

Our March Yogini of the month is Brandi Roy! Brandi has been attending noon yoga faithfully for several months and dove deep in March by purchasing an unlimited Bliss pass and committing to practicing everyday for 30 days! Health and wellness are important in her life and she uses yoga to compliment a committed gym routine. Brandi is motivated and engaged in yoga and its contagious, her fiancée will attend classes with her when he can. This attitude spills out into her outlook on life. Congrats Brandi; we love having you practice Yoga at Tapestry!

Your occupation?

I am working as an Event Coordinator/Office Admin as well as serving in a restaurant. I am also in school for Event Management.

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

I have been practicing on and off for 8 years now. I really wanted to commit to regular practice in the last year or so. I tried a free noon class at Tapestry and became hooked, I love my mid-day yoga breaks!

Yoga is...

A great way to focus on self awareness both physically and mentally and become in tune with yourself.

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

I have found it easier to deal with emotional challenges.

What fills your cup? What grounds you?

Setting goals and working towards a future with my fiance fills my cup. As well as being involved with community events and music. Time at home with friends and family, cooking, hugging my cat and exercise all help keep me grounded.

Favourite pose:

Pigeon because it forces me to breathe deep and hurts so good!

A must have song on your Yoga playlist:

Anything by Bon Iver as his music all reminds me of surrender or Jack Johnson for some upbeat vibes.

One way you take Yoga off the mat?

When I am sitting at a desk or getting lost in hectic thoughts I try to breathe, close my eyes if I can, and re-center. It only takes a minute and makes such a huge difference. Also I try to notice the way I sit at computers or driving now and work towards better posture.

Anything else?

This last month I did a 30 day yoga challenge where I committed to practicing every day and tried to get to the studio at least three times a week. Along with this I went vegetarian for the

30 days. I felt amazing and I was glad to have Celeste to keep me accountable and to share my experience with! I will definitely carry my new habits forward.