

Susan started attending Yoga in the spring of 2016, *continued attending through the summer*, and has been going strong ever since. She now attends faithfully twice a week, putting in the effort and attention to her practice. It has been awesome seeing her grow in her practice with alignment and strength! She even participated in Yoga while at a resort on vacation and brought her husband; when they came back to Canada he joined Yoga at Tapestry also! Susan has a sweet and kind nature. She always greets people with a “hello” and lovely smile. Coming to class after the kids’ class, Little Yogis she will often help clean up the mess from their class during the quick 15 minute turn around before her class starts.

Your occupation?

I work as a Portfolio Management Consultant for Saskatchewan Housing Corporation delivering social and affordable housing.

How long have you been practicing Yoga? Why did you start practicing at Tapestry?

About a year and a half ago I was sitting in the airport waiting for my flight and decided to pick up some reading material. A Yoga Journal magazine caught my attention with the headline of “Yoga for Beginners” and “Transform Your Life with Yoga.” It was a good read and I realized that Yoga might be for me. I always thought Yoga was for thin, flexible type of person which I definitely wasn’t.

I heard about the Beginner class at Tapestry Yoga from a work colleague of mine and decided to give it a try. My first Yoga class had me convinced this was for me.

Yoga is...

Yoga practice is something I look forward to twice a week at the studio and daily through a home practice. Yoga to me is breathing, meditation, and various poses.

What is an unexpected benefit you have from practicing Yoga at Tapestry?

When I initially started Yoga my main focus was improving my strength, flexibility, and range of motion due to a fractured shoulder. This all improved greatly, particularly my upper body strength. My unexpected benefit was the practice of awareness and getting to know myself better. This has resulted in contentment and happiness and being better able to deal with stressful situations.

What fills your cup? **Or** What grounds you?

I have gratitude every day for my life. If I can share this in anyway with friends or family, this puts a smile on my face. Weekend kayaking in the summer with my husband in the beautiful outdoors of Prince Albert National Park fills my cup.

Favourite pose:

My favorite pose is Tadasana (Mountain Pose). This pose makes me feel strong and enlightened.

A must have song on **your** Yoga playlist:

In the final pose, Savasana, the music that Celeste plays at the very end “Long Time Sun” by Snam Kaur is my favourite piece. I find it very pleasing and calming.

One way you take Yoga off the mat?

In my day to day life I have now learned to take a step back, be more open, less judgmental and live life with ease and less anxiety.

Anything else?

Healthy aging is important to me. Enhanced nutrition and Yoga are a part of my daily life. Through patience and encouragement in my teachings from Celeste I have experienced transformation in a way I have never thought possible a year ago. Thanks Celeste!