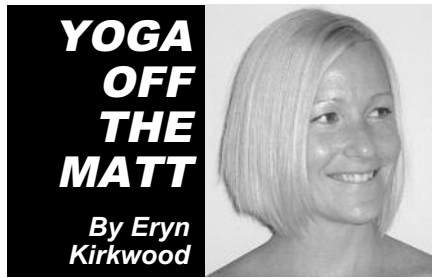


# COMMUNITY

## Sometimes it's the attitude that needs adjusting

A student asked me the other day to please "adjust her" in Downward Facing Dog. She asked me to show her exactly what she was doing wrong and what changes to make to be in perfect alignment. She said that weeks ago she had done Dog Pose and it felt amazing. It was light and perfect and just the way a yoga pose is supposed to feel; but she hasn't been able to get that feeling back ever since. I told her that our practice on the mat, on any given day, is the accumulation of so many different things and that our experience of our practice is often a reflection of our own state of mind.

For example, if I've been having the type of day where everything that can go wrong does, my focus is on the negative. And what we focus on expands. Our micro- perspective has the effect of leaking into every aspect of our lives. It's like that horrible oil spill we're hearing about now. It originated in the Gulf of Mexico, but according to Wikipedia, "By June 4, 2010, the oil spill had fouled 125 miles of Louisiana's coast, had washed up along Mississippi and Alabama barrier islands, and was found for the first time on a Florida barrier island, at Pensacola Beach, with part of the Gulf Islands National Seashore." Just like this sticky black muck, spreading by hundreds of thousands of barrels a day, sliding over wildlife and vege-



**YOGA OFF THE MATT**  
By Eryn Kirkwood

tation, our state of mind shadows (or enlightens) any aspect of our day, and through accumulated days, potentially our whole life.

So our time on the mat becomes an observation of where we're at in the present moment. Notice I didn't say that it's an analysis. It's not. It's an observation that we make and then immediately let go of. There are days when nothing feels good enough. I haven't worked hard enough, eaten healthy enough, been mindful enough. Chances are, on those days, my Downward Facing Dog isn't strong enough. Maybe this "spills over" into my bulldog not being obedient enough, my partner tidy enough, my teachers intuitive enough. And then before long, my car isn't fast enough, my condo isn't big enough, in fact all of Ottawa isn't exciting enough. But just last week I was rollerblading around the canal thinking how much this city rocks! You see where I'm going with this.

Days when I get out of bed and the "not enough" committee starts talking before my feet even hit the floor, I know I have to take action. For me, a quick fix

is a gratitude list. Not a mental one, either. It's written out with a pen and paper and a true heart connection. I'm grateful for that big warm bed, the health of my body, the loved ones in my life, the incredible gift of being a Canadian citizen with all its accompanying perks. Chances are, on those days, I live in the biggest, brightest condo in Barrhaven with the sweetest dog and most generous partner. On those days, the weather is just perfect and my Yoga feels good, not matter how it looks.

Now, I'd be lying if I claimed that every single day was just skipping down the primrose path of life. It's not. There are certainly challenges and not all is overcome with the quick whip of a pen. But some are. And it makes a difference.

This student was on the right track in requesting "an adjustment," but unfortunately, it's not one that can come from me. I'd likely be a millionaire if it was. No, that adjustment, my friends, that's an inside job.

I'm Eryn, and that's your tip for practicing Yoga off the Mat.

*Eryn is the founder of Barrhaven Yoga. She offers a flexible schedule for all levels of ability and can be contacted through [www.BarrhavenYoga.com](http://www.BarrhavenYoga.com).*



### A Lytle deer

Mike Carrocetto photo

A lost fawn on the side of Cedarview Rd. (at Lytle Ave.) north of Barrhaven had trouble attempting to return into the brush on Wednesday, June 9. The young deer, which may have been slightly injured, seemed to be unwilling (or unable) to make the jump over the fence (at right). One man who watched the proceedings for a while said he was scared the animal would get hit by a vehicle.

## Mark your Calendars

DESROCHES continued from page 4

June 22nd the City of Ottawa Financial Sustainability Summit will take place from 6 to 9 p.m. at Ottawa City Hall.

July 1st Canada Day Celebrations in Barrhaven at Clark Fields Park (Strandherd Drive and Gorman Drive) starting at 11am.

August 27th is the Fourth Annual Barrhaven Legion Golf Tournament at the Cedarhill Golf and Country Club. Shotgun start will begin at 12:30pm. Interested golfers should call Dave Sereda at 613-825-4118 for more information.

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