

## **A DAY IN THE LIFE OF A YOGA MUM – A Balancing Act**

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A co-director of YogaSynergy, Bianca Machliss manages to run a successful business, practise Hatha yoga and take care of her 10-month old son. We asked Bianca to describe a typical day and let us in on her secrets for juggling work and motherhood while maintaining a sense of inner peace and harmony.

### **6.30am – Rise and shine**

Wake up to the sound of my son Lorenzo chortling in his cot. I pick him up and give him a quick nuzzle – like all babies, he smells delicious. He plays beside me while I do my morning yoga practice. After an interrupted night's sleep, it feels great to limber up ready for the day.

I feed Lorenzo, give the house a quick tidy and log on to my laptop. While scrolling through this morning's emails, I tuck into a bowl of Bircher muesli topped with yogurt and fresh fruit. It's a combination I've found satisfies me till at least mid-morning, even while breastfeeding!

### **9am – A quick power kip**

I pack Lorenzo off to bed and return some calls, marking them off in my diary. My business partner and I run YogaSynergy which comprises of two well-known Sydney yoga schools. My formula for balancing baby and business is planning, preparation, good family support and ... of course sleep!

While planning is key, once it's done, I try to be present in each moment. For me, that means focusing on what I'm doing right now and not on what has happened or will happen. Everything I need to do will eventually get done – when the universe decides the time is right. And, right now, it's time for a nap!

### **10.30am – Serious playtime**

Lorenzo and I head to the beach before it gets too hot. We don our Cancer Council hats and suncream and I put Lorenzo in the pram. It's just a 10-minute walk from home to North Bondi. The water is cold and refreshing – Lorenzo finds it a bit brisk but I feel totally rejuvenated.

For me, striking a balance in life is incredibly important. Part of that is accepting how I feel at any given time. So now, if I'm tired, I rest. If I have heaps of energy, I get up and clean the house or go over the accounts. And when my schedule allows it, I take a break – like taking Lorenzo to the beach. I used to feel guilty and selfish about making time for myself, but I'm getting better at doing it.

### **12pm – Strategise over lunch**

With Lorenzo in tow, I head off to a lunch meeting with my business partner, Simon Borg Olivier. We talk about whether to add classes to the schedule or introduce a 42-day challenge to motivate our students in the new year. Luckily Lorenzo is fast asleep and therefore very well-behaved!

I never get used to being a new mum. It's such a miracle. I never believed would happen for me, so I thank the universe every day. Of course, there are times when I'm totally exhausted, but it won't be forever and when Lorenzo is all grown up I'll miss this time we spend together.

### **1.30pm – Replenish supplies**

On the way home, Lorenzo and I pop into the organic grocery store to pick up supplies for tonight's meal. My trick to time-poor but healthy eating is cooking big batches of fresh food that can be frozen. My specialty is a hot and spicy vegetable curry.

I try to eat regularly, keep my portions small, and drink lots of fresh fruit juice and water. For me, home cooking is always better than take away because you know exactly what's in it! That's less sugar, less salt and fewer stimulants such as garlic and onion (if you do use these, make sure they're fresh!)

### **2pm – Back to “the office”**

Back home it's time to catch up on some more work. While Lorenzo plays at my feet, I prop my laptop up on the kitchen table and go through the new enrolments. Looks like our new beginners' class is going to be really busy this term!

I call my assistant Amelia who looks after the office in my absence and we go through some admin issues that have cropped up. Sometimes I think of YogaSynergy as my first child. Just like Lorenzo, it needs a lot of love and attention.

My mobile rings – it's Simon reminding me the marketing material we need for an upcoming well-being festival is due soon. We'll need to start drafting something tomorrow. Right now, it's time to get ready for tonight's class.

### **3.30pm – Freshen up**

I pop Lorenzo on the floor of the bathroom where I can keep an eye on him while I shower. I moisturize with my favourite body butter and pull on my yoga gear. Just in time, my partner Juliano walks in the door to take care of Lorenzo and I head off to the yoga school.

While I'm at work, Juliano gets to spend time with Lorenzo. Work is also *my* opportunity to fit in some yoga practice. While I do try to manage some yoga in the mornings, I'd be the first to admit it's pretty difficult with a baby.

I'd definitely encourage other mums to get in the habit of leaving their babies with “Dad” early on. That way, not only can they bond, but you can do something nurturing for yourself like have a massage, catch up with friends or do a yoga class!

### **6pm – Time to go!**

In the car, I put the phone on hands-free and return the calls that have come through this afternoon. I stop on the way to pick up a latte. It's my one caffeine hit – and *only* on the days I teach. **On arrival, I do**

a quick yoga warm-up to give me the energy I need to keep a room full of students engaged and motivated for an hour and a half.

### **6.30pm – My yoga class begins**

The atmosphere tonight is great – it's balmy and everyone's happy and relaxed. After class, a handful of students stay back to ask questions and have a chat. I get a real buzz out of seeing people connect to yoga because it's been such an important part of my life and taught me so much.

Yoga is more than just the physical act of holding poses and going through sequences. There's a whole philosophy behind it which instructs you on how best to take care of your family, earn a living, eat, meditate and more.

It's funny. When Simon and I started down this path, yoga wasn't nearly as mainstream as it is today. It's great to see how much it's grown in popularity. The world would be a much better place if everyone took time out to practise yoga.

### **9.30pm – Home at last**

When I get back, Lorenzo is fast asleep. Juliano and I share dinner and a glass of wine. We watch the opening credits of a DVD together but we're both yawning before the first scene has played out. Bed beckons. I'll be up again at 11pm, 1.30pm and 3.30pm for breastfeeds so I might as well squeeze in some more sleep while I can. Namasté!

### **More about YogaSynergy**

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