

Unfinished business

Chasing your tail? To-do list bursting at the seams? This month, yoga teacher and mother, Cheryl Parsons asks: how do we get comfy with the chaos?

THIS MONTH'S COLUMN FEELS LIKE IT HAS BEEN A LONG TIME IN THE MAKING!

It comes to you inspired by the half drunk cup of tea, the cold end of toast discarded in the corner, the semi-typed sentences and the constantly interrupted yoga practice. (Cue: energetic toddler here demanding attention!) That just about sums up my crazy life right now... full of unfinished business.

In the last 20 months, my daughter Molly has evolved into a jolly little lady with a huge personality. The sleepless nights are just (a little) more sporadic and life is slowly taking on a new 'normal'. But I'll admit it has taken a long time to get here and that the journey has been far from smooth. Despite exuding a yoga teacher's required calm exterior, I would probably credit myself at times with the title of 'world's most stressed out mother!' Before Molly came along, I had no idea that I would harbour such a desire to be so in control of life, or have such a craving to fit everything in perfect boxes.

Life on the yoga mat is also vastly different. Gone are the hours I used to spend springing into handstands and dropping into backbends. Few and far between are the long, indulgent savasanas. Replacing all this is a practice that usually doesn't get finished, a practice that isn't always that physical and a practice that is just grateful you showed up in the first place – muffin top and all! In essence, this is what true yoga is all about.

What I am finally coming around to is the notion that life has no formula. Whether you are a busy parent, employee, boss or student, chances are you're familiar with the notion of unfinished business – those days where you



feel like the clock is against you. Your bursting agenda leaves you little time to breathe, let alone think about rolling out your yoga mat.

So how do we embrace the chaos? Our yoga practice is the ultimate helper, whether it spans an hour or more or is a simple five-minute meditation, it truly does not matter. Yoga teaches us to let go of judgement and roll with the changes, no matter how topsy-turvy they become! Take a moment – even if that's all you feel you've got today – just to reflect on what a great job you are doing. Remind yourself to go a little more with the flow. Learn to accept that unfinished business isn't always a bad thing – it will always be there for you right where you left it!

I leave you with one of my favourite quotes that just about sums it all up... ✨

“Instead of resisting to changes, surrender. Let life be with you, not against you. If you think ‘My life will be upside down’ don't worry. How do you know the down is not better than the upside?”

—Shams Tabrizi



CHERYL TEACHES vinyasa and hatha flow at Zen Yoga and writes a regular blog on life as a yogi and mother at www.thepeacelily.com