

THOUGHTS FROM A PYOURIST



Maggie Bucci

If you have ever taken class with me you know I like to invite you to responsibly explore your edge. Exploring your edge means going to that line where you think you've had enough, you start thinking you can't do any more- and then spend some time there. Often, we start to realize we still have a little bit more to give than we initially may have thought. For example, in Shred taking one more "Reach, Squat, Hop, Shuffle Back" (if you don't know what I'm talking about, then come take Shred) or settling into a very slow and juicy yin inspired stretch in Yoga Plus; mindfully and responsibly exploring our edge is what can allow us to grow and progress in our practices as well as in our everyday lives.

While it's important to explore our edges, it is just as important to take the time and care to make sure that we properly recover. Drinking plenty of water, eating well, and getting enough rest are always key, but one of my favorite tools for aching or tired muscles, is Doterra's Deep Blue Essential Oil and Muscle Rub. This amazing blend of oils has a cooling, soothing, and comforting effect on muscles and joints when applied topically. Essential Oils can be an amazing addition to your daily self care routine. If you have an interest in trying Deep Blue, or learning more about how to add essential oils to your daily routine, feel free to approach me in the studio or email me at pyourcore@gmail.com.

