

Hurry Up and Relax!

So here I am at Ste. Anne's Spa for the weekend with my sister. The plan is to relax and unwind, celebrate my 46th birthday and get out of the daily routines of kids, family, work, school, hockey, cadets, dance, and, of course, my studio.

I found it ironic that we actually received an "itinerary" from the spa for the weekend. Every day was pre-planned with our chosen activities. For example, we picked the time for our breakfast, the time of our spa services, our tea time, the time for our wellness classes and the time for dinner. So I asked myself, when do we just chill out?

In my mind the relaxing weekend actually began when we left Toronto. But driving on the 401 is nothing close to relaxing. As we were driving I was worried about arriving late for our relaxing weekend (that doesn't sound right, does it?). We ended up arriving 15 minutes late, which meant that we had just enough time to get to the yoga wellness class. While in the class I was thinking about how relaxing it was in comparison to the adrenaline rush I get when I teach classes at my studio. It was then that I realized that this was what relaxing is all about!

I also wanted to check out the amenities and time started to fly by. We tried the eucalyptus steam room, then a quick dip in the cold tub followed by a long stay in the hot tub. Then we found time to read magazines by the fireplace and, before we knew it, it was dinner time. All of a sudden Friday was gone and I was still trying to savour the relaxation!

So Saturday turns out much better. Why? Well, our itinerary continued but this time we got to experience the spa services too. I definitely slowed down and felt spoiled during the services. Yet, being a Type A personality, it's hard for me to be lounging around all day.

So I had to get used to the fact that everyone seemed content doing nothing all day. I thought, as I looked around, I could really help her get toned ... but all this relaxing was getting me a little uptight. I was feeling guilty for enjoying the downtime from my usual hectic schedule. I was feeling so off that when I passed by the workout room I had to drag my sister inside for a mini-workout. After that I felt much better and went to lunch feeling like I earned the right to relax!

If you feel that you need to earn the right to relax, then please come visit Fitness that Fits and I can make sure you earn your time to unwind and not feel guilty about it!

Submitted by Nadia Bender

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