

Peace WITH ENDO PODCAST

PWE25: Learning to Rest & Restore with Endo

Aubree: Welcome to the Peace with Endo Podcast. My name's Aubree Deimler. I am an author and wellness coach who helps women with endometriosis to naturally manage pain, increase energy and find peace with endo. This is episode number 25 and on the show today we have Kimberly Castello. She's a fellow endo sister, a certified yoga therapist and wellness consultant. I'm super excited that she's here to share some of her wisdom with us today. Thanks so much for being here Kimberly.

Kimberly: Thanks Aubree. It's great to be here. I'm really excited to chat with you.

Aubree: So can you tell us a little bit more about yourself, and how you ended up where you are now?

Kimberly: (laughs) Yeah. Oh boy. That's a loaded question. At 28 I was working as an accountant, and I was teaching fitness classes. I was working in a gym just like as a fun hobby, and I started teaching yoga, and I was teaching some other fitness classes just having a great time and I was just a go, go, go kind of person, and about 28 years old I was teaching a yoga class and I just kind of noticed that my arms felt really heavy just lifting my arms above my head, and it was just kind of like one of those hmmm, like kind of a pause moment, and I kind of ignored it, because I'm somebody that pushes through everything, and failure is not an option. I'm a type A perfectionist so I kept plowing through like I always did and a few weeks went by and I realized I was feeling the same way and I realized I needed to take a little bit of a pause and... which is not something I normally want to do.

So, I kind of fought it a bit, and I started searching for why I would be so fatigued. I was struggling in just normal movements. Things I'd been doing my whole life, and I later ended up finding out... it took quite a while in and out of probably like five different doctors figuring out that I had mono and also endometriosis and my story is not different from any of yours. I'm sure. We all share so many similar stories as far as how we've gotten to where we are unfortunately, but I went through a stream of doctors like most people do, ended up having a couple of surgeries. I had a laser surgery and then an excision about a year and a half apart, and through all that I

started having... I was about two years of dealing with the mono and then it just really rolled into chronic fatigue.

It just evolved, which is pretty normal I'm sure from what I've seen and I just hit a wall basically like a lot of us have where I couldn't do the things I wanted to do anymore and at that point I was probably 30 years old and just exhausted every single day of my life, and I couldn't do working 40 hours anymore in the accounting field. It was just burning me out. At the time I was working probably 40 hours when I first got sick and probably teaching six classes a week with no problem, bouncing off the walls with energy, and so it was really kind of a wakeup call for me that I was exhausted just by doing simple things like walking my dog or going to the grocery store.

So I ended up having to step away from working on a full time basis so I could just try to take care of myself and recoup and what I've learned in all of this is that I really didn't have any self-care (laughs) probably from a very young age. I didn't even know what self-care is. When are we really taught self-care if you actually think about it, and I later learned through my training as a yoga therapist that part of the burnout came from me. It came from me. It came from needing to be perfect, not... not being able to fail, having no patience for myself, being in the go mode 24/7 and I was just burning you know the candle at both ends basically and my body basically got to a point where it was like wake up Kimberly, you know.

You have to stop. You have to pause, and I fought it for a very long time, and I'd say a couple of years and I was just downward spiraling with depression. I mean I couldn't even get off my couch. I gained about 42 pounds. I'd always been what I felt like was a healthy, active person, and I got to a point where I realized I wanted to feel better, and I wasn't hearing anything of that sort from doctors that you know this is how it is. This is the rest of your life, and I just got up and felt like that's just unacceptable. That's not who I am, and I started looking for deeper answers, and that led me from being a yoga teacher and to going to school for yoga therapy in Los Angeles at Loyola Marymount to the yoga therapy RX program, which is a clinical yoga therapy program and I just went looking for answers and it's been a really eye opening, exciting awakening. That's the best way that I can explain it at this point.

Aubree: I love that. And I know that yoga has helped me so much. So can you tell us a little bit about what's the difference between normal yoga versus yoga therapy?

