

Gayla

Hello and welcome to the Art of Purpose podcast. If this is your first time listening in, well welcome and thank you so much for joining me. If you are a returning listener, you may know that I have been doing some purposeful pauses which have been shorter, sharing insights and reminders which have been really fun for me. As you know, I'm very fond of reminders because they really are necessary on this journey.

I wanted to share with you that lately I have been in the midst of a program I'm offering called The Summer of Purpose, which really isn't only about summer, it's about life. And I have been very blessed to have some lovely, inspirational conversations with several awesome women around creating more balance in our lives, using community support and learning from others on how to prioritize ourselves.

Set intentions, especially focusing in on physical wellness, emotional well-being, spiritual growth, and creative experimentation. I hope that you enjoy these episodes as much as I had in conversing with these wonderful women. They are full of wonderful information and tools to assist us on this journey of life. Be curious.

Welcome to the Art of Purpose podcast, a show where we explore the joys and challenges of living a fulfilling life. I'm your host, Gayla. I'm an Alaskan, an artist, and an encourager. I'll be sharing my own personal stories and practical advice, bringing you inspiration, motivation and support as you practice The Art of Purpose.

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Gayla

Well, hi, Leigh! It's so great to have you here with me. I really, really appreciate you taking the time to share with us and be here. And I know you just came in from the wilderness and a long adventure there and so reacclimate yourself back into to the to the rest of the world and sharing yourself. So I appreciate you taking the time to be here.

Leigh Lubin

Excited to be here, be part of the Summer of Purpose, It's a great initiative to help people find their purpose and their peace.

Gayla

Yes. Yeah. You know, I find that we all need reminders and support and it's an ongoing conversation. It's not like we get information and we get it. You know, it's like it takes time to assimilate and sink in and process and "oh!", and give it the Aha. So, you know, it is, it is an ongoing conversation. So Yeah.

Well let's start with give us a little bit of background about you and how you got started in your field and what maybe really inspired you to get started and in doing what you're doing. And tell us about what it is you do.

Leigh Lubin

My name is Leigh Lubin and I am a yoga teacher and an educator in general. I've always been an educator. It's my gift. No matter what I'm teaching, it seems to be where I get into the flow and yoga seeped its way into my life. The universe directed me there, despite some efforts to not follow that path, and I was introduced to yoga when I was 19.

A friend said, "I'm taking a class at community college. It's fun. I think you'll like it." And I was blessed with a wonderful teacher who had us come back to center in between every pose and feel where we were. And at the time, as I was overextending myself and biking seven miles each direction and always about halfway through the class, I'd just go into savasana for the feel.

I'd be like, "No, this is where I'm staying for the rest of this class, and this is what she's teaching us." And then I practiced on my own for a while and I had no interest in teaching, but the universe just kept nudging me in, finding a great teacher. And then the teacher that kept nudging me to become a teacher.

And then spaces that just opened up with no commitment and no effort to continue the process of me offering them. And so I think for about 15 years...

Gayla

One of those nudges. Yeah, for 15 years, wow.

Leigh Lubin

Teaching I think for 15 years and practicing for 25 I guess?

Gayla

Okay. Well maybe talk a bit about yoga and the philosophy and why that is something that is really beneficial for you and for practitioners in general. Because I think I think at some level, I mean, I'm familiar with yoga and I know the benefits of yoga. However, not everybody does. And I have had some conversations with people who find you know - that maybe it's just not knowledgeable or don't know or it's got the yoga mainstream preconceived, preconceived idea of what yoga is.

So what maybe just share a little bit about what you like about yoga, what you find beneficial and what it what it is for you.

Leigh Lubin

For me, yoga, I kind of describe the physical practice of yoga and the spiritual practices of yoga - Sometimes I describe it as the best lover you could ever have that can meet you everywhere you need. Some days you need caressing, some days excitement some days you need curiosity or adventure. And so I've really found that yoga in its diversity and the different avenues of entering the practice of yoga, both the physical and mental and spiritual, just really is a huge palette of what do I need today and how can I meet myself as opposed to something contrived or a specific way.

