



New yoga instructors especially (in fact, everyone, really) need to keep their karma in the face of life's challenges. *Gina Battye* shows you how to do it

**T**here you are. In full flow, observing your class really feel the benefits of the practice. You notice every single person in the room change their energy as a result of their time on the mat. It was a fantastic class – there is no doubt about it. You were on top form, you enjoyed it and they enjoyed it. You feel energised and on a high.

As you are packing up, you are approached by a class member who asks you for a moment of your time. Maybe they talk about their ailments in detail to you, or let you know about a life event that is going to prevent them from coming to class for a little while.

You notice when you leave that you feel drained. Those feelings of energy, excitement and happiness seem to have disappeared. And you are not sure why or how to pick yourself back up.

We all experience this at different times, not only as a yoga teacher but also as a student of life. There may be certain people that really pull you down or situations that suck the life out of you.

Here are some simple techniques that will protect your energy, ground you and raise your vibration.

**RAISE YOUR AWARENESS.** Know what your triggers are: the situations, people and circumstances that leave you feeling your energy has been drained. Recognise what feels good to you in the moment and what doesn't feel so good. Once you have this awareness, you can put strategies in place to minimise the impact it has on you.

**CALM THE MIND.** This is essential if you want to live a calm and peaceful life. One way to do this is through meditation.

In meditation get a sense of your own energy - surrounding you and within you. Tune into it. Imagine a beam of white light entering your body at your crown chakra. Visualise this light filling up your entire body, right to your finger tips and toe tips. This white light fuses with your energy as you breathe it in.