Kimberly: Yeah. Absolutely. It's such a great question. I get this all the time. Thank you for asking that. So, I'll say that yoga means different things for everyone. So, this is my perspective. This is my feeling on it. I don't think anybody's interpretation of it is necessarily wrong. I think that's just how they feel about it and that's their perspective and that's their version, but this is my version.

To back up a little bit if you don't mind. When I was... started yoga I actually took a few classes and just fell in love with it and my Type A self was like I'm going to go

become a teacher. This is fantastic. I was already teaching fitness classes so I wanted to go find out more about it, and I got into it for the physical reasons. I mean I'm not even going to lie about it. I've been dancing when I was younger you know growing up, so always active, and it was recommended for me to do it because it helps with your flexibility, which is true. So I went into it for the physical what we can the asana, the postures, and loved it. I mean I really just became obsessed with it you know. I did it almost every single day, and it was really more of a fitness aspect for me. I was teaching you know what they call the power flow classes, the vinyasa classes, which essentially is like moving one breath with one movement and it was more... it was all physical for me.

In all honesty it was probably a year of practicing before I realized that I wasn't even breathing, which sounds bizarre because I know I'm breathing right now when I'm talking to you. It's an automatic function thankfully so I'm not thinking about it in this moment so I'm not being conscious with my breath. So when I got sick I couldn't do those physical, fancy moves. I wasn't capable of kicking up into a handstand or doing that balancing you know crow pose that's such a pretty, exciting pose, which they have benefits. There's physical benefits. There's strengthening and stretching and I think these are all valuable, important things, but I hit a wall where I couldn't do the physical postures.

Oh man, I was angry. I was frustrated. I was mad at my body for just letting me down you know I felt like I had just gotten stuck with this crappy body basically that just you know was failing me and I'm sure a lot of you felt the same way, and I started looking for something deeper, and I started getting into restorative yoga, and I started practicing with Judith Hansen Lasater, one of my teachers and I was able to do the restorative postures because it's about restoring your energy and taking care of yourself.

Enter self-care, and that was my first introduction to what it would be like to have a practice of yoga that's not simply about a physical posture, like an active posture. This is more a restful posture where you're restoring your body. If any of you guys have ever seen where you're like laying on bolster under your spine, which is one of the best one... postures that I've done for me, you know, opening up your back, your chest, your ribs, to get the breath flowing and it was like laying there for maybe five or ten minutes and I thought this is crazy. I can't just be still for a few minutes like what's happening? What am I accomplishing? (laughs) Because everything is about accomplishing something for me. It has been since I was little and I don't think that's a bad quality, but it can catch up with you and it can burn you out. So, I think you have to be cautious in balancing, you know, balancing that intention out.

So, the restorative path led me to realize that there was more to the active vinyasa classes, which I still love. I still practice when I'm feeling up to it, but I started to realize that it was about the breath and just getting in tune with that and being still, listening to the breath, noticing how you're feeling, focusing on various breathing techniques based on what your... what your symptoms were each day, and not just

symptoms but what was going on, what was coming up for you, what you were noticing, mind and body and energetically. So that led me down a different path and I just kept wanting more answers.

I got more and more excited about it because I was feeling better, and it was teaching me to slow down and it was something I just had fought for years. So, from there I started looking into yoga therapy, and I'd never heard of it before. I didn't even really know what that meant and I started doing therapeutic yoga trainings all in California and it led me to Loyola Marymount and I just felt something there. I felt like it was just the path for me and it took me a couple of years to get well enough to apply and attend this program, and I ended up going and spending four years there meeting a lot of people that had similar stories. They were there because something in their mind or body they were struggling with or they saw other people who were struggling and they just wanted to help people and that leads us to the question of what is yoga therapy to me versus a yoga class.

For me, yoga therapy is looking at the individual, looking at what's going on with the person not the illness. It's not just seeing symptoms. It's understanding that there's a deeper, you know, there's deeper stuff going on. There is what's going on emotionally for you, what's going on energetically for you, what's going on physically for you, and I'll say most people show up for the physical reasons. I know. I did. So, you show up and you might say you know my lower back's bothering me and I'm going to listen and I'm going to say Ok so what else is going on? You know I'm going to look at what's the pain level you know on a scale of one to ten. When do you notice when your back is bothering you, different times of the day, you know. What are your habits? Are you working? What kind of a job are you working and when you're working are you sitting at a desk all day long? Do you like what you're doing? Are you stressed at what you're doing? Are you stressed in your relationships? Do you have good emotional support for yourself?