And so I find that is probably what has kept me coming back to yoga more than anything else, is that it can meet me where I am and with what I need each time I arrive and I feel like yoga has been branded ingenious. I don't know who came up with the idea that yoga is relaxing because there's nothing relaxing about the physical practices of yoga.

It's hard and I really feel that the eight limbs of yoga with personal practices for yourself and the world. And then the physical practice. It's all training wheels to get you to embodiment or bliss or a place where you can exist easily honoring what's going on and being aware of what's going on inside of you and outside of you at the same time.

So you don't have to kind of choose between like, Am I interacting with the world outside of me? Or if I'm taking care of myself that you can simultaneously exist in your whole being and receive and interact with the world, that you don't have to choose one or the other. So I think yoga is the physical practices of yoga are great, and I really feel like they're the fountain of youth and keeping me moving and living easily.

And then the mental practices are the SAB for being human and yeah.

Gayla

I love that. And when practicing yoga, it's, you know, it's finding someone that you that you resonate with. And it's not about needing to know all the, the history and what the word pranayama is, or, you know, that's part of the learning and understanding a process along the way. However, it's just enjoying the awareness of your connection with yourself from a not just physical aspect, but bringing yourself more into that body awareness of listening and body connection.

The more that we're connected with our body, the more we're connected with ourselves and our hearts and our, you know, what's going on within us. And that kind of goes into a little bit about some of the practices that you do, is the embodiment practice. You want to explain a little bit about what that is?

Leigh Lubin

The embodiment practices that I've been playing with are a culmination of what I started. What really sunk me into yoga in the first place. And embodiment is a word that's being thrown around a lot now, and I really think of embodiment as not simply body. It's the combination of our mental facilities, energy, our emotions and physical sensations, all being able to be online at the same time.

So we don't just process with our body or just feel what's going on in our body. It becomes this holistic receiving and experiencing of the world where our whole being can be online. It's let's see, it's hard to explain exactly. One of the meditation practices that have weaved in to my physical practices is comes from the realization process, which is non duality meditations.

So kind of that whole idea that we are not separate from the world around us, but at the same time we are we can have a container, and maintain a container that's permeable because we don't want to lose ourselves with the world around us and we don't want to choose one or the other. I don't know if that's totally clear.

It's a hard thing to call.

Gayla

It is. It's a challenging thing. And then it's something that I've actually been playing around with too, is it's the paradoxes of living, of how to be in the world. And yet, as are our physical selves and moving and doing our things, and yet also knowing that we are more than that and getting in touch and the knowledge of having those times, of being able to be quiet and be able to touch those deeper spots, you know, and getting to that those bliss areas or those areas and where we're able to disconnect from the mind chatter and all the things that programs that that play in this world of form, you know, and things that we've been told and, you know, created and yet being able to see it and not know that that's not who we are, that there is something deeper into there. And that's where I see embodiment practices really helping become in tune with all the parts of ourselves and and learning how to accept all the parts of ourselves and how to do that simultaneously.

It's like you could be upset at something and yet have some compassion and understanding and space for it too, and having them both coexist at the same time. And it's like you that's kind of mind blowing for our minds because it's so easy to want to compartmentalize things and have it be one way or another. And it's a training. It's a, you know, to do it practice getting out of that way of thinking.

Leigh Lubin

And the embodiment practices, I treat them very much like a yoga practice or when I'm teaching alignment in yoga, they're a practice that then we let go and it just slowly integrates into our beings so that we don't actually need quiet and introspective time to experience bliss. That experience bliss at the same time that we're connecting and just knowing that each time we do a practice, it strengthens our embodiment muscle or our meditation muscle or physical muscles so that we don't need to engage it. It just eventually becomes how it is, right?

Gayla

Yeah, I love that. You describe that perfectly. It is really the practice of learning how you know that we don't have to Oh, this is our meditation timer, this is our yoga time. And having these set times, it's that practice of how to live and be and have that, that awareness and the consciousness, the presence to be able to have live in that space more often as we're moving through the day with whatever we're doing is is it really comes back to, you know, the energy of which we do anything, really?

