



No Excuses: Yoga On the Go



By [Dr. Melissa Carr, B.Sc., Dr.TCM](#) • February 24th, 2013 • 2096 Views



Vacations are often when people say, "Well, I'm on holidays, so my usual routine doesn't apply." I too say this when I'm on holidays. I might eat more sweets, my sleep-wake cycle might get thrown off, or I might get lazy. Without at least one healthy routine in order though, I feel really out of whack.

It's not that easing up on rigid schedules and [habits](#) is bad. We should feel free to have some indulgences in our lives. And, keeping at least part of one healthy habit, regardless of our environment, needn't be hard to do. I find that keeping active is the easiest practice to stick with as I enjoy the local cuisine and follow the flow with regard to when to go to sleep and wake up.

Many hotels have a gym. Starting the day off with a run or fast walk is a great way to get to know the place you're visiting. Choosing activities that involve movement, such as kayaking, cycling, taking salsa lessons, hiking, or taking only stairs can keep the body happy without taking away from your trip.

Since yoga is now my primary movement practice, I like to keep that up while traveling. All I need is a beach towel or my grippy yoga towel and enough space to place that. I've practiced yoga on the grass, on a balcony, and inside the hotel room. I sometimes make up my own sequences, playing with a combo of [sun salutations](#) and my favourite inversions and arm balances. More often I use [My Yoga Online](#) as I can get a seemingly unlimited variety of classes at all levels, lengths, and styles. Even just 15 minutes of practice first thing in the morning starts my day off strong. No excuses.

Dr. Melissa Carr is a registered acupuncturist and Doctor of Traditional Chinese Medicine with a B.Sc. in Kinesiology. Believing that her role is as guide, teacher, and motivator, her goal is to work in partnership with her patients to bring them to their optimal health. www.activetcm.com

Like 28

Tweet 15

Share

Tags

: [dr. melissa carr](#), [getting your practice in](#), [No Excuses Yoga On the Go](#), [yoga on holidays](#), [taking your yoga practice with you](#)

Author - [Dr. Melissa Carr, B.Sc., Dr.TCM](#)



Location: Vancouver, CA

Dr. Melissa Carr, B.Sc., Dr.TCM has the highest standing with the College of Traditional Chinese Medicine Association of British Columbia as a registered Doctor of Traditional Chinese Medicine. She began her career in health with a Bachelors...

Comments and Questions for the Author (0)

Not a member yet?



MYO SURVEY:
Win an
iPad Mini



Hi gomelgo, I ran into the same problem when...
about a hour ago in Albuquerque, US



I had a lovely session. Thanks you....
about a hour ago



MYO enhances my Yoga practice by being available at...
about 2 hours ago in Bay City, US

Thank you everyone for your comments and support. ...
about 2 hours ago in Portland, US

Daily Calm Practice Guide:

Video Series on now, [Feb 15 - 28](#)

Yoga De-Tox:

A Spring Cleanse Challenge coming [April 1](#)

Yoga for Moms:

Video Series coming Mother's Day [May 12](#)

Enter a public comment

Submit

Tweet this! ☒ Facebook ☐

Other Articles By Dr. Melissa Carr, B.Sc., Dr.TCM

Summertime Heart Openers from TCM and Yoga

Chinese Medicine Tips for the Fall Season

Chinese Medicine Tips for Late Summer

Fall: Letting Go With Breath

Related Articles

Life With Eight Limbs

Setting an Inspired Intention

Exploring Satya: Living Integrity Beyond Conventions

Right Here. Right Now.



From Our Members

“ Hello, And thank you for all the wonderful yoga you provide! I also appreciate the Whole Health Programs, which I will be enjoying the next few months. The only thing I miss, is yoga classes...

- Inger

What's New

Sub Earth Dragon Flow

Take Care of Your Tools

New Search Feature On My Yoga Online

Hunki Dori Giveaway!

Videos	Programs	Community	Poses	About Yoga	Healthy Living	Music	About Us
Yoga	Sleep Well	What's New	Standing	Learn About Yoga	Nutrition	Yoga Rhythms	Contact Us
Beginner Yoga	De-Stress	Wellness Diary	Seated	Yoga Anatomy	Healthy Recipes	Ambient	Help & FAQ
Studio Classes	Get Lean	Blog	Restorative	Meditation	Health & Wellness	Mantras & Chants	System Requirements
Pilates & Dance	Beginner Yoga	Directory	Inversions	Pranayama	Natural Beauty	Music Tags	Teachers
Meditation	Plant-Based Nutrition	Newsletters	Back Bends	Teacher Education	Green Living		Studios
Workplace Wellness	Eliminating Anxiety	Members	Forward Bends	Chakras	Personal Development		Testimonials
Mind Body TV	Yoga Detox	Blog Tags	Stabilizers	Glossary			Media
Workshops			Hip Openers	Article Tags			Teachers
Video Tags			Arm Balances				Authors
			Twists				
			Pose Tags				