And we start looking at all the aspects of the person and it's not that I'm a therapist in the sense of like a psychologist or a psychiatrist or anything like that. I'm not diagnosing. I'm assessing. So essentially I will sit down with somebody and do an intake form basically looking at an intake of what's going on just in all aspects of your life and that's where the yoga philosophy comes in and it's a one on one assessment and looking at everything that's going on and so again we're bringing in the physical, we're bringing in the emotional, we're bringing in the spiritual if somebody is interested in doing that and sometimes it happens in an indirect way and I put this whole picture together.

As a yoga therapist we put this whole picture together as far as what's going on with someone and then give some direction as far as a practice, and the practice can be the physical postures, which again are asanas. It could be breathing techniques or pranayama practice. It could be meditation and visualization. It could be something as simple as taking a walk every day and finding what resonates with some body based on the information they're giving me and how they're informing me about

what's going on with them on a regular basis, and we find tools to provide to them that again resonate with them, something that's feasible. Something that would make sense for their schedule and that would be easy to integrate and it could be something that you start out with. It could be five minutes every day. Honestly most of the people that I worked with in the chronic pain clinic that I interned at last year in Santa Monica we sent everybody home the first night with a breathing technique regardless of what they showed up for. No matter if they came in and they were dealing with back pain or arthritis or they were recovering from cancer. Everybody walked away with a breathing exercise, a breathing technique and they could be different breathing techniques based on the individual and everybody came back the next week and were... they were surprised at how much that assisted them. That it wasn't a posture that they were focused on, and yoga therapy can happen it's... it's designed to happen on an individual basis, because you need to be assessing what's going on one on one but it can happen in small group environments as well.

So, for instance a group of women dealing with endometriosis or a group of people dealing with chronic low back pain things like that, but it would be a similar group. Everyone dealing with something that's a shared purpose essentially, but we would do assessments first so I would get to know the individual. So I would know what to focus on for each individual person so it's customized to them and it varies from person to person what the practice is going to look like. Everybody walks away with tools I believe that are helpful to them and then you learn ways to keep growing those tools so you just add to your tool box if that makes sense.

Aubree: I love that you brought up the whole driven... because I had that same experience with yoga like wanting to do all these great moves and do all the balancing and then shifting to restoring, which is so important when you have chronic pain learning how to connect to your breath. I know that's helped me so much. So do you have an exercise that could help ladies that are dealing with pain?

Kimberly: I'm going to say that it does vary from individual and I mean I know that you understand that of course based on the work that you're doing and it changes every single day. So what I always tell people is something that I give you right now might not be what you want to do tomorrow or in six hours. I always want to look at, you know, what's going on, what brought them to the place they are right now, you know, what's going on in your day and the biggest thing I do want to say though to answer your question is that the key that I learned for me, and I'm sure a lot of you have learned about yourself is two things.

One, we really aren't paying attention to our breath, and all day long who really has the ability to do that? We're rushing. We're on the go, you know, we're... we're focusing, we're getting things done, but the biggest thing I learned is that we're in stress mode all the time. We're in our sympathetic nervous system all day long, and if you have a chronic illness you are definitely in a sympathetic state meaning that we're operating from a fight or flight perspective all the time and then we get so used to that that I don't think we even recognize that that's where we are, and I

know that's something that I learned about myself in doing breathing techniques, and doing restorative yoga just being still. I started to recognize it's deep seeded in the body. It's in the tissues. It's in the cells and you start to recognize that I operate this way for so long. It could be several years, you know, whatever, however long you've been struggling and trying to manage this illness and you get up one day and you realize I've been here for so long I don't know any other way and I think it happens in such a way that we don't even notice.