Gayla

So what is what is your philosophy about, you know, not just yoga or well, just about as physical wellness and how does it relate? You know, I think we've touched on some of this, you know, the emotional, spiritual and the creative wellness. How does that how does being able to touch be part of our awareness of our physical bodies and wanting to be more caring and loving towards ourselves and embracing the aspects of physical wellness and how that affects all other areas, the other areas that we're focusing on.

Leigh Lubin

I think that physical wellness is really a nice balance between strength, mobility, fluidity and ease. That there isn't a clear definition of physical wellness except for what I seek is balance. And physical wellness to me means that

I have the ability to do what I want to do in my life without it being taxing or injuring even something as simple as it's not what I'm driving, but parts for reaching in the back to grab something out of the backseat that that movement doesn't then injure me, that I can have the skills to go into the wilderness or things that fill me up or dance or my hands work to create art or other aspects.

And then the physical wellness really comes in because it's the home for everything else. That's the container for the creativity, the spirituality and all the other aspects of our self to live and thrive in the physical wellness. And so if we don't have physical wellness, it's not that we can't be creative or spiritual or anything else, it just makes it a little bit more challenging and what I find really interesting about physical wellness is that sometimes we actually need to access it through the spiritual because our bodies might not be working very well in order to use that realm to find freedom.

And we need to come in from creativity or spirituality or emotional intelligence to free up the physical body. But I find that when my physical body is in its most balanced, vital shape, my emotional well-being is better. It's easy for me to emotionally connect with people and I feel at ease more so with the nuances of spirituality that, as you mentioned before, pull us in both directions.

And there's a paradox in the whole human experience. And so I really feel that physical wellness creates more ease for all of those other aspects to evolve in that container.

Gayla

Well, it's just coming to my mind that physical wellness, I feel like, you know, we hear about it a lot and generally it's in a and I don't think this is true for everybody, but however I've experienced this and so I feel like it's probably relevant that it's easy to feel like we're not doing enough and we're not good enough.

We since we can't do X, Y, and Z, we're not physical or, you know, and to be able to get to a place where accepting, letting go of the judgment around our physical capability and or limitations and get to a place where we're more can be accepting of where we're at with our physical our vessels. And in that and those respects, being able to move forward with whatever we're choosing to do, whether it be yoga or walking or gentle stretching or, you know, whatever those are, and that, you know, giving ourselves that, hey, this, this matters and this counts and this is part of that practice.

And that the more that we can stick with practicing and doing this on a more regular, consistent basis than we do, can see movement and growth in that. And if not, there's still that satisfaction of doing something caring and loving for ourselves and coming from it from that direction instead of from a shaming, blaming, you know, energy of, you know, you didn't get your 10,000 steps in or whatever, you know.

So being able to release the judgment around our physical where we are physically, you know, that. And that's part of that self-acceptance of our bodies as they are right now, and then choosing to make the next steps out of love and caring and not.

Leigh Lubin

What I really encourage people to do is to take a step back from making goals and to instead look at the intention

behind the goal. So that I find that that gives us more grace in changing what we do to meet the intention as opposed to being attached to the goal of it. So if my goal is to practice yoga every day for 15 minutes, I need to step back and say, Why is my goal to practice yoga every day for 15 minutes?

Is it because I want to learn discipline? Is it because I want to do something nurturing for myself? Is it for longevity health? Because then inevitably, no matter what goal we make, life is going to throw at them the obstacle that means we might not hit the goal. And I really feel like when we step back and look at the intention, we can say, oh, you know, it's not actually beneficial for me to practice yoga this morning, but it is beneficial for me to sit and read a book for 15 minutes because my intention was to take time out and take time for myself every day as opposed to actually the practice of yoga.

I think that's a really powerful way to stay out of the blame game is recognizing what my intentions are and then recognizing whatever my schedule or my desire or my goals might not meet my intention today. And it's easy. It's easier when we divorce from the goal. It's a temporary goal and my goals are going to change as it meets or doesn't meet my intention of why I want something.

