

HOW TO INITIATE GOOD CONVERSATIONS?



LEARN ONE QUESTION THAT CAN
TURN ANY CONVERSATION INTO A
POSITIVE AND INTERESTING TALK

“Complaining is poverty. Gratitude is wealth.” - D. Day

Back when I was living in the San Francisco/Bay Area and working as an AuPair I would have dinner with my host family almost every night. We created this routine where we would always ask each other:

WHAT WAS THE BEST PART OF YOUR DAY?

(instead of: How was your day? What did you do today at school? How was work/school?)

The reasons we framed the question like this are because:

- You're forced to reflect for longer because you need to make a decision.
- You practice gratitude when sharing things even if they seem small or insignificant
- The conversation becomes more dynamic.

You might wonder what having a “good conversation” has to do with yoga !? Well, for starters...

- you get to train yourself to listen more carefully
- you force your mind to be more present
- being present means you don't react as much to emotions
- you are more mindful how your words impact others
- you feel more grounded
- you can reflect better on your emotions/feelings.

Good conversations give you a greater perspective, the power to find balance, turn confusion into clarity, doubts into empowerment, and loneliness into friendship.

When you have a good conversation your mind doesn't wander. You concentrate on one particular subject or train of thought. Exchanging ideas, thoughts, beliefs, and stories might also inspire you to do things you've always wanted to do but because of your mindset you weren't able to! The same things happens when you practice yoga. You align your body and mind and feel gratitude and appreciation for life which in turn helps you to stay motivated, focused and be at peace.

PRACTICE AND ALL IS COMING
- SRI K. PATTABHI JOIS



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