So, one of the things that I do on a daily basis is I feel like if you were only able to do one thing I would say take five minutes every day. Five minutes is a small amount of time that I think is feasible for most people and you can start with five minutes is a good baseline and work up to what you feel comfortable with and each day it's going to be a little different. One day you might get up and think I've got 20 minutes to do this, but two things that I will say.

One is laying with your legs on a chair is one of the simplest things I give to people because I think that everybody can find a space somewhere to just plop their legs on a chair. It's been helpful for me as far as reducing lower back discomfort, which I know we all get that. My feet ache just for no reason. I know that's pretty common, but just letting your body feel supported and the weight of your legs being on something. So, if you didn't feel like getting on the floor and just plopping your legs on a chair at 90 degrees, you know, you could lay in your bed and put several pillows, and I say get some sturdy pillows so you feel like you have some good support and you put it under your knees and you just lay there and be in your body and be in your breath and just letting the weight of the body be supported by what's beneath it is really helpful because it takes a lot of stress away because if you think about how we're sitting up all day long and we're trying to hold our body upright and we're exhausted and then we all get the fatigue, right? So, this has helped me a lot. So just five minutes and that's a great opportunity when the body's supported and you're not working and you're not holding in your body you can do some breathing.

And what I would say is focusing on a longer exhalation, which we call langhana, where we're focusing on the outbreath and here's a couple of interesting things that I have discovered in my yoga training, which is the outbreath represents what you're holding on to, and what I would say is pause and notice if you can see, if you're able to take a longer inhale or a longer exhale. What comes easier to you? And if you're able to breathe in and out through your nose because that's going to slow the breath down taking it through a smaller airway, and it takes some practice, because we're not used to breathing through our nose all day long. We breathe through our mouth we're not really taught to breathe. I wasn't taught to breathe until I got into a yoga practice.

So what I do is I sit and either prop my legs up on some pillows on my bed or on the floor with a chair and some pillows, either one, whatever feels like it's going to make the most sense for me in in that moment, that's the easiest thing for me to do in that

moment, and if you're comfortable closing your eyes, and just letting the breath happen slowly in and out through the nose, and you take some time and then start to allow the breath to happen so that it's in a sense when you take your inhale you're letting your belly and your ribs and your chest expand on your inhalation, and you're releasing the breath from the top of the chest to the bottom of the belly on your exhalation and then just noticing how many counts you comfortably breathe in and out for.

What I often notice is that I can take a long inhale, meaning I can take a lot in in my life and I take a very short, rapid exhalation. That's my natural state, and that comes from two things. It comes from taking everything on in my life, never saying no, never wanting to fail, never wanting to stop and just push, push, push. So there's that sympathetic state, that go mode. So, odds are I was in that sympathetic state on a regular basis before I even got sick, before it really kicked in and the endo started you know really showing up and with actual symptoms that I was noticing and that was happening long before. So, before endo and I even met (laughs) we'll say I already had this relationship with myself and it was the relationship of holding on to everything, and you know we hold on, again we're tensing up.

So, now we have physical tension, we've got emotional, we've got energetic, we've got all those aspects affected in our lives, so we're affecting our relationships with our self and we're affecting the relationship with others, and from my studies with yoga and what has come directly from my teachers, I really truly believe yoga is the relationship with the Self, and I thought yoga was the postures. Take me back 20 years ago when I started in yoga and it was those postures and at that time, in that place in my life that was yoga for me. Now, where I am now, and who I am at this point in my life, yoga is the relationship with myself, and as we know that's the most important relationship that we carry throughout our life and if we get that healthy in our lives we can get a lot of other things healthy as well as the relationships with other people and just feeling better in our bodies and I don't say that lightly. I don't say that this is easy. It's a daily process for me.

My yoga now even though I practice physical postures, it's daily breathing and it's working on the relationship with myself. So that I can feel better and strengthen all the other aspects of my life, but I do think one of the biggest things is just taking five minutes for yourself every day to breathe, practicing the breath in and out through the nose. Maybe again elevate your legs and that's a gentle inversion, and it's good to get out of those lower extremities as we know, because as females with endo we reside in those lower extremities so much especially in that pelvic region and there's other things that I can offer at some point if anyone's interested to get out of, move the energy out of the pelvic region as well, which is important, but mostly it's just noticing the pace, the rhythm and the quality of your breath. That's what helps me on a daily basis.