Gayla

So that's like that's a key point, you know, of like looking at where our attachments are, why we think we need to be doing something and really checking in as to why do we believe that and is it true and is it relevant in this moment? And to step back and look at these goals, but the word goals kind of rubs me the wrong way just because it has, you know, I feel a lot of failure kind of just attached to it and, and coming into that more intentional space of what is it that I really need and why and, and sometimes that there is a tough love piece in there too of how our being able to see that and doing it from a compassionate way is so used to that perfectly. Yeah. Looking at the the attachments and being able to shift and change and negotiate and also looking at where we want to negotiate something that maybe isn't really in our best interest sometimes to because it is a little sneaky. Well, sneaky mind there.

Leigh Lubin

Oh yeah, yeah, yeah.

Gayla

And that's part of the listening to ourselves and learning how to trust that voice and that listening of, okay, yeah. I don't really feel like going and doing this. My exercise this morning and yet ultimately I know I will feel better and you know this being able to have that moment to check in and see what and be able to say no, you know, I do need to take a hot bath or do something different and shift gears.

And because those those build that self trust to when we do listen to ourselves a lot more.

Leigh Lubin

Yeah, there's a lot of finding the nuance through practice and exploration of I don't feel like I want to do my morning yoga practice. How do I feel afterwards? Like looking at the whole continuity of friend that I was talking to the other day said, Oh, have you ever heard the saying, if you don't want to do something, then you definitely should? And I said, Yeah. And I've also heard that if it's not a hard yes, it's definitely a no. And both

of those are very true and it's the playing with what we do and seeing how it responds in our bodies and our emotions. That is no better when it is if it's not a hard yes, it's a no and when it's I don't feel like but really I should, both are totally true.

Gayla

And that's that part of getting to know ourselves and know where we have certain tendencies and being willing to look and and see and watch and check, you know, how does this really feel And I like that, you know that thinking through the whole process of oh yeah I, generally I know I feel a lot better when I'm done with this. That is my intention is to feel better today or, you know, being able to just really have that check in time.

Yeah, that's awesome. So I think we've already talked about some of the roadblocks to achieving our goals and desires. And, you know, as we said, not necessary goals, but being able to check in to what what it is that we're needing and what our true intention is. Are there some, some specific things that you teach or address to address these challenges of looking at how, you know, watching, I guess as part of possibly that embodiment practice of really just the tuning in to all areas and then being able to get more access to whatever that, you know, that our deeper voice?

Leigh Lubin

I think one of the key things that I teach is humor. So even when reminding people what the purpose is for the practice, which is overall balance, and I know different yoga practices have different intentions, but as far as I'm practicing and practicing for overall balance and use even use of my body, but I'll remind people when they're trying to do wide legged seated and, you know, and folding over, which most people can't actually get very far in a way that's beneficial for the body, reminding them that the only benefit of getting your head to the ground is that then you can smell your yoga mat.

So reminding people with a sense of humor about what they're practicing and why, and then the other thing I really try to do is to teach people the difference between challenge and damage and give them internal cues and internal ways so that they can discover and teach themselves and play with their own practice, no matter who their teacher is, whether they're in a class, whether they're practicing alone, so that they can start to recognize, Oh, this is hard, but this feels balanced in my body and it feels like what I'm working for.

And this is just damaging and my ego is getting involved that I want to do this or I feel like I should be practicing for 30 minutes when my body really wants to practice for 20 minutes or my body wants to practice for 60 minutes. So really trying to give people the internal cues. So I do a lot of teaching, try it this way and then try it this way and feel the difference so that people can start to really get the nuance from inside themselves instead of from someone cueing them.

Because I can cue well and I can see what's going on in people's bodies, but I'm not inside their bodies. And I really want is for everyone to eventually be their own teacher that can adapt everything to what they need at the time. Of course, as best as as we're humanly capable, of course we can mess that up too.

Even when we have skills, so a lot of humor messing up and just being human and being ourselves. Yeah. Yeah. And recognizing I think the big thing is recognizing that closing pose for yoga for people that don't know where you lie at the end, which is basically a turning off that everything needs a turning off to set in and that because we're not doing anything, doesn't mean that nothing is integrating in our bodies or in our beings.

And sometimes the pause and the break is really what our nervous system and muscular system, our spiritual system needs to be able to let what we learned and what we've done settle and become part of us, and then move forward with more grace and strength and humor and patience with humor is the biggest thing.

