

# Managing Your Stress

## Creating A Breathing Space with Yoga and Pilates

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In my experience as a yoga and pilates teacher, I have learned that one of the main reasons people attend my class is to manage the stress that comes with a very busy lifestyle. I believe that the meditative dimension of yoga and the core strengthening work of pilates is tremendously beneficial for women in a home office. Maintaining an active lifestyle that includes yoga and pilates is a fantastic way to create physical and mental health. These two types of mind-body work are useful in helping you to relax, restore, rejuvenate and re-energize.

Yoga and pilates provide us with a great way to meet one of our biggest challenges: finding a balance between taking care of business and taking care of our family. They help us to do this efficiently and effectively by giving us a breathing space to take care of ourselves first. They enhance our peak performance at work and give us the energy and patience to manage a family—particularly if you are part of the “sandwich generation”.

Here are some helpful hints to get you started and keep you going.

- 1) Choose a style and a teacher that you like—this will help you make the commitment to yourself and the activity.
- 2) Schedule a time for yourself that is non-negotiable and write it in your calendar.
- 3) If you are nearby, walk to class to add an aerobic component that is also a warm-up. Walking is also great for clearing the mind, organizing your thoughts and creative idea making.
- 4) Incorporate yoga and pilates throughout your day to reduce the build up of tension from sedentary or repetitive activities.

**ABOUT ESTHER CIERI**

ESTHER CIERI IS A CERTIFIED HATHA YOGA TEACHER AND A CERTIFIED MEMBER OF THE FEDERATION OF ONTARIO YOGA TEACHERS. ESTHER OWNS AND OPERATES BODY WISDOM, A COMPANY THAT OFFERS YOGA AND PILATES AS WELL AS CORPORATE WELLNESS PROGRAMS IN THE GREATER TORONTO AREA. VISIT [BODYWISDOMYOGA.CA](http://BODYWISDOMYOGA.CA) OR CONTACT HER AT [ESTHER@BODYWISDOMYOGA.CA](mailto:ESTHER@BODYWISDOMYOGA.CA) AND 416-809-8629.