If you're going and you're racing around for instance like I'm going to go to the grocery store later, and I'm going to be driving and going to an appointment and

then to the store and I'm thinking about everything that I need to do get done. All the sudden ten minutes later I'll go (out breath) and go oh wow I was holding my breath, (laughs) because I'm busy and I'm in my head, and I'm thinking, and so think about that and now put that together with we're managing an illness every day, and we have stress from our body and we have the emotional stress and we have the guilt that we can't be the person we thought we were supposed to be, and now we're changing how we feel about ourselves. The breath starts to change. Our energy starts to change.

So, one thing I've noticed is just I come back to that breath again. You can always take a fresh start at any time and come back to your breath at any time in your life, any time you have a moment to spare even if it's just a minute, or it's three minutes here and there if you can do it just a few times throughout the day it makes a massive difference for me because it grounds me. It reminds me that I'm getting ahead of myself. I'm getting impatient and I'm not keeping up the relationship with myself, and I'm just emptying, emptying, emptying out that cup right out without focusing on how I can fill it up and so we learn that longer, slower, deeper exhalation, which can be calming, cooling, help us to let go a little bit more what we're holding on to that even helps the intake of the breath on that inhalation and the oxygen that we're bringing in and out of the body, if that makes sense.

Aubree: That's beautiful. I love that. You can always come back to your breath and I think that the breath is really the connection to what I call your higher Self, you know, your soul energy, and like you said, it's so easy to get pulled away from that. So you can always come back to it. I love that. Thank you for sharing that.

Kimberly: Oh, my pleasure.

Aubree: What words of wisdom Kimberly do you have for ladies that, you know, may be struggling right now with pain and feeling like there's no hope?

Kimberly: Oh. You know that's a great one because I feel like it changes for me every day (laughs). Some days I do better at it than others and I think that's what I would say is don't be so hard on yourself. Every day is different, and I can go to bed some nights and feel like I just, you know, I just sucked at it. I just didn't do it right. I was... I didn't get things done the way I wanted to get things done. I had a list of 20 things and I got one thing done, and I'm mad about it, and I'm frustrated and I think about what the old Kimberly was like and she just plowed through and she got everything done and that's what I believe made me successful, happy, liked. I go to bed and I think chalk it up. It's a bad day and try to remind yourself that this is temporary. That's hard to say because I know the illness for us it's a daily managing and some days are better than others, but I get up the next day and I say Ok fresh start and maybe it's Ok that I got one thing done versus all 20 things done that I felt like I needed to get done, and I don't always do it gracefully. So, I say know that you're not alone. There are other people feeling the exact same way, and I think it's about getting comfortable, as hard as this is to say for me, with

our new norm, and don't get me wrong some days I'm not a happy camper. The people in my life that know me best would tell you that. I'm extremely hard on myself. I'm harder on myself than anyone else could possibly be, but unfortunately I feel like that doesn't serve us. So, it's about reminding yourself that you can start fresh every day, and the breath reminds me of that.

So, if you're having these moments think about what can I do right now that would help me? What would make me feel that I have some sense of... I don't like to use the word control because what I've learned about myself is the control is one of my biggest triggers, trying to control everything, and so it's the loss of the sense of control that we have that our body's doing whatever the heck it wants on any given day without asking our permission by the way. Nobody checked with me on whether this was the day that I wanted to, you know, I have somewhere important that I wanted to be and you know I'm going through, you know, a day where I'm having an inflammation, and I don't feel like I look like myself. I don't feel like I'm emotionally grounded, and I remind myself that it's Ok to take time for myself. It's Ok to say no to things. It's Ok to not get certain things done and to just stay with where I am in that moment and sit with myself and pause and breathe and just ask myself what would help me right now?

