher in new feelings of happiness and contentment.

Studies in positive psychology show us that out of all the factors that contribute to one’s fulfillment in life, gratitude is at the top of the list. It’s not always an easy practice, but one worth exploring.

I have noticed that my *sadhana* (personal practice) has magnified my attitude of gratitude. I often observe myself deeply appreciating the absolute miracle of my body and its brilliant construction (of which I had little influence) or drinking my breath so mindfully that I can almost taste its sweetness.

As we were recently preparing to photograph Allan Rodgers in the rain for this year’s Breathing Space Calendar, he poetically said “October is a month to be nowhere else but in NS.”

This month, try weakening your reliance on blaming, complaining, stress and anxiety by upping the moments you spend being grateful for this life which is a gift to be thoroughly enjoyed with family and friends.

Happy Thanksgiving!

Jenny K

**“Gratitude for the abundance you have received is the best insurance that abundance will continue.”
- Muhammad.**

BREATHING SPACE HEAD OFFICE NEWS (444-9642)

~We are thrilled to announce that our annual Calendars will be available in a few weeks! All proceeds go to the Ecology Action Center and they are a mere \$5.00! The outdoor photos of our Breathing Space Yogis are deeply inspiring, thank you to all who participated.

~The Breathing Space community wishes Michelle a safe and enlightening journey as she embarks on her second trip to India for advanced training. She leaves this Thursday, Oct. 7th and returns Nov. 9th. See Bedford News for more details on her Sadhana Celebration on Nov. 11th. May the protective force of Kali be with you!

~Jenny will be leading a purifying workshop at Amy's studio on the 30th, hope to see you there!

BREATHING SPACE TRURO NEWS (902-843-9642)

~Congratulations Jeff who has completed a stellar first month in operation! My goal is to climb the ropes in your fitness gym by Christmas! Jenny

~We are excited about the positive reception we've received in Truro—thank you to all yogis who are contributing to this growing community! Due to the fantastic response, we are adding new classes to the schedule to accommodate the demand. Visit the website for new scheduling details.

~This is a recent email from a new male participant: “Jeff, your yoga class was absolutely awesome. You're a great instructor, it was one of the best workouts I've ever had and I'm spreading the news!”

BREATHING SPACE TANTALLON NEWS (820-9642)

~Learn yoga this fall with our 6 week Intro to Yoga Workshops. We offer two options, Tuesdays beginning November 9, 2010 at 6:30 p.m. and Saturdays at 10:30 a.m. beginning November 13, 2010. Pre-registration is required.

~Purify your life Workshop! Join Breathing Space Founder Jenny Kierstead for a 2 hour yoga workshop on cleansing your whole system to allow pure joy to flow through you. October 30, 2010 at 2:00 –4:00p.m, \$30.00 (plus HST). Space is limited so register soon!

~Try Pilates this season with our 6 week Pilates workshop with Christine Somerville. The workshop begins October 21, 2010 at 9:00 a.m. and the cost is \$54.00 (plus HST).

~Parent and Baby Yoga returns with an 8 week program beginning October 19, 2010 at 11:00 a.m. Bring your little one (under 12 months) and your yoga mat! The cost is \$90.00 (plus HST).

~Are you expecting? We offer pre-natal yoga to help prepare your mind, body and spirit for your baby's arrival. Our next 8 week program begins on October 22, 2010 at 6:30 p.m. The cost is \$90.00 (plus HST).

~Family Yoga! Our next Family Yoga class is October 24, 2010 at 2:00 p.m. The cost is \$20.00 (plus tax) for the entire family! Grab your mats and your loved ones and come try yoga together. No experience necessary.

~Karma Yoga is back! Feel good helping those in need by joining us for our Karma yoga classes the last Friday of every month. October's class will be on the 24th at 8:00 p.m. The suggested donation is \$5.00 and the monies will go to support the St. Margaret's Bay Food Bank as they prepare for the holiday season.

BREATHING SPACE BEDFORD NEWS (832-9642)

~Join Michelle on November 11th, as she shares her experience of India upon her return on Nov. 9th. Breathing Space Bedford welcomes Emilie Fabre, who has recently returned home from the West coast. Emilie's classes are soulful and fluid; do drop in to experience her.