

Our June Yogini of the month is Rebecca Friesen!!! We love having Rebecca attend classes because she is so enthusiastic about Yoga! She has curiosity around the poses and practices of Yoga and is always eager to develop as a Yoga practitioner. She has set up a home yoga practice space, has even done Yoga Nidra (yogic sleep) on her lunch breaks at work, and practices while on vacation! She is so dedicated to her practice and we love having her practice with us at Tapestry! Her Yoga journey is an inspiration!

Your occupation?

I am a Medical Radiologic Technologist. Yes I am an x-ray technologist. I work in X-ray, CT, and Mammography at the Victoria Hospital. And I love it.

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

I started practicing yoga back in November. There was an introduction to Yoga for six weeks that I signed up for. I honestly went thinking it was going to be ridiculous. Everyone talked about it but I figured it was just the 'new thing'.

And then was my first Savasana and I was hooked. Anything that made you work and then did complete relaxation had me sold.

I was on stress leave for a while so I went to as many classes that I could, sometimes 3 a day. It helped my mind and my body.

Yoga is... my safe place. And it has helped me. If my mind races and I am going overboard on so many things I do relax and restore or will go the opposite way if that doesn't work. I will go to warm vinyasa and work my butt off. It makes me work and I can put that jumpy energy to good work.

If I'm down I do basics because that's all the energy I have. But it helps. It all helps. And all the teachers there help.

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

I wasn't expecting yoga to help at all. I have dealt with so many stressful and emotional situations. I also have a complete knee replacement on the right. I thought Yoga would be a waste of time and hard on my joints. I was so wrong.

I can move in ways that I thought I wouldn't be able to do again because of my knee.

And it's helped my brain. Anything that can do those things must be the most amazing thing out there.

What fills your cup?

Well my family fills my cup. And me doing yoga helps me appreciate them more. I can be very hard on myself so I have yoga to calm me and help be a better mom. I couldn't ask for anything more.

What grounds me is Yoga Nidra. If you haven't tried it DO IT. I can do it at work on my lunch and coffee breaks. Even though it's a calming type of yoga it inspires energy and peace and calmness.

Favorite pose:

Well I used to LOVE tree pose but struggled last class so maybe not so much more lol. But seriously. I love Sun Salutation umm A? I think it is! I love flow types move. And I love warrior 1 and 2. I dislike warrior 3 at this time because I have a really hard time doing it.

I also love puppy pose because with my knee I can't get fully into child's pose.

I love restorative yoga and yoga nidra.

And I love all restorative except feet up the wall. My body does not do the letting go and relaxing. So because I don't like it I try it more at home.

Honestly I love it all. I love trying!

A must have song on your Yoga playlist:

I have more contemporary yoga music on my yoga playlist . Things like Everywhere (the new version. Also some Enya, Bird on a wire, Give me One reason, I will remember you. Things like that.

But one song I can't do without is LONG TIME SUN. If it isn't played at the end of yoga classes I play it on my way home. It's my ending song.

One way you take Yoga off the mat?

I try and remain calmer. I can often feel overwhelmed. So I go back to and try and remember things Celeste or any other teacher has said. I try to be more kind and loving to my family and coworkers. And I try and remember that I am perfect just the way I am.

Anything else?

Everyone who hears words like stress, overwhelmed, anxiety, problems coping or mental illness I think automatically go to the worst case scenario or their misconceptions. Or their fears.

Yes I struggle at times. But I'm a wife, a mother, and xray tech and a yogini (of the month even!!) I'm kind and would do just about anything for anyone.

And I just want people to know that even though I struggle at times I'm no different than everyone else.

OH AND I LOVE YOGA. Everyone needs to do yoga takes a hike. EVERYONE.