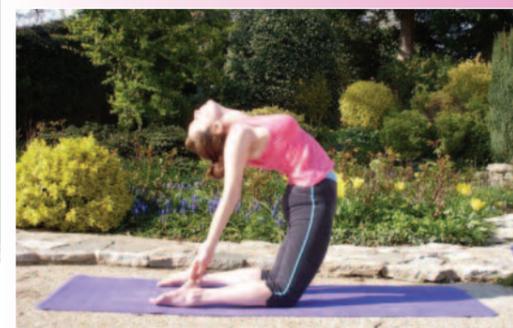
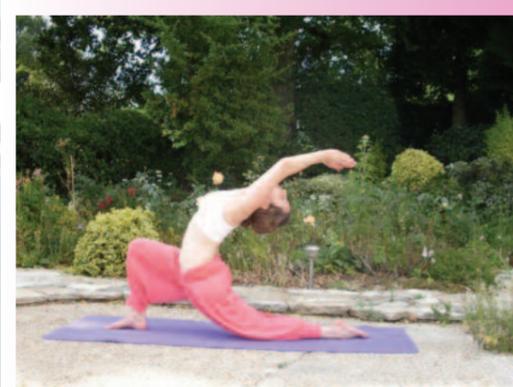


Haven't Got The Time!



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We've all been there: "Yes of course we're going to yoga this week." We've found the perfect class, our outfit's ready, but then when our friend says, "Let's go tonight!", we reply, without hesitation: "Haven't got the time!"

We can tell her why: it's the kids, the dog, the stomach cramp, the boss, the cough, the mother, the rain, the boyfriend, the sun, the head, the aching thigh. Whatever we blame it on, there is JUST NO WAY we can make it. Not now, far too busy. Probably not tomorrow either.

And if we do agree to go tomorrow, we're really just biding time, throwing her off the scent. When she asks again, we're safe in the knowledge that we will have plenty of good reasons then too. Most definitely, without a doubt. Excuses coming out of our ears.

Only to us, they are not excuses. Not at all. Our busyness is a perfectly justified explanation; we really have not got the

time for yoga. We would love to... give anything to be able to... and in an ideal world definitely would... but we really are without choice here.

"Can't you see? This is not a perfect world, I am not super-woman, there is no 'me' clone ready to step in and God certainly isn't handing any extra 'bonus days' my way. The matter really is out of my hands. I want to, but I can't." And so we must surrender to our exhaustion, our demanding family, our paper stack and our television remotes and call it a "no yoga season". End of.

This is the story we've given out time after time. Over endless cuppas, we've lamented how we'd love to, but couldn't possibly. So much so, it's now etched into our brains and we're even starting to convince ourselves....

Now I can see the heads shaking, fists tightening, bodies squirming at the very thought that I might be suggesting we are lying. Delusional, making things up to appear busy? Inventing important events, business matters and real-life family affairs?

"The nerve of her to imply such a thing! Can't she understand how damn busy I am, how many things I have to do?" "And then on top of everything, to add this idea of fitting yoga in, how ridiculous. She can't be doing anything important with her life."

Here's the rub. I'm not saying we don't lead busy lives. It's true that often we do have a lot of important things on our plate. There are all kinds of essentials on our schedule: people to contact, papers to write, dogs to walk, meetings to attend, mouths to feed, in-laws to visit. We can all, most probably, sign our name under a long list of "very big importancies". Or let's just call it "why I haven't got time for yoga".

But... unless we make time for yoga – and act on our very best intentions – we're only going to lose time in the long run. Before we know it, time will come closing in on us and we'll have forgotten how to breathe, how to stretch, how to go within, how to help ourselves heal, how to find strength, power and confidence and how to bring ourselves alive. And

then, yes, we really will be saying "Haven't Got The Time!"

The busier we are, the more we need to make time for a yoga practice. Something to come home to, to guide us through, to touch our core, to hear our cries, to soothe us and propel us. By no means do we need to commit to practice every day, that can come later, if we so choose. Let's start one step at a time, gently and by being kind to ourselves. We are starting on this journey to become free, at peace and to remember who we truly are. This is powerful work and so it's essential that we treat ourselves with utmost care.

Think 10 minutes every other morning, five minutes whilst waiting for a bus, 20 minutes sitting on the office chair, 30 minutes after a long day's work. Relaxing yoga, heart-opening yoga, yoga to suit you as you are in that moment. Single steps can reach across mountains, but for now what I want for you – is the slow release, the first sign of letting go from that ever-tightening phrase we've mastered "Haven't Got The Time".