Gayla

Yes, it's is a wonderful reminder. Yes. You know, this is this is all important here. You know, and yet it's not serious. And to be able to, you know, lighten up, lighten up and, you know, let go of this grasping that things have to be in a certain way or just that energy is so counterintuitive to being in balance and and being at ease with ourselves and being able to listen.

I guess it gets in the way of the listening and hearing what we're really needing. That laughter is such a great - and we know this - Laughter is such a great medicine right?

Leigh Lubin

That makes everything easier. And I think being able to for people to recognize that if they can't contain more, they're not going to get more from doing more, right? It's sometimes like when I teach workshops or other things, I encourage people like if you're hitting your max, just don't do something. Just sit and watch. Just sit and absorb.

Like if you don't have the capacity to receive more, you're not not going to get any more by doing. So, just let it soften and find its way and jump back in when it appropriate. Yeah, we are capacity physically, mentally, spiritually. Yeah.

Gayla

I think that, you know, that's such an ethical approach to everything that we do, right? I mean, just having that awareness of Yeah, where, where is our capacity and where are we pushing it and where do we and why? And, you know, when we relax and back off and, and be more gentle with ourselves.

Leigh Lubin

Yeah. Yeah. And maybe that stems from, there are some people that really need to push more because they tend to be more in the gentle and some people that need to back. Yeah. So it kind of depends on the situation and the person because sometimes we do, as you are talking about, trying to make ourselves practice when we don't feel like it, sometimes we do need to push and sometimes we do need to stop. And that's the art.

Gayla

That is the art, the art and the practice of checking in. So what is the intention? What is your really, your bigger desire, your heartfelt desire for yourself?



Leigh Lubin

Yeah. And then really always remembering to check in after you do something and seeing how it resonated.

Gayla

Yeah. Yeah. Because it's about learning what the information is that we're getting from things because just cause we make a decision doesn't, you know, maybe we go Oh, maybe. You know, I did have that little niggle that maybe I shouldn't be doing this today or, you know, And so it's and then going, okay, now I know what that that's about, you know, and being able to go, that's that's what that voice is, you know.

And so having those that paying attention is, you know, knowing that everything is information, you know, that really there are no right and wrongs right. It's it's all information and learning. It's whether or not we pay attention.

Leigh Lubin

That and then if we pay attention with our whole being or only our mental aspect or only our physical aspect or on their emotional side, we analyze it. It's different than when we feel it and when we experience it. And yeah, it's an ongoing learning.

Gayla

It's ongoing. Yeah. And that's where, you know, goal tends to - It doesn't fit because it's it is an ongoing conversation, you know, with ourselves, with people around us, with our environment. And so it's just, you know, this releasing that there's some place that we need to be, you know, because it's about that process, right?

Leigh Lubin

Yeah. A lot of times we end up where we need to be because there was some hiccup along the way that stopped us or changed our path and so that we were right in the right spot at the right time, like stopping to say hi to someone. And then this has happened to me that really a huge tree branch fell like ten feet in front of me and was like, Oh, thank heavens, thank heavens I got derailed because I would have been crashed if I didn't. Yes. Yeah. So remembering that we're all exactly where we're supposed to be, even if even if it doesn't feel good.

Gayla

Right? Yeah. Even if it doesn't feel good. It is a reminder. Yeah. I definitely agree with, with that as well as the and being able to have the, the synchronicity and being aware of the things that are going on around us and yet, you know, it's because it's all about, you know, it's that what's, what's happening in the present moment instead of thinking I need to get down that trail further you know just in responding to the to the being in that present moment as much as we can that's up from that practice.

Leigh Lubin

Sometimes I don't have the capacity to do my practices and I just recognize that I don't have the capacity to do what I need to do now. So I'm either not going to interact with someone or going to turn something off, or I'm just going to accept that I feel or act crappy right at this moment for a little while.

Gayla  
And have it be okay.

Leigh Lubin  
Yeah. And that's okay. And that's normal. Yeah. Not normal to be perfect and happy all the time.

Gayla  
Yes, that's a whole nother expectation isn't it.

