RECONCILING A YOGIN’S HEART AND AN ENTREPRENEUR’S MIND
A STUDIO OWNER’S DILEMMA

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NEW BOOK JUNE 2020 “CARE OF THE WHOLE SELF: YOGA INSPIRED PRACTICES FOR BEFRIENDING THE SELF”
MAKE SPACE TO BREATHE, CLEAR OUT AND GET CLEAR WITH YOUR DHARMA

Heart: Yogin’s Dharma: to embody the yamas and niyamas.

• The journey for social justice is evident in our yamas/niyamas

YS2.31: Great Vow/Maha Vratam

• They are practiced universally in relation to all beings of all types of birth, species, or states of life.
• They are practiced equally in all places or spaces.
• They are practiced continuously in all times.
• They are practiced uniformly among all circumstances or situations.

Mind: Entrepreneur’s Dharma

• To fulfill a mission through the creation of an enterprise that offers a service or product to empower and create a better world.
• To achieve financial success
• To support financial success for employees/staff without exploitation.

Do you believe these are compatible?

Can these dharmas’ co-exist?
EXPAND PERSPECTIVE

• All our struggles of our current state from the global pandemic to racism/police violence are all related to the breath…Suffocating (Before the focus on global warming as a planetary suffocation of earth)

• The micro and macro reflect each other.

• Let’s expand our perspective by looking to the the yoga sutras…what does it says about pranayama

• Prana (life force)+ ayama (freedom/expansion) = Pranayama to expand life force

• YS 2.52: [Through Pranayama] the veil is thinned/diminished and prakasha (clear wisdom) can be revealed and radiated
Dharma is constant….we have multiple dharmas….many things impact. The dharma doesn’t change, it is how we embody it and put it into action that does change.
SOLUTIONS

• Try to not solve issues by your self
• Reach out to your sangha and engage in dialogue (smaller groups is best)
• If a Yoga Studio Owner: Allow vulnerability and transparency with your teachers, speak and share, weekly at a minimum
• If you work independently- find a small community – Hope Circle/Roundtable of Support
• Never underestimate the correlation of keeping yourself healthy through self care with maintaining a healthy studio/sangha.
• The dharma of the Yogan’ is always with you. The dharma of the entrepreneur may shift.
• If you are a studio owner- get connected with 5 other studio owners in your area, set up monthly times to connect on line or for a meal. If a Yoga Teacher do the same with other yoga teachers, not all that are your “friends”. Diversity of perspective invites expansion of ideas.
WE NEED TO BREATHE

• We have tools that support the ability to usher in a peaceful state, peaceful moments and peaceful communities and a peaceful world.

• Pranayama and breath work is your great ally. It is a magnificent tool to support us to release our kleshas/obstacles (i.e., judgment, racism) and to plant new seeds (samskaras).

• Create events around “breathe for peace”

• Consider picking up “Breath” by James Nestor (2020)
Breathe