

WHY SPRING IS THE BEST TIME TO SET GOALS

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Come March, most new year's resolutions are long forgotten. But maybe it isn't just flagging willpower? Could it be that January is the absolute worst time to set goals and we should

wait for spring?

If we watch nature throughout winter, there isn't much happening. Plants slow or pause their growth; some animals hibernate. Prioritising rest and conserving energy during winter months seems entirely sensible, yet we launch into the new year full of ambitious aspirations.

Could the expectations created by our calendar year be out of sync with our natural rhythms?

Maybe spring – a natural

period of renewal and growth – is the time to plan new challenges or refocus and recommit to lapsed goals?

Yoga teacher Amy Aloia, of Breathe Studio, advocates this approach. 'What better way to connect to the world around us than to set intentions whilst everything around us flourishes with new energy?'

If you choose to celebrate spring with refreshed goals or intentions for the coming year, try building them around positive statements rather

than focusing on what you won't do. For example, 'what went right last year and how can I build on that?' or 'what would I like more of this year?'

Breathe Studio is an online studio offering on-demand and live yoga, Pilates, dance and fitness classes. Seven-day free trial available.

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