Leigh Lubin  
Yeah. I really feel that what's happening to our mental health is what happens in the beauty world where there's the standards that are set, that are unachievable and unrealistic. And so people have these expectations of themselves that aren't real, which is I'm never going to be upset or I'm never going to be sad or I'm never going to say or do anything mean.

But I feel like it's wonderful. The movement for mental health. But just catching ourselves before we turn into the idea of mental health or that idea of beauty that people don't recognize, that there's blemishes and there's normal and there's wrinkles and that imperfections and that those are beautiful and that that what's being discussed is not a final place.

It's a movement. It's one blip in a very broad experience.

Gayla  
Very true. What advice would you give to someone just starting out on their journey to body and physical transformation?

Leigh Lubin  
I think I'd say that all effort is a good effort. Even if you push too hard and injure yourself, everyone pushes too hard at some point and used themselves and that's how they learn. Great system. That's it. Yeah. All effort is good effort and that taking breaks is important. Knowing that even like when I'm teaching yoga, sometimes I'll give a range of different options to practice and sometimes people might be physically tired and I remind them that watching is still learning.

But you don't always have to be physically doing it, even just watching someone else do movements, whether that be walking, whether that be dancing, whether that be yoga, that that is creating neural pathways in your brain that make it easier for you to physically move and you're still absorbing. So remembering the intention of why you're doing it so you can alter what you're doing when things change and so it is good effort and being amused at the human process. You're gonna screw it up, it's going to go too far, too slow or too this or too that.

And yeah, trying to have a sense of humor and I think the other thing is remembering that as we expand our expectations of ourselves, expand, but we never really meet our expectations and this happens a lot. Like someone will tell me, like, I really wish I had meditated every day for 15 minutes a day, and I'm kind of mad at myself for not doing it.

And I remind them that like probably 15 years ago, the concept of meditating wasn't even in your idea of how to take care of yourself. So as you do more physically, spiritually, creatively, and anything, you create a bigger container. And so you never actually fill your container or your plate because all of a sudden you've been exposed to more and you're like, Oh, now I can do that too.

And you've totally forgotten that you used to want to walk every morning. And that has just become ingrained in your day and you almost don't give yourself any credit or any good signs or any brownie points. The things that have become normal. That helps.

Gayla

I love that point because I think that's so true that, you know, especially I think the physical realm, anything that we do too, is we just we the things that are normal or they're just are what we think of as a given. We quit acknowledging ourselves for and seeing that, hey, you know what?

I am doing something. I am moving my body. And you know that when we do give ourselves credit and pat ourselves on the back or feel good about ourselves, that energy is what propels us to want to continue doing more. You know, when we beat ourselves up and get into the "oh I should be," you know, watch the should word, popping in there, then that energy totally when it, you know, end it and then you don't you don't want to do that anymore and it's like doesn't create that and momentum to to move forward. You know we we think that being hard on ourselves is how we're going to move forward.

And it really is more about relaxing, finding the humor, being compassionate and gentle, and then is totally against what our why we've been trained. But and then we're able to make more clear, more intentional decisions for ourselves from a from a loving space.

Leigh Lubin

Yeah, yeah.

Gayla

Yeah. I love it. Well, is there anything else that you can think of that would be important to add into our conversation today in sharing. We kind of touched on some very key points and just in our journey of physical wellness intention setting, watching our capacity, renegotiating the situation.

Leigh Lubin

I think we covered it all, for anybody getting started and just reminding them that any movement is good. Literally, even if it is as simple as moving your wrists for 10 seconds, it's better than not moving your wrist for 10 seconds and then it doesn't have to be in long spurts of things, right? Doing short movements out of your normal range without weight.

So I always encourage people to start easy and then progress. Start with the easiest and then progress that that is the key to not getting stuck. Clearly if you do something all the time, your body does get stuck in and get stuck. Moving it around. I saw a video the other day on social media of some younger person asked their older boss if he remembered how to skip and he could not for the life of him skip.

It was very amusing to watch, but I sort of felt so sad, like, Oh, you lost the ability to skip. And I immediately got up and was like, Do I remember how to sit?

Gayla

I am. I have to practice that later.

Leigh Lubin

Yeah, really skipping is very fun. But it didn't even dawn on me that you can lose the ability to do something that just because you never do it. For 5 seconds is better than no second.

