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Teacher Education

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

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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...

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Glossary





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

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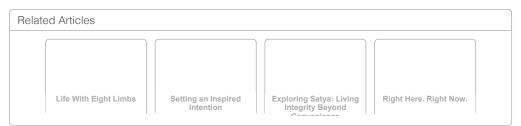
A Spring Cleanse Challenge coming April 1 Yoga for Moms:

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- Inger

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