

“ Openness is like the wind. If you open the doors and windows, it is bound to come in.” ~ Chopgyam Trungpa

Our philosophy at Ocean Yoga is based on the most archetypal precepts: **Openness, Truth, Love, Community, and innate human goodness.** And to have some fun! That’s tall order to build a center around, but we think it’s simple enough to try not to judge, be truthful, love your friends and family, work together supporting each other, and, that as individuals, we all are doing our best.

When you come to your mat at one of our practices, you will hear our **teacher’s words of encouragement and refinement** to those same qualities and precepts, and the best part is you realize you ARE those virtues. That’s simple enough. And all those great-feeling poses you get to explore and feel and get stronger and healthier with- they are really icing on the cake! Every class leaves you feeling better and up-lifted- and you do all the work with a smile on your face.

The fun and challenging part of this philosophy is when you get outside the yoga center and have to navigate the parking lot! We call our yoga teachings “**Reality Based**”...meaning that the greater reason we practice together is to feel empowered to go out in the real world and continue to be full of self-love and compassion. And to be openhearted in as many ways as there are yoga poses- well, that can be challenging. But, it’s real life.

We know that innate within each of our students is an openness, a desire to grow and learn, and the power to keep working on those virtues. **We know you’re open-minded because you came to a yoga class.** For many of us, that first yoga class is the craziest thing we’ve ever tried, and yet you knew it’s the right thing for you. Your second class is even more fun, and it’s keeps getting better.

“**Open to Grace**” is the preeminent principle of our yoga classes, a phrase from the Anusara Yoga method that means to open up on the inside, feel your breathing settle into a nice cadence. As class begins, we sit together quietly and exhale away any preconceived notions of who we are, what we are limited by, and what we can or cannot do. Being truthful about our own qualities and exploring poses linked with inhales and exhales is a great way to become open to the innately good qualities yourself and of others in your life.

Your life is challenging enough, so we believe practicing yoga with the simple intention of feeling better, even great, about yourself can help. Moving away from physical pain, emotional baggage, and even losing a few habits that don’t serve you are all great reasons to practice. And when we feel better on those fronts, we become empowered to keep growing. We are as humans, designed to feel this good and align with that which serves us best by being open to whatever the universe has in mind. As Kate would say when a sudden change in plans occurs, “The Universe had other plans for us today!” And we’re okay with it, our doors and windows are open wide!

Come and explore how strong and beautiful and loving you are!