Gayla

Yeah. And I just know, you know from my own little head is like, Oh, this is stupid, you know, five, five seconds, that doesn't count. And it's like those are those voices of, you know, that is, those are not true and those are just old programming. You know what? I'm going to do this and, you know, give it, give it, you know, couple of weeks or whatever.

And see if you can move through that old stuff that keeps us held back. All those voices that that tell us silly things. So yes, I love that the start moving something.

Well, tell us a little bit about how to find you. I know you have a website and a presence on social media and some programs that I want to hear about that you have going on.

Leigh Lubin

So my website is [yogacurrents.com](http://yogacurrents.com) and that is also my Facebook handle and my Instagram handle is @leighlubin, and I have an online on demand program called Come As You Are, which is meant to when you arrive into the portal, you get to notice how you're feeling physically and mentally and then find the class that meets you where you are.

Because sometimes we're physically exhausted, but our mind is racing and we need a practice that can quiet our mind and amp up our body simultaneously. So that is a series of 16 yoga practices and 16 meditations to meet us where we are. Likewise, if you're headed going crazy, it's not appropriate to try to sit down and meditate. It's like trying to pull down a child in a temper tantrum or something.

And so there's different practices to help bring you back online and that invite mindfulness. But don't totally derail or ignore where you're starting because you got to start with where you are. So those are on demand online. I also have in September, we have one cabin left at the McCarthy retreat, which is embodiment practices. So we practice in the morning for about two and a half hours and then have the rest of the day to explore a

Leigh Lubin

national park in McCarthy area because-

Gayla

McCarthy Alaska.

Leigh Lubin

Yes, yes. It's one of my favorite places in the state and it really fills the soul. And so those practices are a combination of the fashion workshops that I created that are 97 or eight years ago. Combined with that non duality meditation, and they've been merged into this really beautiful practice that gives really gives what I feel like is the essence of what I want people to understand for yoga, for the physical practices of yoga, of how to know what is good for your body and not and how to move and receive and accept and change.

It is and and I will offer it to anyone that summer of purpose. You can have 10% off and how it if you just shoot me an email from the website instead of registering, then I'll send you an invoice for 10% off. There's one cabin left for that. And then I also do a very lovely yoga sea kayak retreats in Belize.

That is in January - The McCarthy Alaska retreats in September eight through 11, I believe, and then Belize is knock your socks off. We start with in the rainforest in a really nice lodge that you don't even need to leave if you don't want to because it's so it's on a reserve and it's just an amazing location right on the water.

And we do a little bit more workshop there where we have a little bit more yoga. But then I'm a big believer in exploring where you are not just going to do yoga. These two options to hike and kayak and go caving and explore Mayan ruins. And then the second half of that trip go to Half Moon Key.

It's a marine sanctuary and it's there we just do yoga in the morning before we go out and snorkel and kayak and exhale and fish. And it's a pretty lovely. Have your cake and eat it, too. Get some learning, get some playing and some adventure, get some relaxation and get a lot of biological diversity and it was such a hit last year that two people came home and immediately signed up to come on the same trip next year.

Gayla

But yeah, it does sound pretty fabulous.

Leigh Lubin

Pretty fabulous. Yeah. Yeah.

Gayla

Well, nice. Yeah. Well, thank you. And we will put all these contacts in the in the Facebook comments and whatnot below. We'll get make sure we get that posted for you guys so you can finally and I just wanted to thank you for being here. And I want to also say that I have taken several workshops with Leigh and have been filled up and inspired and new perspectives on things.

And so I definitely would say she's a wonderful, awesome instructor, teacher, mentor, So thank you for everything that you've given me and provided and shared. And thank you for today. It's been it's been an honor and fun conversation.

Leigh Lubin

Yeah, it's I really appreciate being part of The Summer of Purpose and that you're spreading your good and the possibility for people to be more gentle and more playful and more full all at the same time. And I really

appreciate what you're doing and honored to be part of it. And yeah, I really enjoyed our conversation as well. Thank you so much.

Gayla

Thank you. I appreciate it. We will talk with you very soon.

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Gayla

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