



Chocolate Yoga is the Solution!

“What exactly is Chocolate Yoga?”

The definition of *chocolate* as we know it today is processed cocoa seed usually combined with sweeteners and/or flavorings.

The word *chocolate* is used in this book as a code word to mean something that fills your heart and makes you sing. **It does not need be an actual piece of chocolate.** It is what gives you pleasure. My definition of pleasure is healthy, safe, ethical and legal activities. It is that classic moment of *all is well*. It is a feeling of peace, tranquility, and joy. It is difficult to find the right words, but you know it when you feel it. That is YOUR *Chocolate Yoga*.

The classic definition of *yoga*—based on the Sanskrit word *yuj* or *yoke*—is the sense of bringing things together to join or unite. *Yoga* is a state of being *one* within your body and your mind. *Yoga* is an on-going process and a practice, it is not an end in itself.

My use of the word *yoga* is the act of mindfully using your breath to balance the body and the mind.

“I still don’t get it!”

Chocolate Yoga is a feeling. It can best be described as a sense of peace and that all is well. It is that first bite of chocolate, cake or ice cream. It is that first sip of wine, cocoa or sweet iced tea. It is that sensation that just melts in your mouth and travels through your body. Of course, it usually feels so good we want more. The idea of *Chocolate Yoga* is to be able to live more in the moment so that we can totally enjoy that first bite or sip without having to eat or drink the whole thing in one big inhale.

Chocolate Yoga will help you enjoy and savor that moment so that your life is richer, fuller and more satisfying. **It is important to remember that these moments are NOT all food related.**

Chocolate Yoga can be found all around you in many ways, shapes, and forms! It may be the pleasure you get from holding an infant who is snuggling on your chest; it may be that wonderful warm feeling after a good night’s sleep and the bed is warm and delicious; it may be looking at the sunlight filtering through the trees; it may be *zzz*