

'MY LIFE IN A DAY'

# Maude Hirst

The actor-turned-yoga and meditation teacher talks about life running her mindfulness company EnergyRise (energyrise.co.uk)

## Work

**'After four years of filming the TV show, Vikings, I went through lots of life changes** and realised that – after decades of acting and hiding behind characters and scripts – I had no idea who “Maude” was or what made me happy. So, two years ago, I went on a yoga retreat to try to find some answers. When I realised I was unable to fully be myself or present in the moment, I decided to do Power Vinyasa yoga and meditation training with Dylan Ayaloo to deepen my understanding of myself. Soon after, I knew I wanted to help others find themselves, too.

**'Now I get up at 6am and start my day from a place of calm, balance and focus, thanks to an hour's meditation practice.** In the past, I would have woken up, looked at the to-do list on my phone and quickly become stressed and anxious. After a breakfast of toast with peanut butter, I'll tutor one-to-one clients via Skype and, three days a week, I teach a meditation class at Re:Mind Studio in Victoria, London. Lunch is often a superfood salad

on the go, and the rest of my day is spent catching up on emails, admin and social media, interspersed with more private client sessions.

**'Six months ago, after training in meditation and energy healing, I launched EnergyRise,** an online hub where people suffering from stress and anxiety can try out different mindfulness practices to find one that resonates with them, giving them the chance to breathe, slow down, and ask what they want out of life. As well as online courses and live classes, I also run one-day mindfulness events. The most rewarding part of my job is seeing people shift from unconsciously living their day-to-day life, to becoming more empowered and in control. My work/life balance is so lovely now and I very feel lucky to have sculpted myself a career that's so nourishing. Realising that you have much more choice in how you live your life, rather than feeling like the outside world is controlling you, is like having a superpower.'



Maude starts her day from a place of calm



Maude helps students connect with their internal world



### MAUDE'S CALMING TIPS

- 'When you feel anxious, inhale for six seconds, then exhale for six seconds. This "coherent breathing" is scientifically proven to bring you out of a stressed state.'
- 'Set your alarm 15 minutes earlier in the morning. Without reaching for your phone, just sit for 15 minutes and follow your breath to start your day from a place of calm instead of stress.'
- 'We just don't realise how attached we've become to our phones. Switch yours off for one evening a week. It's another way to bring some calm and presence into your life.'

Maude uses her Silatha x Maude Hirst Amethyst Collection and app to meditate (silatha.com)

## Life

**'After work, I love to meet friends or spend time at home cooking with my partner.** I don't follow any kind of diet as I believe in 'everything in moderation', but I have really cut down on my meat intake for environmental reasons. After a long day, my favourite thing to do is to have a soak in the bath with candles, before doing another self-practice and getting into bed by 10.30pm.

**'I used to be very into HIIT and circuit classes but Vinyasa yoga is so physical that I don't feel the need for other activities these days.** Plus, yoga is so much more than a physical practice – it leaves me feeling mentally amazing, too. In a society where we're constantly distracted, it's good to find something that switches off your external world and opens you up to your internal world.

**'It's amazing how you can change someone else's life by giving them a safe space to talk and experience things.** I'm very excited to be launching weekend retreats in the new year, and I'm on a mission to get mindfulness into as many corporations as I can, to help the people who really need it but won't necessarily go to a yoga studio to try it. And I'm also hoping to write a book – if I can fit it into my schedule!'

WORDS: Jo Ebsworth

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