

Our January Yogini of the month is Tara McDermott! Tara has been attending yoga classes quite regularly and has even gotten her two beautiful daughters involved in classes at Tapestry! Recently she has taken the leap and joined a yoga teacher training (YTT) program in Alberta. The Tapestry teachers know the dedication it takes to be in a YTT. Tara is eager to learn and it shows! Congratulations Tara!

Your occupation?

A Sentence Management Officer

How long have you been practicing Yoga?

Just over 2 Years now.

Why did you start practicing at Tapestry?

I signed myself up for a Wild Women Retreat and yoga was one of the activities we would be doing. I didn't want to look foolish because I didn't know anything about it so I signed for classes at Tapestry and was hooked.

Yoga is...

Life changing and very healing.

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

When I signed up, I had a very physical focus, but my classes at Tapestry have enhanced my mental and spiritual worlds as well.

What fills your cup? What grounds you?

Learning fills my cup. It's a great fit with yoga because you are ALWAYS learning! Running grounds me.

Favourite pose:

Tough one! If you had asked me 2 months ago, I would have said Pigeon. It was all about the hip stretch! But in the last 2 months I have been exposed to so many more poses as I take my YTT and do some more personal exploration that I think I would say Wheel now. As I've been working with it I have learned so much more about my body and my focus.

A must have song on your Yoga playlist:

Oooh. It's not on my playlist because I don't have it. But the Spanish guitar that Marcia plays in her classes is probably it. But I have also been listening to some Celtic music during my home practice.

One way you take Yoga off the mat?

Be here now. It seems easier to do ON the mat, but is just as important in your every day. Especially when we have so many things competing for our attention.

Anything else?

I would just like to thank Celeste and Marcia for being so inspiring and so encouraging! They make me feel very supported in my yoga journey!