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## When Wine & Yoga Unite

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What happens when you take a yogini and a wine snob and morph them into one person? You get half of the Santa Monica-centric yogis (which happens to arguably be the epicenter of yoga in the US), who down dog by day and fine dine by night. And, yes, I fall squarely into that stereotype too. (That is probably the only time you will ever be able to call me square!) Now, one downside of the yoga and wine combo is that there is a large population of yoga practitioners, who abstain for either a) their religious/spiritual persuasion, or b) their personal AA or NA affiliation. But I digress.

I am, through and through, a wine enjoying yogini. Of course, purists reside on each side, thinking that merging the two “worlds” is sac-religious. Loosen up already! But, for argument’s sake, let’s dive into the issues. I understand the yoga point of view, that imbibing in the sauce can temporarily offset your body’s natural energy and you may not, for a time, be totally in touch with its subtle vibrations.

On the other side of the spectrum are the honest wine aficionados, who truly relish each sip and even, gasp, spit when their senses are becoming less sensitive and the flavor profiles of the wine are losing their understated nuances. For them, regularly practicing yoga could lower one’s tolerance for the good stuff. BUT, as I have said time and time again, BALANCE! Let wine and yoga unite!



Look at it from a practical perspective (which, again, may be the only time that I express an opinion from a “practical” point of view). We often use them for similar reasons...to relax, relieve stress, calm our muscles, and escape the day’s pains. And, don’t forget to acknowledge the other scientifically stacked upsides. Yoga has been shown to cure an array of ailments, from stress-induced sleep disorders to back pain. Wine has one of the highest concentrations of antioxidant rich polyphenols and can minimize your risk of succumbing to heart disease and stroke. So, indulge!!!



Even better, try combining the two. (This is when you keep the whole moderation thing in check...Eagle pose is hard enough when completely sober!) For those of you who have a hard time relaxing when posing, or who take falling too seriously, a drink might take the edge off and allow you to let go. Remember, yoga isn’t about perfection or competition. It’s about centering and catering to your mind, body and spirit. Funny, so is wine.

You can marinate yourself in both of the primal pleasures at one of many wine and yoga retreats that are cropping up in various wine countries around the world, like at De Loach Vineyards in Sonoma County’s Russian River Valley, California.

[www.deloachvineyards.com](http://www.deloachvineyards.com).