**Yoga Practice is Shocking**

Whether we are fresh to yoga or practicing for years, the feedback from our bodies can be shocking. That tightness in my side, shoulder or hip - where did that come from?  Ow, I am prevented from doing what I want to do. What is that biting restriction?  Something inside is howling for attention.  I am supposed to breathe but instead feel breathless over these alarming sensations.  Parts of me are snarling. What is that raging animal that is howling to be heard? Listen. Listen to these inner voices that have no verbal language. Sooth them with breath. Be present with them. Everyone wants a friend.