

debco presents...

Jeremy's 2 Cents

A moving meditation; Yoga is often defined by this simple description. But as I've recently discovered, it goes much deeper than that.

One year back, emerging from the darkest period in my life, I reached out for all the standard tools in an attempt to heal and rebuild. These were the usual suspects; therapy, exercise, talking to family and friends. My life was slowly improving, but something was still missing. My younger brother had recently returned from surfing the winter season on Maui's North Shore and couldn't stop telling me all about his new "life changing" pastime he'd discovered while on the island; Hot Yoga. He insisted I try it, officially declaring it his 2nd favorite thing in the world, right behind surfing. Being that we share a lifelong passion for riding waves, I decided to sign myself up.

From my very first experience at the local Hot Yoga studio I felt an instant connection. Inside a 100 degree room – silent save for the guiding voice of the instructor – I began a 60 minute journey into a series of balancing and strengthening postures coupled with breathing exercises. A blend of physical challenge and soothing reprieve. It is a marriage of strength and flexibility, of pushing yourself to the absolute limit. Catharsis in challenge. Tranquility in success.

Aside from the obvious physical benefits (strength, flexibility, weight loss, balance, etc.) and emotional upsides (happiness, inner peace, lessened anxiety, etc.) Yoga also helps to provide a sense of community for its participants. It is a bond shared not only with your fellow "Yogi's" at the local studio but with others who practise this physical and spiritual journey in all corners of the planet.

Yoga teaches us to be present in the moment...focusing neither on the past nor the future...to just breathe. The past breath is gone. The next breath is never promised. All we ever have is the present. As such, the practice of yoga helps to focus our energies on each breath as it transpires. This valuable lesson can be applied to life in general.

Yoga has been my saving grace. I would not be happy and healthy today without it. My hope is that this ode to an ancient and spiritual practice may just inspire some of you to follow the same path, and experience the many benefits of Yoga.



Jeremy Rich
U.S. National
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YM4943 Yoga Mat

Yoga is the perfect blend of physical challenge and soothing reprieve. It is a marriage of strength and flexibility, of pushing yourself to the absolute limit. Catharsis in challenge. Tranquility in success.



Jeremy Recommends: YM3704 Yoga Mat, YM8415 Yoga Mat Strap, YM8274 Yoga/Workout Towel, WB7413 Water Bottle

Until next time, this has been my 2 cents!