

The Importance of Identifying your “Edge”; the Place of Resistance

The ' Edge ' is a term coined by Joel Kramer, Yoga instructor from Esalen.

Joel talks about 'playing your edge' while doing yoga; by slowing down and focusing your attention inwardly while slowly moving into a position, to create a pleasing, safe and workable sensation.

This concept can be applied while receiving massage, doing self-massage as well as stretching. The muscle then slowly relaxes and lengthens back to its' normal resting length, therefore allowing the joint spaces to open and nerves to be released.

When you're *over your edge* - you're in pain physically, emotionally, or mentally. Your muscles protectively splint; and this can be *very subtle, and can reduce the effectiveness of the therapy.*

I invite you to play your edge smartly by choosing an *easier* stretch or self-massage therapy for yourself and discover how you get more of let-go in your muscles.

I'd recommend going to your first *perceived edge*; and then backing off your edge (make it a little easier) to help any areas that haven't yet responded to your efforts.

TRY THIS FOR ONE FULL MONTH to really give it a chance!

This will definitely take a leap of faith - and a bonus is that your *whole body* will also get deeply relaxed, and we all know how healing that is!

See you in class; where LESS tension = MORE muscle release!