And I think that learning that every single day is different and every day I need something different and learning to recognize my triggers and what's coming up, that's what's helped me feel like I get some sense of, again I'm going to go back to the word control unfortunately, but it gives me some sense of control even if it's a false sense of security for the moment. It makes me feel like Ok I'm in charge again. This is my body. I'm owning this. So it's learning to just be Ok with where we are in the moment and the way I learned that is through my yoga practice, and that sounds kind of wild unless you're... you've been doing this for a while and you've had this feeling come up for you.

So, I'll try to describe it the best way that I can but the way I teach a lot of my students is how can you take what you're learning on the mat and take it off into your everyday life. I call it when I'm in my yoga place, when I'm in my yoga land (laughs) and then I go out into the real world (laughs) as I call it and I'm trying to take those yoga tools with me, but there's so many parallels when I'm on my mat that I notice that I can be patient. Maybe today's not the day that I'm going to do that chaturanga or that plank. Maybe today's the day I'm going to lay on my back with a bolster under it, supporting, so I can get more opening in the space in the abdomen, where we get a lot of our compression, the pelvic region getting it opened up and supporting the body and just breathing and then I walk away going you know what I was really Ok. I'm Ok and I'm going to be Ok and again I don't say it lightly.

But, you know, when I'm in that place on my mat I notice that I'm able to be patient with myself, like today my hamstrings are a little tighter than I want them to be, you know, I'm kind of like grrr. I really wanted to go a little deeper into that pose, but I found a different place in that pose or I focused just on the breath and not a pose

and I found something that I needed in that moment. So, I guess I would just pause and just say what can I do for myself right now that would be helpful? Even if it's just a very, very, very small thing, a small offering to yourself that's just going to help you feel like you're Ok in that moment, because I know that we lose hope. I lose hope. I go through days that way and I'm just mad. I'm mad that this is... that this is the cards that I got dealt, that this is the body that's just letting me down and you know I just remind myself like I've been here before and I've gotten out of this before and I know that there's better times ahead but I think we lose hope when we cannot see something with clarity, something ahead of us, some light as they call it at the end of the tunnel that's showing me that I'm going to feel better, that I'm going to have more energy. I'm going to get that inflammation down and I'm going to feel like my old happy self that I once knew and just reminding myself that you do find happiness again. It's in different ways. It's in smaller things. It's in places and things and people that you never expected and I think that's really what has shifted for me, and you know what you guys that's yoga. That's yoga for me and I...

I say to people all the time, it sounds so crazy, but yoga has completely saved my life, because I think had I not walked into that first class for those physical reasons, because I wanted to get more flexible, and I wanted to keep up with you know stretching and what not and balancing and all that good stuff. Had I not walked in I don't know what tool I would've had to help ground me when I got sick. I don't know where I would have gone, and I didn't find yoga. The real truth in my yoga practice and what was there and available to me until I got sick. I could be a different teacher right now. I might not be a yoga therapist. I might not be connecting with all of you. I know we'd all like to be meeting under different circumstances, no doubt, (laughs) but I've learned so much about myself.

I know who I am now. 28. I didn't have a clue who I was, but I thought I did. I had a good head on my shoulders, no doubt, but I thought I understood exactly what I wanted from life, what I wanted for myself, what I wanted from other people that I was bringing into my life to have the right energy surrounding me, and I didn't, and it took knocking me on my butt and feeling like I was drowning to really figure out who I was and where I was supposed to be going in my life. So, I guess if I can thank endo for anything I'll thank it for that. I don't say that a lot, but those are the moments I can say that, because I'm a different person. I'm a completely different human being, and I'm happier in a different way. I really am. I mean I had what looked like a picture perfect life going on and I think it was a façade at the end of the day. Everything looked the way we think it's supposed to look, whatever normal is supposed to be and you know it all came you know crumbling down on day and again I didn't handle it gracefully for quite some time until I got up and was like unacceptable, you know? I'm taking charge. This is my life. This is my body, and I'm going to do something about it.

And when I changed my relationship with myself, I started getting better. I mean that's what I can honestly say. That's me. That's my journey. Not everybody's going to have the same experience, but the tools from yoga: the breathing, the self-care,

the pausing, the understanding of what the nervous system does for us, and what we need to be doing for it, and the relationship we have with our self and the nervous system. That's what shifted for me. I saw that I have the capabilities just by simple techniques of breathing, pausing, cutting myself some slack. You know those are the things that changed for me honestly.

