

Go to the Roar

..... written by Amy Fox

It's a well known fact that lions love to eat gazelle, but it's very difficult for lions to catch gazelle because the gazelle are a much faster animal.

So, instead of trying to catch their prey, the lions devise a strategy. A group of lions will form a line so that they can herd the gazelle in a particular direction. In turn, the gazelles will run away, thinking they are escaping. What the gazelles don't know is that they are unknowingly being steered toward a deep, grassy area where a group of older lions are hiding.

The older lions are too old and tired to be part of the chase and many are missing teeth, but when the gazelle are within a close enough range, they jump out from their hiding and roar loudly.

The loud roar startles the gazelles and at the sight of a new, immediate threat, they turn and run in the opposite direction...right back into the mouths of the young lions.

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

Fear is a legitimate feeling. In fact, it's part of our biological programming and it's an autonomic response that has enabled humans to survive for hundreds of thousands of years.

In our modern day however, most of the fear we experience is not of the life-threatening variety. The proverbial lions that lay in waiting in our lives are simply false fears and if like the gazelle we run in the opposite direction – away from our fear – we'll often find ourselves stuck and unhappy.

As you begin to land your mat today, where can you breathe into your fear, some edge or challenge you are up against?

DURING CLASS

Confronting the fear is where we grow and it's where we're able to see the truth of what we're up against.

Let yourself undress your fear. With each exhale see if you can peel back another layer.

Ask yourself, "What is my fear really trying to tell me?" Know that it will try to prove itself first. So keep asking that question, keep undressing it, keep trying to get to the root of what you're really afraid of.

When we really boil fear down, it's usually a fear of lack – not getting something, not feeling like we're good enough.

CLOSING CLASS

Anything we desire in life requires that we go toward the "roar" or the fear itself because only when we are willing to confront our fear, can we access our next level of potential.

This week, where can you go to the "roar"?

EXTRAS

This theme offers a nice spring board for you to work toward a more challenging peak pose (i.e. Flying Warrior, FireFly pose, etc).

When you are working toward a peak pose you want to make sure you offer your students two things. First, work through postures that will open up the muscles necessary to get into the peak pose. And second, always build from a "base" peak pose. For example, if you were going to move into Flying Warrior, you can build that with the back knee down before moving into the pose from Extended Side Angle, which is a bit more challenging.

Regardless of what peak pose you choose, encourage your students to lean into their edge and expand their comfort zone.