Aubree: And I can relate so much to your story and I'm sure that there are other ladies out there that are that go, go, go type of personality. I know I've seen that in the endo community.

Kimberly: Yeah.

Aubree: There may be some relationship there, but thank you for sharing your story and what has worked for you. I think it's beautiful. So, how can our listeners connect with you further Kimberly?

Kimberly: Sure. Absolutely. And I want to, if you don't mind me interjecting something really quick because you just touched on something that I do want to offer. From the yoga therapy perspective what we have learned about autoimmune disease. I'm sure a lot of you have done a ton of research, as Aubree and I both have just trying to figure out how to get a handle on things, but one of the things that have come up as we know more... autoimmune in general, well endo's female, but autoimmune in general is more female than it is male, and anybody you know who's struggling with just in general autoimmune disease that's they've leaned towards it's more of a female thing.

And also coming back to endo and the relationship with like being pushing, going, type A's, perfectionist, being hard on ourselves. We have found that that's the personality that ends up dealing with autoimmune disease, and that was hard for me to hear at first, because I thought oh I got myself sick. So, I want to be clear about that. I don't believe that. That's not what I think is happening here. What we've learned is that we're burning ourselves out. That's why that personality struggles a little bit more with autoimmune and endometriosis and whatnot and it's come up with a lot my clients honestly. It's a very similar personality.

So, again I don't offer it in a sense like hey we made ourselves sick and we were bad people and you know we burned ourselves out so we are getting punished, because I went through that in the beginning. I was really like upset and I want to be clear on that. From a yoga therapy perspective instead the perspective is like hey here's some kind of interesting facts that we came up with. Do you guys kind of notice we all share some similar traits in that? Now that we know that we're informed. Being informed is the best thing that we can do because that's how we can get some, you know, take some control back of what's going on and that feeling that we have some control over what's going on. I think that's what a lot of people want to feel because we feel like we're spinning out of control on a daily basis, but so having those facts, being more informed that helps us set a plan. A plan helps me have hope truthfully. I

need to feel like I'm getting somewhere even if the plan isn't going to be perfect I just need to feel like I'm taking small steps to help myself.

So, that being said just keep in mind the importance that Aubree talks about all the time, and I'm going to have to throw that in there too, the self-care every single day in some way. It doesn't matter what it is. Find one small thing that you can do to serve yourself whether it's just sitting by yourself for five minutes and having some quiet time, going on a short walk, doing a breathing exercise, you know having lunch with a girlfriend, you know, something that helps you feel like you're taking care of yourself, a warm bath in the evening, you know, whatever it is just whatever resonates with you.

That's one of the things that helped me once I realized that the information from the yoga therapy field wasn't about oh you're being punished because you're this kind of personality and this is why you ladies have endometriosis. It was more like here's an offering. Here's a way you can look at what's going on in your life and help yourself by taking things off your plate, saying no, being Ok with not being perfect so you don't burn yourself out for yourself and for others of course. That helped me. So I loved what you said about that that we are all finding that we have some similar traits there and that informs us again on how we can help ourselves. So, again watch that exhalation again you guys. Watch how short or long the exhalation is. That'll teach you something about yourself.

So, that being said for a little bit more information how to connect with me, reach out you guys. You can visit my web site kimberlycastelloyoga.com. You can email me at info@kimberlycastelloyoga.com and that's all on my site. I'm happy to chat with you guys, you know, any way that works. We can Skype, Facetime. So anyway you would like to connect just happy to chat and you know just connect in any way that would be helpful to all of you, because I think this helps all of us. It really does.

Aubree: Awesome. Well thanks again Kimberly for being on today and sharing your wisdom with us.

Kimberly: Oh. Thank you so much. My pleasure.

Aubree: If you enjoyed this episode I invite you to subscribe to continue on the journey. If you want to connect with me further you can find me at peacewithendo.com or on Facebook, Twitter and Instagram @peacewithendo. I hope that you find some peace in your day today. Sending you so much love. Bye for now.

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